

## **WAVES WILL START IN APPROXIMATELY 2 MINUTE INTERVALS**

WAVE NUMBER WILL BE WRITTEN ON NUMBER PLATE

WAVE #	Approx Time	
1	7:40	60 Expert/Open Male
2	7:42	60 Expert/Open Female, Female 40+, Female Under 40
3	7:44	60 Open Singlespeed
4	7:46	60 Male Under 30
5	7:48	60 Male 30-39 Group 1
6	7:50	60 Male 30-39 Group 2
7	7:52	60 Male 40-49 Group 1
8	7:54	60 Male 40-49 Group 2
9	7:56	60 Male 50-59 Group 1
10	7:58	60 Male 50-59 Group 2
11	8:00	60 Male 60+
12	8:02	60 Clydesdale
13	8:04	38 Expert/Open Male, Expert Open Female
14	8:06	38 Female 40+, Female Under 40
15	8:08	38 Open Singlespeed, Male Under 30
16	8:10	38 Male 30-39
17	8:12	38 Male 40-49 Group 1
18	8:14	38 Male 40-49 Group 2
19	8:16	38 Male 50-59 Group 1
20	8:18	38 Male 50-59 Group 2
21	8:20	38 Male 60+
22	8:22	38 Clydesdale