

NIMRA - Race Matrix

RACE MATRIX		TERRAIN				
		v.easy	Easy	Difficult	Hard	Extreme
D I S T A N C E	> 3 mile		2	3	4	5
	> 5 mile		3	4	5	6
	> 8 mile		4	5	6	7
	> 12 mile		5	6	7	8
	< 15mile		6	7	8	9



Navigation

KEY

DISTANCE (In miles)

TERRAIN

- V.easy** path, few junctions, waymarked less than 100m climb
- Easy** path,junction, short sections of technical, over 100m climb
- Difficult** Multiple terrain types, path, grass, technical (rocky), Over 250m climb
- Hard** Multiple terrain types, path, grass, technical (rocky), Over 1000m climb
- Extreme** Multiple terrain types, path, grass, technical (rocky), Over 1500m climb

level of difficulty



NAVIGATION





Navigation