

2022 START WAVES - WRITTEN ON YOUR NUMBER PLATE/BIB

TRAIL RUN – 8:58

WAVE 1 – 9:00

**EXPERT MALE 40+
EXPERT MALE UNDER 40
EXPERT FEMALE**

WAVE 2 – 9:01

**2 PERSON COED EXPERT/INTERMEDIATE
2 PERSON MALE EXPERT/INTERMEDIATE**

WAVE 3 – 9:02

**2 PERSON ADULT/CHILD
2 PERSON JUNIORS UNDER 18**

WAVE 4 – 9:03

**SPORT MALE UNDER 40
SPORT FEMALE
MALE JUNIORS UNDER 18
FEMALE JUNIORS UNDER 18**

WAVE 5 – 9:04

**SPORT MALE 40+
SINGLESPEED**

WAVE 6 – 9:05

MALE 50+

WAVE 7 – 9:06

**2 PERSON MALE BEGINNER/INTERMEDIATE
2 PERSON COED BEGINNER/INTERMEDIATE
2 PERSON FEMALE**

WAVE 8 – 9:07

CLYDESDALE

WAVE 9 – 9:08

BEGINNER MALE 40+

WAVE 10 – 9:09

BEGINNER MALE UNDER 40

WAVE 11 – 9:10

BEGINNER FEMALE

WAVE 12 – 9:11

3 PERSON BEGINNER/FAMILY