

Distance Criterium

Category	Distance
U15	20mins + 2 Laps
Women's C&D	30mins + 2 Laps
Men Master's C & D	35mins + 2 Laps
Men C & Men Masters B	40mins + 2 Laps
Women's A&B	40mins + 2 Laps
Men A&B & Masters Men A	50mins + 2 Laps

Distance - Individual Time Trial

Category	Distance
U15	10km
U17	15km
Seniors & Para	21km