



NEDBANK XC 3 Provisional Start Times and Laps

Please be at the start at least 10 minutes before your race time

Category	Age	Code	Time	Start Order	Prov Laps	Approximate time	Approximate distance
Race 1 09:00 Start							
Sprog Boys (U12)	11-12	SB	9:00	1	5	35 min	Kids course (blue) 13
Sub-Junior Girls (U14)	13-14	JG	9:00	1	5	35 min	Kids course (blue) 13
Nipper Boys (U10)	< 10	NB	9:02	1	3	35 min	Kids course (blue) 7.8
Sprog Girls (U12)	11-12	SG	9:02	1	3	35 min	Kids course (blue) 7.8
Nipper Girls (U10)	< 10	NG	9:02	1	2	35 min	Kids course (blue) 5.2
Race 2 09:45 Start							
E-bike open Men		EOM	9:34	1	6	40 min	Full lap (red) 27.6
Sub-Junior Boys (U14)	13-14	JB	9:32	2	5	60 min	Full lap (red) 23
Marathon Men		MaM	9:32	2	5	60 min	Full lap (red) 23
Rhino Men	90kg+	RM	9:32	3	5	60 min	Full lap (red) 23
Grand Master Men	60+	GMM	9:32	3	4	60 min	Full lap (red) 18.4
Race 3 11:00 Start							
Elite & U23 Women	19-29	EW	11:00	1	6	75 min	Full lap (red) 27.6
Sub Vet Women	30-39	SVW	11:00	1	5	60 min	Full lap (red) 23
Veteran Women	40-49	VW	11:02	2	5	60 min	Full lap (red) 23
Junior Women	17-18	JW	11:02	2	5	60 min	Full lap (red) 23
Youth Girls (U16)	15-16	YG	11:02	2	4	40 min	Full lap (red) 18.4
Master Women	50+	MW	11:02	2	4	45 min	Full lap (red) 18.4
Marathon Women		MaW	11:04	3	4	35 min	Full lap (red) 18.4
Rhino Women	70kg+	RW	11:04	3	4	35 min	Full lap (red) 18.4
Grand Master Women	60+	GMW	11:04	3	3	30 min	Full lap (red) 13.8
Race 4 12:30 Start							
Elite & U23 Men	19-29	EM	12:30	1	8	80 min	Full lap (red) 36.8
Sub Vet Men	30-39	SVM	12:30	1	7	75 min	Full lap (red) 32.2
Junior Men	17-18	JM	12:32	2	7	75 min	Full lap (red) 32.2
Youth Boys (U16)	15-16	YB	12:32	2	6	60 min	Full lap (red) 27.6
Veteran Men	40-49	VM	12:32	2	7	75 min	Full lap (red) 32.2
Master Men	50+	MM	12:32	2	6	60 min	Full lap (red) 27.6

NCF and Rock 'n Rut reserve the right to change the number of laps. The number of laps will be communicated at race briefing before each race starts.

