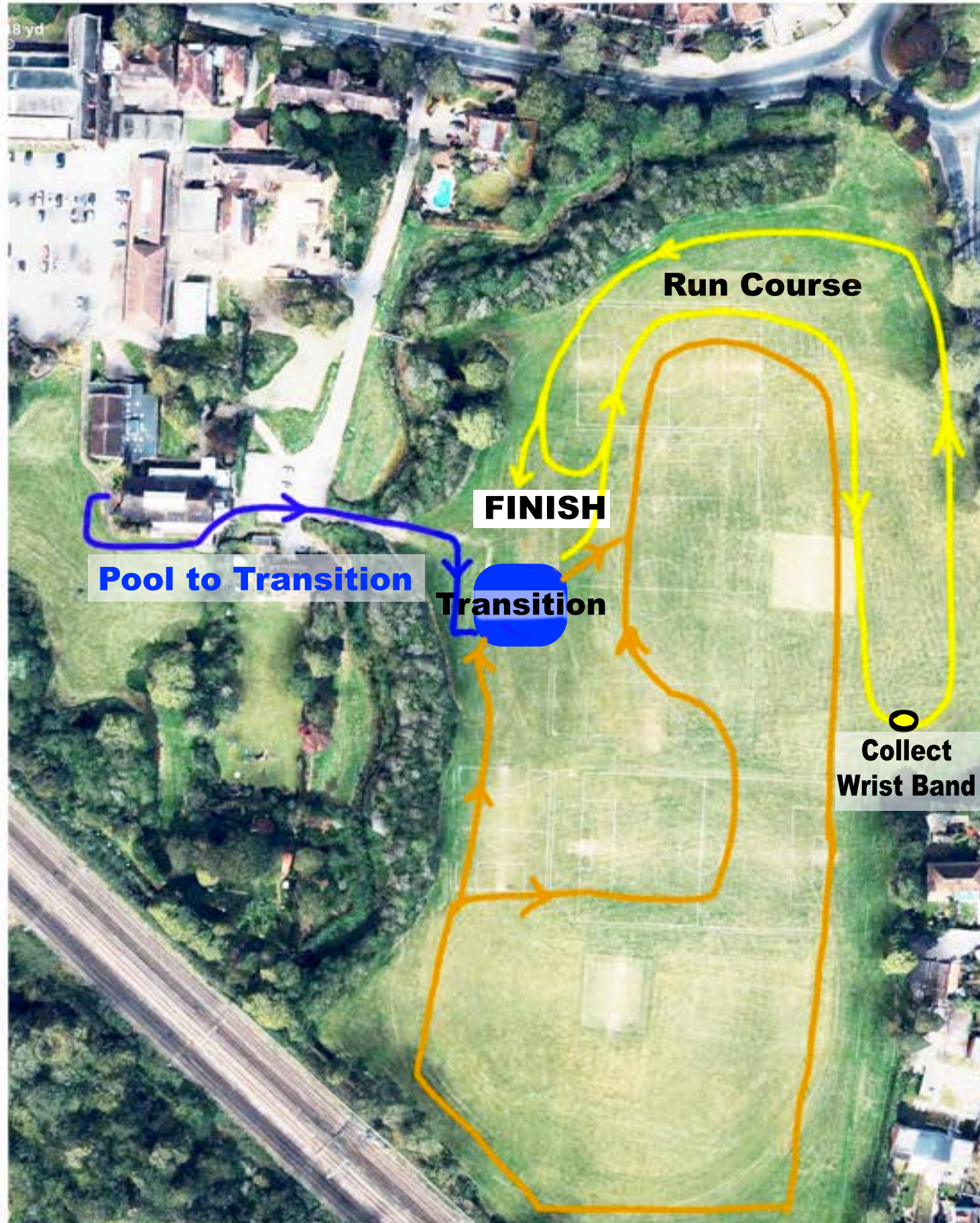


# HATCH END - HARROW TRIATHLON TRISTART, TRISTAR & YOUTH RACE COURSES



## Cycle Course

### CYCLE DISTANCES

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

## Run Course

### RUN DISTANCES

	Tristart	Tristar 1	Tristar 2	Tristar 3	Youths
Age	8	9 & 10	11 & 12	13 & 14	15 & 16
Distance	0.5 km	1.2 km	1.8 km	2.4 km	3 km
Laps	1	2	3	4	5