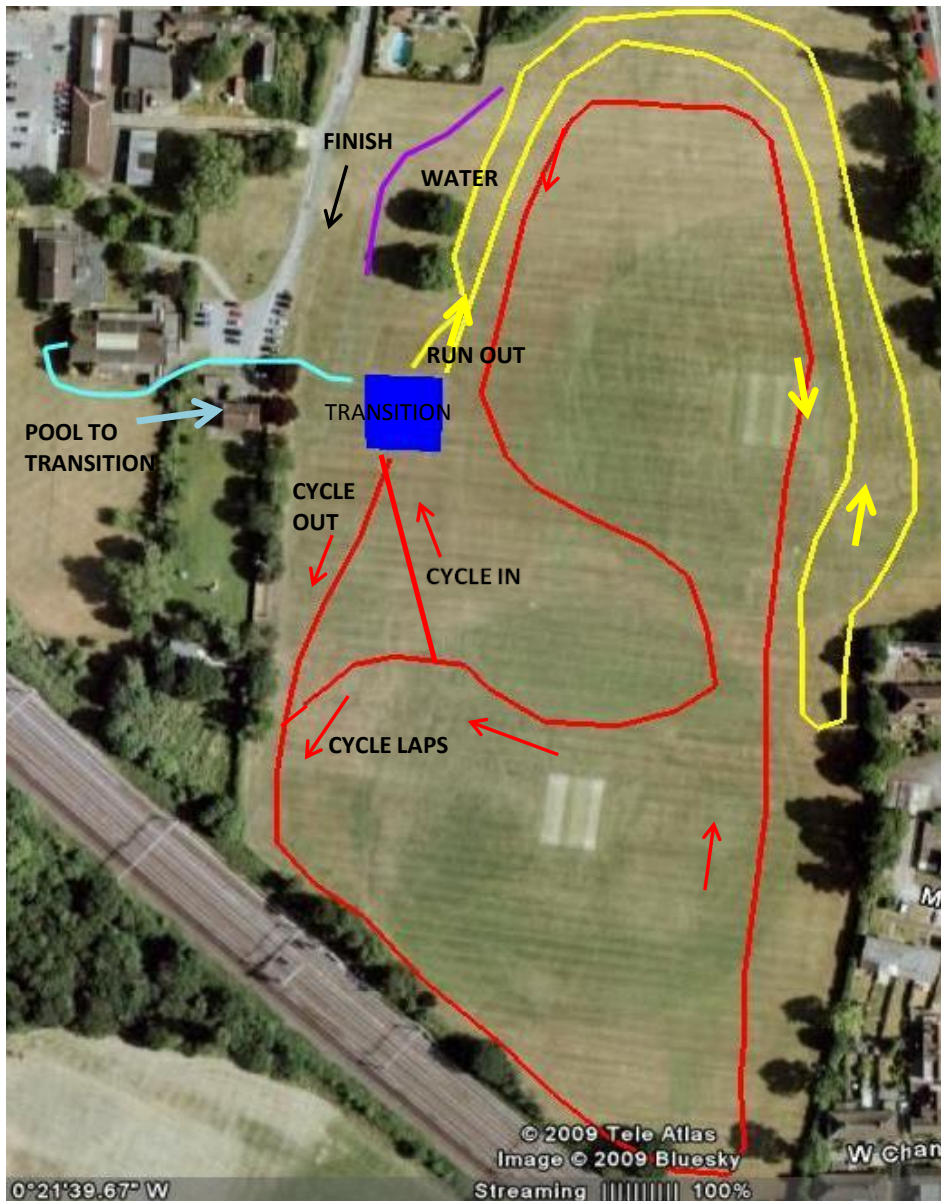


HATCH END - HARROW TRIATHLON TRISTART, TRISTAR & YOUTH RACE COURSES



Cycle Course

CYCLE DISTANCES

Age:	Tristart 8	Tristar 1 9 &10	Tristar 2 11 &12	Tristar 3 13 &14	Youths 15-&16
Distance	1km	2km	3km	4km	5km
Laps	1	2	3	4	5

Run Course

RUN DISTANCES

Age:	Tristart 8	Tristar 1 9 &10	Tristar 2 11 &12	Tristar 3 13 &14	Youths 15-&16
Distance	0.6km	1.2km	1.8km	2.4km	3km
Laps	1	2	3	4	5