

What is Junior Age-Group Running?

The non-elite format of the sport is known as Junior Age-Group competition. Age-Group allows athletes to compete for medals and titles against fellow competitors within pre-defined age group categories. These age group categories are divided by gender and age.

The distance which juniors can compete in will vary depending on their age on the day of the event.

The age band category that you fall into depends on your age on the day of the competition. Example: If you are 15 on race day, you will compete within the Under 17s category.

Whilst age groups are defined, prizes may only be available for the overall podiums in the competition. The age group definition will be used to tally athletes over a season in a league.

Key Category	Age
U11 Under 11s	10 and under
U13 Under 13s	11-12
U15 Under 15s	13-14
U17 Under 17s	15-16

