

# Ely Runners Juniors

## ***Cross Country Age Groups 2017-18 Season***

Revision: 1

Date: 28 August 2017

### **Standard UK Athletics Age Groups**

<b>Age Group</b>	<b>Definition</b>	<b>School Years</b>
<b>U13</b>	11 or 12 on 31 August 2017, or 11 on the day of the race.	7, 8, and some Year 6.
<b>U15</b>	13 or 14 on 31 August 2017.	9, 10
<b>U17</b>	15 or 16 on 31 August 2017.	11,12

There is no formal definition for the younger age groups. At some events it will be defined as Under 11 on the day of the race, with a minimum age of 9. Occasionally it may be defined as Under 11 on 31 August 2017. You will need to check the entry details for each race carefully, particularly if you are in Year 6 and your birthday falls between September and March.

Some races, such as the Ryston Cross Country Grand Prix also have an Under 9 category.

### **High School Age Groups**

School competitions above Primary age use different age groups. An athlete at the top of the schools' age group will be at the bottom of the UKA age group.

<b>Age Group</b>	<b>School Years</b>
<b>Minor Girls/Boys</b>	7
<b>Junior Girls/Boys</b>	8, 9
<b>Intermediate Girls/Boys</b>	10, 11
<b>Senior Girls/Boys</b>	12, 13

### **Frostbite League**

The junior Frostbite League has a single race for all athletes. The minimum age is 9 on the day of the race. The maximum age is 15 years on the date of the first race. Juniors who are 16 before the date of the last race can instead opt to run in the senior series instead of the junior series.

## Race Distances

Typical race distances in Km for races with UKA age groups.

	<b>UKA Maximum</b>	<b>National Champs</b>	<b>Southern Champs</b>	<b>County Champs</b>	<b>Ryston Grand Prix</b>	<b>Frostbite League</b>
<b>U9G/B</b>					0.8	
<b>U11G</b>				1.7	2	2.5
<b>U11B</b>				1.7	2	2.5
<b>U13G</b>	3.5	3	3	2.9	3	2.5
<b>U13B</b>	3.5	3	3	2.9	3	2.5
<b>U15G</b>	5	4	4	4.3	3	2.5
<b>U15B</b>	5	4.5	4.5	4.3	3	2.5
<b>U17G</b>	6.5	5	5	5	4.5/5/6.5	2.5
<b>U17B</b>	6.5	6	6	6	4.5/5/6.5	2.5

Typical race distances in Km for Schools' races.

	<b>English Schools</b>	<b>Anglian Schools</b>	<b>County Schools</b>
Minor Girls		2.2	2.5
Minor Boys		2.9	2.5
Junior Girls	3.1	2.9	3
Junior Boys	3.5	4	3.75
Inter G	3.5	3.7	3.75
IB	5.2	5.7	5
SG	4.4	4	5
SB	6.9	6.9	6.25