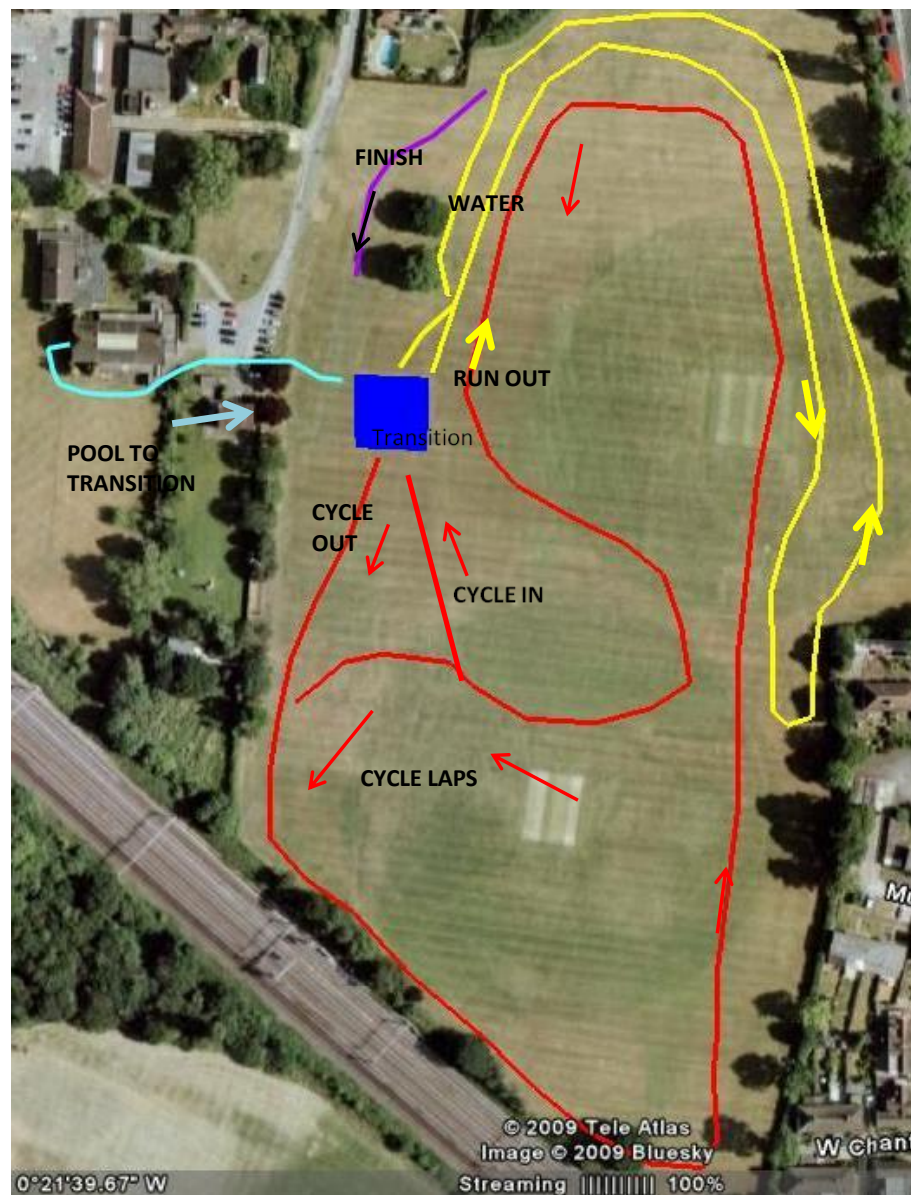


HATCH END ~ HARROW TRIATHLON TRISTAR & YOUTH RACE COURSES



RUN DISTANCES

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

CYCLE DISTANCES

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