

2023 START WAVES - WRITTEN ON YOUR NUMBER PLATE/BIB

TRAIL RUN – 8:58	ALL
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 MALE JUNIORS UNDER 18 FEMALE JUNIORS UNDER 18
WAVE 5 – 9:04	SPORT MALE 40+ SPORT FEMALE
WAVE 6 – 9:05	MALE 50+ MALE 60+ FEMALE 50+
WAVE 7 – 9:06	2 PERSON MALE BEGINNER/INTERMEDIATE
WAVE 8 – 9:07	2 PERSON COED BEGINNER/INTERMEDIATE 2 PERSON FEMALE
WAVE 9 – 9:08	CLYDESDALE
WAVE 10 – 9:09	BEGINNER MALE 40+ BEGINNER FEMALE
WAVE 11 – 9:10	BEGINNER MALE UNDER 40
WAVE 12 – 9:11	3 PERSON BEGINNER/FAMILY