

New Cross Country Distances From September 2010.

Changed at AAI Congress 25th April 2010.

Ages	Girls	Boys
U11	1500m	1500m
U12	2000m	2000m
U13	2500m	2500m
U14	3000m	3000m
U15	3500m	3500m
U16	4000m	4000m
U17	4500m	5000m
U18	5000m	6000m
U19	5000m	7000m