

## FRA English Junior Championship/Challenge Age Groups - 2018

Age groups are determined by the runner's age on 31st December 2018, not race day.

Distance limits are determined by the runner's age on race day.

Distance limits apply to ALL (junior and senior) FRA permitted and insured races.

<b>Ineligible</b>	<b>Check age on race day</b>	<b>Eligible</b>	<b>Qualification</b>
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Note: An U18 runner may also take part in senior races over 10 Kms on attaining the age of 18.

Born AFTER 31/12/	Age on 31/12/2018	Age if birthday on race day or before	Age if birthday after race day	Age Group for 2018	Maximum Distance Kms
1999	18	19	18	U23/Senior	> 10
2000	17	18	17	U18	10
2001	16	17	16	U18	10
2002	15	16	15	U16	7
2003	14	15	14	U16	7
2004	13	14	13	U14	5
2005	12	13	12	U14	5
2006	11	12	11	U12	3
2007	10	11	10	U12	3
2008	9	10	9	U10	2
2009	8	9	8	U10	2
2010	7	8	7	U8	1
2011	6	7	6	U8	1
2012	5	6	5	U8	1
2013	4	5	4	UNDER AGE	0