

2026-2027 - AGE GROUPS, CATEGORIES & DISTANCES



DUATHLON

KEY DATE: 31 DECEMBER 2027 - AGE AS AT 31/12/2027

AGE RANGE	YEAR OF BIRTH	AGE CATEGORY CODE	WHAT RACES YOU CAN DO	RACE NAME	DISTANCE
10 year olds	2016	BOYS - C GIRLS - K	DFN - DU-FUN as an individual or as part of a team	DU-FUN	1.25km run / 5.0km cycle / 1.25km run
11 year olds	2015	BOYS - D GIRLS - L	DFN - DU-FUN / DFT - DU-FIT as an individual or as part of a team	DU-FUN DU-FIT	1.25km run / 5.0km cycle / 1.25km run 1.25km run / 10km cycle / 2.5km run
UNDER 13 12 - 13 year olds	2015 - 12 year olds 2014 - 13 year olds	BOYS - E GIRLS - M	DFN - DU-FUN / DFT - DU-FIT as an individual or as part of a team	DU-FUN DU-FIT	1.25km run / 5.0km cycle / 1.25km run 1.25km run / 10km cycle / 2.5km run
UNDER 15 14 - 15 year olds	2013 - 14 year olds 2012 - 15 year olds	BOYS - F GIRLS - N	DFN - DU-FUN / DFT - DU-FIT as an individual or as part of a team	DU-FUN DU-FIT	1.25km run / 5.0km cycle / 1.25km run 1.25km run / 10km cycle / 2.5km run
UNDER 17 16 - 17 year olds	2011 - 16 year olds 2010 - 17 year olds	BOYS - G GIRLS - P	DFN - DUFUN / DFT - DUFIT / DS - as an individual or as part of a team	DU-FUN DU-FIT DU-SPRINT	1.25km run / 5.0km cycle / 1.25km run 1.25km run / 10km cycle / 2.5km run 2.5km run / 20km cycle / 5 km run
UNDER 19 18 - 19 year olds	2009 - 18 year olds 2008 - 19 year olds	BOYS - H GIRLS - Q	DFN - DUFUN / DFT - DUFIT / DS - DUISPRINT DSD - 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 1.25km run / 10km cycle / 2.5km run 2.5km run / 20km cycle / 5 km run 5km run / 40km cycle / 10km run
AGE GROUPERS					
20 - 24	2002 - 2006	MEN - R	DFN - DU-FUN / DFT - DU-FIT / DS - DU-SPRINT /	DU-FUN	1.25km run / 5.0km cycle / 1.25km run
25 - 29	1997 - 2001	LADIES - S	DSD - DU-STANDARD	DU-FIT	1.25km run / 10km cycle / 2.5km run
30 - 34	1992 - 1996		as an individual or as part of a team	DU-SPRINT	2.5km run / 20km cycle / 5 km run
35 - 39	1987 - 1991			DU-STANDARD	5km run / 40km cycle / 10km run
40 - 44	1982 - 1986				
45 - 49	1977 - 1981		DFN - DU-FUN / DFT - DU-FIT / DS - DU-SPRINT /	DU-FUN	1.25km run / 5.0km cycle / 1.25km run
50 - 54	1972 - 1976	MEN - V	DSD - DU-STANDARD	DU-FIT	1.25km run / 10km cycle / 2.5km run
55 - 59	1967 - 1971		as an individual or as part of a team	DU-SPRINT	2.5km run / 20km cycle / 5 km run
60 - 64	1962 - 1966	LADIES - X		DU-STANDARD	5km run / 40km cycle / 10km run
65 - 69	1957 - 1961				
70 - 74	1952 - 1956				
75 +	1951 + before				