



## Age / Maximum Distances applicable for Road Running Events (N.B. Age on day of race)

These distances are from UKA and must be adhered to in order for a race to get a Race Licence.

Age	Maximum Distance allowed to run	
	Kms	<i>Mile's (equivalent)</i>
Under 9	2K	1.24 m
9 & 10	3K	1.86 m
11 & 12	5K	3.11 m
13 & 14	6K	3.73 m
15	10K	6.21 m
16	15K	9.32 m
17	<b>Half Marathon</b>	
17	25K	15.53 m
18 & 19	<b>Marathon</b>	
20+	<b>Unlimited</b>	