

Minimum Age Categories permitted to ride Ultra Marathon, Marathon and Half Marathon (XCM) and Stage Race distances

Definitions:

- **Ultra Marathon** is any distance in excess of 100km on any one day event and specified specifically as an Ultra Marathon.
- **Marathon** is any distance in excess of 60km (61km-100km) on any one day event.
- **Half Marathon** is any distance in excess of 35km (36km-60km) or approximately half the distance of the marathon event staged on the same day or same weekend.
- **Stage Race** is any event that is judged on results from several stages taking place over two or more days.
- **Mini Stage Race** is a stage event a maximum of 3 days with distances less than 60km per day.
- **Age** each rider is classified according to his or her age on 31 December of the current year.

Age Restrictions

- Only riders being 19 years and older may ride the Marathon and Ultra Marathon distances.
- Junior (17-18) are not permitted to ride a distance of more than a Half Marathon.
- Youth (15-16) are not permitted to ride a distance of more than a Half Marathon.
- Sub Junior and younger (14 & younger) riders are not permitted to ride a Half Marathon or longer.

Age Restrictions	Ultra Marathon 100km & longer	Marathon 61km-100km	Half Marathon 36km-60km	Mini Stage Event	Stage Event
19 & older	YES	YES	YES	YES	YES
Junior	NO	NO	YES	YES	NO
Youth	NO	NO	YES	YES	NO
Sub Junior & Younger	NO	NO	NO	NO	NO