RACE DISTANCES

Age group	Recommended distance	Course configuration	Course distance (m)
Under 10 Girls and Boys	1,200 m	1 × red lap	1200
Under 12 Girls and Boys	2,000–2,500 m	1 × blue lap	2300
Under 14 Girls and Boys	3,000–3,500 m	1 × yellow lap	3000
Under 16 Girls and Boys	4,000–5,000 m	2 × blue laps	4500
Under 18 Women and Men	5,000–6,000 m	1 × blue + 1 × yellow laps	5200
Under 20 Women	Up to 10,000 m	1 x blue + 1 yellow laps	5200
Under 20 Men	Up to 10,000 m	1 x red + 3 × yellow laps	10,000
Senior women (20+) and Masters women (35+)	Unlimited	1 x blue + 1 x yellow laps	5200
Senior Men (20+) and Masters Men (35+)	Unlimited	1 × red + 3 × yellow laps	10,000



1.2 km · Red loop



2.3 km · Blue loop



3 km · Yellow loop

SITE PLAN / LOCATION



VENUE ADDRESS

Rock UK Frontier Centre

Addington Road

Irthlingborough

Northamptonshire

NN9 5UH

United Kingdom

Parking: £4 per car*
Card and cash payments

*All proceeds from parking go to charity

SITE LOGISTICS



SITE FACILITIES

Parking
Marshalled by WDAC
Card and cash payment available
Overflow parking available if required

Race HQ
NAA and WDAC gazebos for Race number collection
Area available for club gazebos

Toilets
NAA Portaloo provision

Food and beverages
Available on site
Provision by ROKUK?
Location TBC