



Endurance Ireland Rules

Section 1: Objectives

The objective of Endurance Ireland is to promote the sport of endurance

Section 2: Code of Conduct

2.1 Riders must

- 2.1.1 Be polite at all times
- 2.1.2 Make any complaints in writing to the Ride Organiser, preferably on the day in writing
- 2.1.3 Give consideration to other riders, landowners and the general public, particularly when riding through private and state lands and when overtaking or passing.
- 2.1.4 All horses will pass on the right when overtaking and right shoulder to right shoulder when passing in opposite direction
- 2.1.5 Pay attention to any special instructions given by the organiser
- 2.1.6 Be in control of their horse, or not compete
- 2.1.7 Make sure crews are properly briefed on these rules as well as the route
- 2.1.8 Ensure that they and their horse are adequately crewed taking into account the type of ride
- 2.1.9 Dogs must be kept on a leash and not go near the vetting area
- 2.1.10 Not leave any litter (including equine litter from the trailer / lorry)

2.2 Horses

- 2.2.1 Should be prepared and educated to ensure a reasonable standard of behaviour
- 2.2.2 Stallions must be bridled at all times(exception see 2.2.3) and must carry blue ribbons on tail and bridle(both sides)
- 2.2.3 Stallions may at CRs of 60km and upwards remove their bit in their crew area once it is safe and secure. On leaving crew area stallion must be bitted.
- 2.2.4 Tail ribbons are recommended for novice horses (Green) and horses with a propensity to kick (Red)
- 2.2.5 Save when safely enclosed in a stable, coral, lorry or trailer, a horse must not be left unattended or secure at a ride.

2.3 Crews

- 2.3.1 Do not obstruct roads, other riders, houses, gateways or the route
- 2.3.2 Do not obscure rider vision of check point location
- 2.3.3 Do not race around roads – rallying strictly forbidden
- 2.3.4 Do not precede or follow your rider on the route
- 2.3.5 Do not crew from a vehicle
- 2.3.6 Do not use a lorry for mobile crewing
- 2.3.7 Do leave any litter (including equine litter from the trailer / lorry)

2.3.8 Refer to Sec 12 for fuller guidance

Section 3: Types of Rides and Horse and Rider Status

3.1 There will be a compulsory annual re-registration fee for horses.

3.2 Trail Ride (TRs)

3.2.1 Horse will be aged 4 yrs or over (1st Jan)

3.2.2 Rider will be aged 4 yrs or over (accompanied as required by Sec 9)

3.2.3 Log Book not essential

3.2.4 Membership not essential

3.2.5 Speed 8 KPH – 14KPH (5 MPH – 8.5MPH)

3.2.6 Distances : Up to and including (30km)

3.2.7 Vetting: Horse will be required to trot up, as per section 4.1.2 and the rider may request a vetting at the veterinary surgeons convenience.

3.3 Competitive Rides (CRs)

3.3.1 Age of Horse

3.3.1.1 4yrs Novice (may not compete on consecutive days)

3.3.1.2 5 yrs and over (1st Jan) Open

3.3.1.3 6 yrs and over (1st Jan) Advanced or to compete FEI

3.3.1.4 8 yrs and over (1st Jan) To compete in FEI championship

3.3.2 Age of rider

3.3.2.1 9 yrs and over (accompanied as required by section 15) Novice

3.3.2.2 10 yrs and over (accompanied as required by section 15) Intermediate and Open

3.3.2.3 12 yrs and over Advanced

3.3.3 Log Card

3.3.3.1 Mandatory

3.3.3.2 Master Log Card must be produced to Ride Organiser on entry

3.3.4 **Vetting** Mandatory

3.3.5 **Membership** Mandatory

3.3.6 Distances Grading

3.3.6.1 Novice :40km-50km x 3

3.3.6.2 Intermediate: 50km – 79km x2

3.3.6.3 Open :80km -90km x2

3.3.6.4 Advanced: 91km > x1

3.3.7 First Season

3.3.7.1 A horse may not compete at Open level in its first competitive season irrespective of age.

3.3.7.2 A rider may go OPEN in a first season on a suitably qualified horse.

3.3.8 Speed

3.3.8.1 10-16kph.....Novice

3.3.8.2 10-16kphIntermediate

3.3.8.3 10kph >..... Open

3.3.8.4 14kph >..... Advanced

3.3.9 Horse and rider may qualify separately, must progress sequentially through the qualification system up to Open Final, and in combination must compete at the level of the less qualified of the pair.

3.3.10 Horses who have are Open/Advanced qualified who have not completed a distance in excess of 64km in the previous 24 months will be eligible to compete at Intermediate Level. They will retain their Open/Advanced grading, this will be for competition purposes only.

3.3.11 In order to progress beyond the Novice grading riders must attend a training day in

advance of their first Intermediate ride.

3.4 FEI Rides

- 3.4.1 FEI Qualification are set down by the FEI which Endurance Ireland will adhere to . See www.fei.org for full details.
- 3.4.2 Any rider using Endurance Ireland mileage in their qualifications for FEI must have their COC form signed off by the Endurance Ireland Committee.

3.5 Ride Venue Requirements

- 3.5.1 Distances cannot go below the minimum stated for each grade
- 3.5.2 For Competitive Rides the minimum distance of a loop shall not be less than 16km unless approved by the Committee.

Section 4: Vetting

4.1 Pre-Ride

- 4.1.1 Horses which the veterinary surgeon or Endurance Judge considers unfit to take part due to, for example, generally poor condition, saddle-sores, girth galls, severe brushing marks, or any condition unacceptable to the veterinary surgeon will not be allowed to start.
- 4.1.2 Trail Riders will may be requested to trot up before allowing to start and comply with all requests of the Vet /Endurance Judge and after riding
- 4.1.3 The information required from the competitor must be accurately completed on the sheet before presenting for inspection
- 4.1.4 The purpose of the pre-ride veterinary inspection is:
 - 4.1.4.1 To make sure that the animal is fit to start and carry its rider
 - 4.1.4.2 Establish base line parameters, for (<=60 BPM) heart rate etc.
 - 4.1.4.3 Check gait, action, current lesions, trauma and behaviour
 - 4.1.4.4 Check shoes in the absence of a farrier inspection
- 4.1.5 Bad manners at the Veterinary Inspection on the part of the horse or rider may result in disqualification
- 4.1.6 The horses must be presented to the veterinary surgeon unsaddled, with its hooves unoiled and well under control with either a head collar or bridle, except in the case of a stallion who must be presented in a bridle complete with bit for the inspection. He may have the bit removed during the hold period to allow free consumption of food.
- 4.1.7 A whip may be carried at the trot up and in competition up to and including novice, but the horse may not be struck
- 4.1.8 The horse will be examined for heart rate, action, hydration, mucous membrane, capillary refill, general condition, lacerations and wounds, tenderness and any other matter which the veterinary surgeon considers relevant
- 4.1.9 The veterinary surgeons decision is final, there is no appeal process.

4.2 Inspections during the ride

- 4.2.1 During ride inspections will be held in all distances above 50km
- 4.2.2 Formal mid-ride inspections (Vet Gate) should be situated not more than 40 Km apart, but this distance can be extended by the organiser in the case of practical difficulties in locating a Vet Gate on course
- 4.2.3 In addition to the formal mid-ride inspections, additional inspections may be held at the discretion of the Organiser and /or the veterinary surgeon taking into account the length

of the ride, the terrain of the course and the prevailing weather conditions. The rules set out in para 4.1 shall apply to these inspections. They may be held at the start of compulsory halts on the course and CTR and ER horses must be presented within 30 Mins of arrival at a vet gate.

- 4.2.4 Spot checks may be carried out on horses during the ride and riders must comply with the veterinary recommendations arising from such inspections. Any time lost arising from these inspections will not be allowed. A horse may be eliminated as a result of such an inspection.
- 4.2.5 Vet Gate Veterinary Inspections precede the compulsory halt.
- 4.2.6 The duration of the halt will normally be 20mins but may be extended or decreased by the organiser in conjunction with the attending Veterinary Surgeon/Endurance Judge
- 4.2.7 On arrival rider to inform time keeper of their arrival time (AT). AT to be obtained by rider / crew
- 4.2.8 The horse must be presented for vetting within 30 Mins of arrival at the vet gate or it will automatically be eliminated. FEI rides are according to the ride schedule for the ride.
- 4.2.9 Crews may attend to the horse and rider during this period.
- 4.2.10 When the horse is presented for inspection the time will be noted by the vet gate time keeper
- 4.2.11 If the horse passes the pulse parameters it will normally be subjected to a one minute Ridgeway test i.e. CRI (Cardiac Recovery Index) The horse's heart rate must be 60 BPM or below to proceed to the Ridgeway test. The horse is trotted away for 30Mtrs and back for 30Mtrs. exactly 60 secs after the commencement of the trot the horses pulse is retaken and it must be 64 BPM or below.
- 4.2.12 If the horse fails the veterinary inspection on pulse parameters, it may be represented at any time provided this is still within 20min minutes of the arrival time. Only one representation is allowed. If a horse fails the inspection for any other reason, it cannot be represented.
- 4.2.13 Any horse which is either not presented, or not represented for a second inspection within 30 minutes of arrival at a vet gate, must be examined by a veterinary surgeon before leaving the vet gate area.
- 4.2.14 When the horse passes the veterinary inspection it moves into the timed hold (rest period) which starts at the time at which the horse was presented for the veterinary inspection, which was successful. This time will be recorded on the vet card. The timed hold period will be recorded on the vet card and the horse will be allowed to continue at any time after the expiry of the timed hold period.

4.3 Inspections at conclusion of the ride

- 4.3.1 All competitors and pleasure riders must report back to the timekeeper on return
- 4.3.2 The veterinary procedure used for examinations will take place in the same sequence as a mid a mid ride inspection, save that a horse cannot be represented under any circumstances
- 4.3.3 If a horse fails to arrive within the specified time it will be eliminated.
- 4.3.4 All horses eliminated, retired, out of time or other will report to the vet for a post ride inspection.
- 4.3.5 Horses and competitors will be eliminated for exceeding the set speed limits.

4.4 General

- 4.4.1 All decisions made by a veterinary surgeon are final and are not subject to any appeal or debate.
- 4.4.2 A rider will be responsible for the cost of any veterinary treatment incurred in relation to his or her horse

Section 5: Conduct of Rides

- 5.1 Only those horse which have successfully passed a pre-ride veterinary inspection will be allowed to start a CRs and TRs
- 5.2 In CRs and TR's the time commences on crossing the start line. In ER's the time commences at the time designated for the horse and rider to commence, whether or not the the horse and rider cross the start line at that time, and if they do not cross the start line within 15 mins of the designated time they shall be deemed to have withdrawn from the race. In all rides the time finishes on crossing the finish line. Speeds are calculated excluding all compulsory hold times.
- 5.3 Riders must cross the start and finish lines of all rides mounted.
- 5.4 Riders must ride the route as indicated on the map provided and approach all checkpoints / vet gates in the correct direction and in the correction sequence. Any rider who deviates from the route may be eliminated
- 5.5 Rider must familiarise themselves with the route as per the map. Endurance Ireland does not accept any responsibility for lost, misplaced, or vandalised markers.
- 5.6 Any horse or rider disqualified, eliminated or retiring on course must leave the route of the course as soon as possible and inform the time-keeper forthwith.
- 5.7 The organiser can refuse any entry without giving a reason
- 5.8 The organiser may not ride at their own ride
- 5.9 In competitive rides the rider must ensure that the result is correctly recorded in the Log Book and the Rider Log Card
- 5.10 In multiple day rides, horse and rider combinations must successfully complete the ride in full, to be awarded a pass.
- 5.11 CR and TR riders must present membership cards and log books to the Organiser on the day of the event.

Section 6: Tack

- 6.1 It is the rider's responsibility (or the supervising adults, in the case of an accompanied junior) to ensure that the tack fits the horse, in a safe condition and enables the rider to exercise control without imposing undue restrictions on the horse.
- 6.2 Boots and bandages are permitted but must be removed for veterinary inspections
- 6.3 Tail ribbons are recommended. Red in the case of a horse with a propensity to kick, Green for a novice horse or not accustomed to company. Blue tail and bridle ribbons are compulsory for stallions
- 6.4 Prohibited items include blinkers, hoods, bearing, running, side or check reins, spurs, electronic or mechanical equipment excluding pulse and temperature monitors. Whips in excess of 30 Inches and any other items judged by the ride organiser / veterinary surgeon to be potentially harmful to the welfare of the horse.
- 6.5 Whips may be carried up to and including Novice level.

Section 7: Shoeing

- 7.1 It is the riders responsibility (or supervising adult) to ensure that the horse is adequately shod
- 7.2 Any horse not properly shod for the ride will not be allowed to start
- 7.3 Horses may participate without shoes. But given the nature of a course the organiser / veterinary surgeon may not allow the horse to start

- 7.4 Equiboots or their equivalent are permitted, except on horses which start without shoes
- 7.5 A rider will be responsible for the cost of any farrier expenses incurred in relation to his / her horse

Section 8 : Dress

- 8.1 Riders must wear properly secured hats / crash helmets at all times when mounted. The head gear must comply with current standards.
- 8.2 Riders must use footwear with at least half an inch heel unless a stirrup cage is used, to prevent the foot slipping through the stirrup.
- 8.3 Riders should be appropriately and safely dressed. Competitive riders must wear the number bib allocated to them at all times during the ride. The person presenting a horse for a veterinary inspection must wear the numbered bib allocated to their rider

Section 9: Fitness of Rider

- 9.1 Riders should not attempt a ride unless they have attained a level of fitness and health commensurate with the nature of the ride and the prevailing weather conditions.
- 9.2 Riders considered by the organiser to be unfit or injured, before or during a ride may be excluded or eliminated.
- 9.3 "Rider" shall mean any member of Endurance Ireland who has competed in any CR and TR at any time and any non-member of Endurance Ireland who is competing in such a ride.

Section 10: Additives and Drugs

- 10.1 Fly sprays and wound dressings may be used, but must be declared on first presentation after administration
- 10.2 Endurance Ireland adopts FEI , Horse Sport Ireland and WADA anti doping policys . See www.fei.org, www.horsesportireland.ie and www.wada.org

Section 11: Crews and Crewing

- 11.1 Riders may receive help in tending their horse, before, during and after the ride, while on course (except in prohibited areas), at compulsory halts and veterinary inspections.
- 11.2 Riders may receive assistance in recovering their horse, if separated, in adjusting equipment, replacing lost or loose shoes and may be handed food or equipment.
- 11.3 In the case of a (Intermediate) ride of 64 Km (40 Miles) or over riders must have a crew of sufficient number and sufficient mobility to enable the rider and the horse to be properly cared for before, during and after the ride, and for the horse to be recovered within a reasonable time in the event of a mid-ride retirement or elimination. The Organiser may refuse to allow to compete, or eliminate, a rider for breach of this rule.
- 11.4 Intervention by a third party with the objective of giving an unfair advantage, will result in elimination of the rider. This includes leading the horse, encouraging the horse at a hazard and accompanying the rider on foot, by vehicle or on horseback (except as in Junior Riders).
- 11.5 All crews must comply with specific crewing instructions for the ride.
- 11.6 The rider is responsible for the actions of his or her crew members and non compliance with any rule (either in these rules or specific to the ride) may result in elimination of the rider and disciplinary action being taken against the rider.

- 11.7 A rider may not use as a crew member any person who has been forbidden to act as a crew member by the Committee

Section 12: Conduct and Behaviour

- 12.1 The Disciplinary Committee appointed by the Committee shall investigate conduct, behaviour and complaints arising out of a member's membership of Endurance Ireland, participation in activities organised by Endurance Ireland, participation in activities organised by other equestrian organisations in Ireland and elsewhere and his or her general conduct in relation to the care and control of horses and which may be brought by any organiser, officiating veterinary surgeon, member, branch committee, director, another equestrian organisation.
- 12.2 Any disciplinary matter should be expedited and should not, unless in exceptional circumstances, be delayed. The Disciplinary Committee shall deliver its finding and order within six weeks from the instigation of the complaint to the Sec of the Committee.
- 12.3 It is every riders responsibility to familiarise themselves with Endurance Ireland rules.
- 12.4 The disciplinary committee shall concern itself with.**
- 12.4.1 Dangerous riding
- 12.4.1 Discourteous or unsporting conduct and behaviour
- 12.4.2 Breaches of rules of Endurance Ireland.
- 12.4.3 Bullying of any members is not permitted within Endurance Ireland.
- 12.4.4 Action which would bring Endurance Ireland and the sport of endurance riding into disrepute.
- 12.4.5 Action which is not conducive to the well being of a horse, whether it is ridden in Endurance Ireland rides or not.
- 12.4.6 Participation in Endurance Ireland events while being suspended or expelled from membership
- 12.5 The Disciplinary Committee shall carry out its investigations in such a manner as it considers appropriate provided that the member under investigation shall be given a statement advising of the complaint against him, or her and shall be given an opportunity, on reasonable notice, to appear before the Disciplinary Committee, with or without representation, and to address the Disciplinary Committee
- 12.5.1 The Disciplinary Committee after due consideration of all the evidence available to it and any representations made to it by, or on behalf of, the complainant and the member, and on consideration of any previous disciplinary decisions in relation to the member, shall be empowered to make all or any of the following penalties
- 12.5.2 Dismiss the complaint
- 12.5.3 Admonish the member
- 12.5.4 Warn the member as to future conduct
- 12.5.5 Suspend the member from membership for a specified period, measured either by time, or number of rides, during which participation in Endurance Ireland activities will not be permitted.
- 12.5.6 Expel the member from membership of Endurance Ireland
- 12.5.7 Declare the completion of any ride, including a number of rides, to be void.
- 12.5.8 Order the member, or the complainant, to pay all or a contribution towards the costs and expenses reasonably incurred by the Disciplinary Committee or Endurance Ireland in relation to its investigation.
- 12.5.9 Make any other order deemed appropriate.
- 12.6 There is no appeal against a decision of the Disciplinary Committee
- 12.7 The Committee may publish in full or in summary form, a decision of the Disciplinary

Committee to such parties and organisations and to the membership at large as it considers appropriate in all the circumstances

Section 13: Appeals relating to Rides

- 13.1 There is no appeal against a decision of a veterinary surgeon
- 13.2 Other appeals must be lodged in writing with the ride organiser on the day of the ride of a ride, not later than one hour after the publication of the results
- 13.3 The Organiser shall, if possible, and after consultation with the appropriate personnel, give a decision on the day and shall advise all parties who appear to the Organiser to have an interest in the result.
- 13.4 Any party aggrieved by the decision of the Organiser may refer the matter in writing to the Committee, as he or she shall consider appropriate, within a period of 14 days from the date of the decision. If the referring party is not the original appellant, a fee as set out in 14.3 must be lodged.
- 13.5 If the Organiser is unable or unwilling to give a decision on the day, he or she shall refer the appeal to the Committee, as the Organiser shall consider appropriate.
- 13.6 In exceptional circumstances appeals may be lodged with the Committee provided special reasons exist as to why an appeal was not lodged on the day with the organiser. Such appeals shall be in writing, stating the special reasons and be lodged with the fess as set out above and must be lodged as soon as practicable, and not later than 7 days from the ride date..
- 13.7 The Committee after consideration of all the evidence made available to it, shall make its decision and advise all parties who appear to have an interest in the result. The decision shall be final.
- 13.8 The results of all appeals must be referred by the Organiser to the Committee. The Committee may publish in full or in summary form, a result to such parties and organisations and to the membership at large as it considers appropriate in all the circumstances.
- 13.9 All members and Committee should use their best endeavours to resolve any differences fairly, informally and as quickly as possible, making representations, decisions and accepting the result of any such appeal in a sporting spirit.

Section 14: Membership

- 14.1 Endurance Ireland reserves the right to refuse membership.
- 14.2 Where membership is refused the person involved will be informed in writing within 14 days of the decision.

Section 15: Junior Riders

- 15.1 Junior Riders who are members must have their membership form signed by their parent/guardian in order to be members of Endurance Ireland, this is a permission slip for all rides that Rider undertakes in that year of membership.
- 15.2 For all Junior Riders not members, that is any person under the age of 18 a Junior Rider Consent form must be filled out at each ride, the Ride Organiser will have this form. This form is to be filled out and signed by the person who brought the child to the ride as their de facto Guardian.
- 15.3 It is the responsibility of the supervising adults to arrange adequate supervision, ensure tack fits, is in a safe condition, that the mount is suitable for the rider and distances to be ridden.
- 15.4 Riders must be over the age of 4 years in order to ride at an Endurance Ireland Event.
- 15.5 Junior Riders between the age of 4 yrs and 14 yrs may take part in the Endurance Ireland

Strides, (See Appendix 1 for sheet). The speeds allowable and distances are detailed in Appendix 1.

- 15.6 Junior Riders over the age of 9 may take part in Endurance Ireland standard grading if they wish. Once they are Intermediate qualified they may ride unaccompanied. The maximum distance Junior Riders under 12 may undertake is 32km.
- 15.7 Junior Riders under 18 may not ride a stallion.
- 15.8 It is the responsibility of the supervising adults to ensure that they and their junior rider/s comply with all riding rules that apply to them and their mounts.
- 15.9 Junior riders under Intermediate and non member junior riders must not ride alone at an event until they have attained their 14th birthday.
- 15.10 Note: Junior Riders in the Mini Competition may be accompanied on foot by their Supervising Adult on lead rein. Junior Riders in the Midi Competition may be on lead rein accompanied by a riding Supervising Adult. This is the only exception to Section 2.

Section 16: Awards and Trophies

- 16.1 Awards and trophies are awarded on a yearly basis by the awards committee
- 16.2 Adult members after their first year must organise or help out in the capacity of course marker/vet writer & timekeeper at a ride in order to be eligible for trophies. Junior members aged 6 and over must help out at a ride supervised by their guardian.
- 16.3 It is the responsibility of the Trophy Winner to have the trophy engraved prior to its return to the Endurance Ireland Committee.
- 16.4 Trophies must be returned on or before the date specified by the Committee which shall be no later than 14 days in advance on the Annual Meeting.
- 16.5 In the event that a trophy is damaged or the recipient fails to return the trophy to the Committee when required, future awards to that Owner/Rider will be at the discretion of the Committee.
- 16.6 Replacement of any damaged/lost trophies is the responsibility of the recipient.

Section 17 : Definitions

Number	Item	Definition
17.1	Horse	Any member of the genus equus, and equine shall be construed accordingly
17.2	Committee	The committee members for the time being of Endurance Ireland
17.3	EFI	Equestrian Federation of Ireland
17.4	Venue	Location of the headquarters of the ride
17.5	Course	The route indicated on the map
17.6	Organiser	The person charged by the Committee with the responsibility for a ride
17.7	Veterinary Surgeon	A duly qualified Veterinary Surgeon appointed by the Organiser
17.8	Log Book	A Log Book issued by the Committee to the owner of a horse, on registration with Endurance Ireland, and may include a similar document issued by another Endurance Society. A horse can only possess one Log Book
17.9	Riders Record Card	A rider record card issued by the Committee to a rider
17.10	FEI	Federation Equestrian Internationale
17.11	BPM	Beats per Minute
17.12	KPH	Kilometres per Hour

- 17.13 Endurance Judge A person who has successfully completed an Judges Course and has been appointed by The Committee Endurance Judge. An Endurance Judge shall carry the same authority as a Veterinary Surgeon in the application of Endurance Ireland rules.
- 17.14 Vetting The expression vetting shall be deemed to be the inspection carried out by a Veterinary Surgeon or Endurance Judge on a horse to ensure compliance with Endurance Ireland rules at Novice level and by a Veterinary Surgeon only at higher distances and races of any distance.



Strides

Name:

Date of Birth:

Strides Mini (4 – 8 Years of Age)

Level	Distance (km)	Speed	Date	Venue	Distance	Organiser
Novice	3 – 6.4	< 6kph				
Novice	3 – 6.4	< 6kph				
Novice	3 – 6.4	< 6kph				
Novice	3 – 6.4	< 6kph				
Intermediate	6.4 - 8	< 6kph				
Intermediate	6.4 - 8	< 6kph				
Intermediate	6.4 - 8	< 6kph				
Intermediate	6.4 - 8	< 6kph				
Open	10 - 12	< 6kph				
Open	10 - 12	< 6kph				
Open	10 - 12	< 6kph				
Open	10 - 12	< 6kph				

Strides Midi (8 – 12 Years of Age)

Level	Distance (km)	Speed(kph)	Date	Venue	Distance	Organiser
Novice	6.4 - 8	6 - 8				
Novice	6.4 - 8	6 - 8				
Novice	6.4 - 8	6 - 8				
Novice	6.4 - 8	6 - 8				
Intermediate	10 - 12	5 - 8				
Intermediate	10 - 12	5 - 8				
Intermediate	10 - 12	5 - 8				
Intermediate	10 - 12	5 - 8				
Open	12 - 16	6 - 10				
Open	12 - 16	6 - 10				
Open	12 - 16	6 - 10				
Open	12 - 16	6 - 10				

Strides Maxi (12 – 14 Years of Age)

Level	Distance (km)	Speed (kph)	Date	Venue	Distance	Organiser
Novice	10 - 16	8 - 12				
Novice	10 - 16	8 - 12				
Novice	10 - 16	8 - 12				
Novice	10 - 16	8 - 12				
Intermediate	17 - 24	8 - 12				
Intermediate	17 - 24	8 - 12				
Intermediate	17 - 24	8 - 12				
Intermediate	17 - 24	8 - 12				
Open	24 - 32	8 - 12				
Open	24 - 32	8 - 12				
Open	24 - 32	8 - 12				
Open	24 - 32	8 - 12				