

Age Groups for 2019

Age Groups/grades for 2019 have changed in line with changes to New Zealand Athletics cross country age grades.

Ages, Grades and Distances based on age as at 31st December 2019			
Grade	Age	Distance (approximate)	
		Cross Country	Road
Boys/Girls Under 7	4,5,6	1000m	1000m
Boys/Girls Under 8	7	1700m	2000m
Boys/Girls Under 10	8,9	1700m	2000m
Boys/Girls Under 12	10,11	2300m	2500m
Boys/Girls Under 14	12,13	3000m	3000m
Boys/Girls Under 16	14,15	4000m	4000m
Women Under 18	16,17	5000m	5000m
Men Under 18	16,17	6000m	6000m

Please note that age groups are worked out on the athlete's age on the 31st December in the year of competition. e.g If a runner turns 12yrs old in September 2019, they will be in the U14's