

2023 - 2024 SEASON AGE CATEGORIES & RACE DISTANCES

KEY DATE: 31 DECEMBER 2024 - AGE AS AT 31/12/2024



DUATHLON

YOUR AGE RANGE	YEAR YOU WERE BORN	AGE CATEGORY CODE	WHAT RACES YOU CAN DO ** WHEN ON THE RACE DAY PROGRAMME	RACE NAME	DISTANCE
3, 4, 5 & 6 year olds	2021 / 2020 / 2019 / 2018	DT	DU-TOTS	DU-TOTS	400m run / 1.25km cycle / 400m run
6, 7 & 8 year olds	2018 / 2017 / 2016	DK	DU-KIDZ	DU-KIDZ	400m run / 1.25km cycle / 400m run
8, 9 & 10 year olds	2016 / 2015 / 2014	DP	DU-SPORT	DU-SPORT	800m run / 2.5km cycle / 400m run
10 year olds	2014	DP / DFN BOYS - C GIRLS - K	DU-SPORT / DU-FUN as an individual or as part of a team	DU-SPORT DU-FUN	800m run / 2.5km cycle / 400m run 1.25km run / 5.0km cycle / 1.25km run
11 year olds	2013	DP / DFN BOYS - D GIRLS - L	DU-SPORT / DU-FUN / DU-FIT as an individual or as part of a team	DU-FUN DU-FIT	1.25km run / 5.0km cycle / 1.25km run 2.5km run / 10km cycle / 1.25km run
UNDER 13 12 - 13 year olds	2012 & 2011	DFN/DFT BOYS - E GIRLS - M	DU-FUN / DU-FIT - as an Individual or as part of a team	DU-FUN DU-FIT	1.25km run / 5.0km cycle / 1.25km run 2.5km run / 10km cycle / 1.25km run
UNDER 15 14 - 15 year olds	2010 & 2009	DFN/DFT BOYS - F GIRLS - N	DU-FUN / DU-FIT - as an Individual or as part of a team	DU-FUN DU-FIT	1.25km run / 5.0km cycle / 1.25km run 2.5km run / 10km cycle / 1.25km run
UNDER 17 16 - 17 year olds	2008 & 2007	DFN/DFT/DS/DSD BOYS - G GIRLS - P	DU-FUN / DU-FIT / DU-SPRINT / DU-STANDARD - as an Individual or as part of a Team	DU-FUN DU-FIT DU-SPRINT	1.25km run / 5.0km cycle / 1.25km run 2.5km run / 10km cycle / 1.25km run 2.5km run / 20km cycle / 5 km run
UNDER 19 18 -19 year olds	2006 & 2005	DFN/DFT/DS/DSD BOYS - H GIRLS - Q	DU-FUN / DU-FIT / DU-SPRINT / DU-STANDARD - as an Individual or as part of a Team	DU-FUN DU-FIT DU-SPRINT DU-STANDARD	1.25km run / 5.0km cycle / 1.25km run 2.5km run / 10km cycle / 1.25km run 2.5km run / 20km cycle / 5 km run 5km run / 40km cycle / 10km run
AGE GROUPERS					
20 - 24	2000 - 2004	DFN/DFT/DS/DSD MEN - R	DU-FUN / DU-FIT / DU-SPRINT / DU-STANDARD - as an Individual or as part of a Team	DU-FUN	1.25km run / 5.0km cycle / 1.25km run
25 - 29	1995 - 1999	LADIES - S		DU-FIT	2.5km run / 10km cycle / 1.25km run
30 - 34	1990 - 1994			DU-SPRINT	2.5km run / 20km cycle / 5 km run
35 - 39	1985 - 1989			DU-STANDARD	5km run / 40km cycle / 10km run
40 - 44	1980 -1984	MEN - V LADIES - X	DU-FUN / DU-FIT / DU-SPRINT / DU-STANDARD - as an Individual or as part of a Team	DU-FUN	1.25km run / 5.0km cycle / 1.25km run
45 - 49	1975 - 1979			DU-FIT	2.5km run / 10km cycle / 1.25km run
50 - 54	1970 -1974			DU-SPRINT	2.5km run / 20km cycle / 5 km run
55 - 59	1965 - 1969			DU-STANDARD	5km run / 40km cycle / 10km run
60 - 64	1960 -1964				
65 - 69	1955 - 1959				
70 - 74	1950 - 1954				
75 +	1949 -				