

Table indicating equivalence between Colour Coded and Gender/Age based courses

The UK Orienteering League adopts the equivalence mapping as used by the host region, in this case the SE League. Below is the table to follow to enter the appropriate course for your gender and age.

Colour	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
Short Green	M75 M80 M85 M90	W65 W70 W75 W80
Very Short Green		W85 W90
Light Green	M14	W14
Orange	M12	W12
Yellow	M10	W10