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Road courses are on sealed surfaces (bitumen, concrete, concrete block)

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Road Races up to 10km - 10% off-road allowed

Road Races over 10km - maximum off-road allowed is 1km plus 5% of the amount by which the race distance exceeds 10km

For a number of popular race distances this gives the following amounts of off- road surface:

|                        |                |
|------------------------|----------------|
| 5km - 0.5 km           | 0.310689 miles |
| 10km - 1 km            | 0.621377 miles |
| 10 miles - 1.3 km      | 0.80779 miles  |
| Half marathon - 1.6 km | 0.994203 miles |
| 20 miles - 2.1 km      | 1.304892 miles |
| Marathon - 2.6 km      | 1.61558 miles  |

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Acceptable gravel conditions are as follow

Gravel should be compacted, well graded gravel with a firm, smooth surface having particles between 2mm and 40mm in size - Tracks constructed with larger sized crushed rock and intended for motor vehicle use (e.g. forestry and country park roads) usually have a rougher surface and more, larger loose material, and would not meet this definition

Exclude any gravel surface that is regularly used by motor vehicles the gravel surface needs to be of a standard that it rides smoothly, doesn't feel soft under the tyre and gives a consistent length on repeat rides and there are no tyre marks left and no vibration in the handlebars