

WAVE NUMBER IS WRITTEN ON UPPER RIGHT CORNER OF NUMBER PLATE

1-2 min intervals starting at 11 am, wave 1

WAVE #	Approx Time	Categories
1	11:00	30 mile Expert/Open Male 30 mile Expert/Open Female
2	11:02	15 mile Expert/Open Male 15 mile Expert/Open Female 30 mile Junior Male 18 and Under 30 mile Junior Female 18 and Under
3	11:04	15 mile Junior 2 Male 15-18 15 mile Junior 2 Female 15-18
4A	11:06	15 mile Male Under 40 Group 1
4B	11:07	15 mile Male Under 40 Group 2
5A	11:08	15 mile Male 40-49 Group 1
5B	11:09	15 mile Male 40-49 Group 2
6A	11:10	15 mile Male 50-59 Group 1
6B	11:11	15 mile Male 50-59 Group 2
7	11:12	15 mile Junior 1 Male 10-14
8	11:14	15 mile Junior 1 Female 10-14
9	11:16	15 mile Female 40+ 15 mile Female Under 40
10	11:18	30 mile Male Under 40
11	11:20	30 mile Male 40-49
12A	11:22	30 mile Male 50-59 Group 1
12B	11:23	30 mile Male 50-59 Group 2
13	11:24	30 mile Female 40+ 30 mile Female Under 40
14	11:26	15 mile Male 60+ 15 mile Clydesdale
15	11:28	30 mile Male 60+
16	11:30	30 mile Clydesdale

Riders in categories with two start waves are assigned to a wave in the order you registered. No requests for specific start waves. Exact wave number given at Check-in.

If you miss your start or start in the wrong wave, you are not eligible for podium prizes.