

WAVE NUMBER IS WRITTEN ON UPPER RIGHT CORNER OF NUMBER PLATE

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
3	11:04	30 mile Junior Male 18 and Under 30 mile Junior Female 18 and Under
4	11:06	15 mile Junior 2 Male 15-18 15 mile Junior 2 Female 15-18
5	11:08	15 mile Male Under 40
6	11:10	15 mile Male 40-49
7	11:12	15 mile Male 50-59
8	11:14	15 mile Junior 1 Male 10-14 15 mile Junior 1 Female 10-14
9	11:16	15 mile Female 40+ 15 mile Female Under 40 30 mile Female 40+ 30 mile Female Under 40
10	11:18	30 mile Male Under 40
11	11:20	30 mile Male 40-49
12	11:22	30 mile Male 50-59
13	11:24	15 mile Male 60+ 30 mile Male 60+
14	11:26	15 mile Clydesdale
15	11:28	30 mile Clydesdale

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