

Cross Country	Gender	Race Distances									Team Counters								
		U14	U16	U18	U20/Senior		40+	50+	60+	M65+		U14	U16	U18	U20/Senior		40+	50+	60+
District XC Relays	Female	2.5K	2.5K	2.5K	4K		4K					1	1	1	3		3		
	Male	2.5K	2.5K	2.5K	4K		4K					1	1	1	4		4		
National XC Relays	Female	2.5K	2.5K	2.5K	4K		4K	4K				1	1	1	4		3	3	
	Male	2.5K	2.5K	2.5K	4K		4K	4K				1	1	1	4		4	3	
National Short XC	Female		2K	3K	4K	4K	4K	4K	4K				3	3	4				
	Male		2K	3K	4K	4K	4K	4K	4K				3	3	4				
District XC	Female	3.2K	4K	5.5K	6.5K	8.5K	8.5K	8.5K				3	3	3	3	4			
	Male	3.2K	4K	5.5K	6.5K	8.5K	8.5K	8.5K				3	3	3	3	6			
Inter-District XC	Female	3K	5K	6K	8K														
	Male	3K	5K	6K	8K														
National XC	Female	3.4K	4.3K	5.9K	7.6K	10K						4	4	3	3	6			
	Male	3.4K	4.3K	5.9K	7.6K	10K						4	4	4	4	6			
National Masters XC	Female						6.4K	6.4K	6.4K	6.4K							3		
	Male						8K	8K	8K	6.4K							4*		
Road Running																			
YA Road	Female	2.5K	4K	5K								3	3	3					
	Male	2.5K	4K	5K								3	3	3					
National 4/6	Female				5K&10K	5K&10K	5K&10K	5K&10K							4		4	3	
	Male				5K&10K	5K&10K	5K&10K	5K&10K							6		6	4	
5K	Female														3				
	Male														3				
10K	Female														3				
	Male														3				
10 miles	Female														3				
	Male														3				
Half-marathon	Female														3				
	Male														3				
Marathon	Female														3				
	Male														3				
50K	Female														3				
	Male														3				
100K	Female														3				
	Male														3				