

Chiltern Challenge: Recommended course and class combinations

The following table provides suggested courses for all age classes for this event.

These are only suggestions. You may enter any course of your choice.

UKOL:

However, if you do want to score in the UK Orienteering League, you must enter the appropriate course for your age class

Course	Men's Classes	Women's Classes
Black	M21	
Brown	M35 M40	
Short Brown	M18 M20 M45 M50	W21
Blue	M16 M55 M60	W35 W40
Short Blue	M65	W18 W20 W45 W50
Green	M70	W16 W55 W60

Course	Men's Classes	Women's Classes
Short Green	M75 M80 M85 M90	W65 W70
Very Short Green		W75 W80 W85 W90
Light Green	M14	W14
Orange	M12	W12
Yellow	M10	W10
White		



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