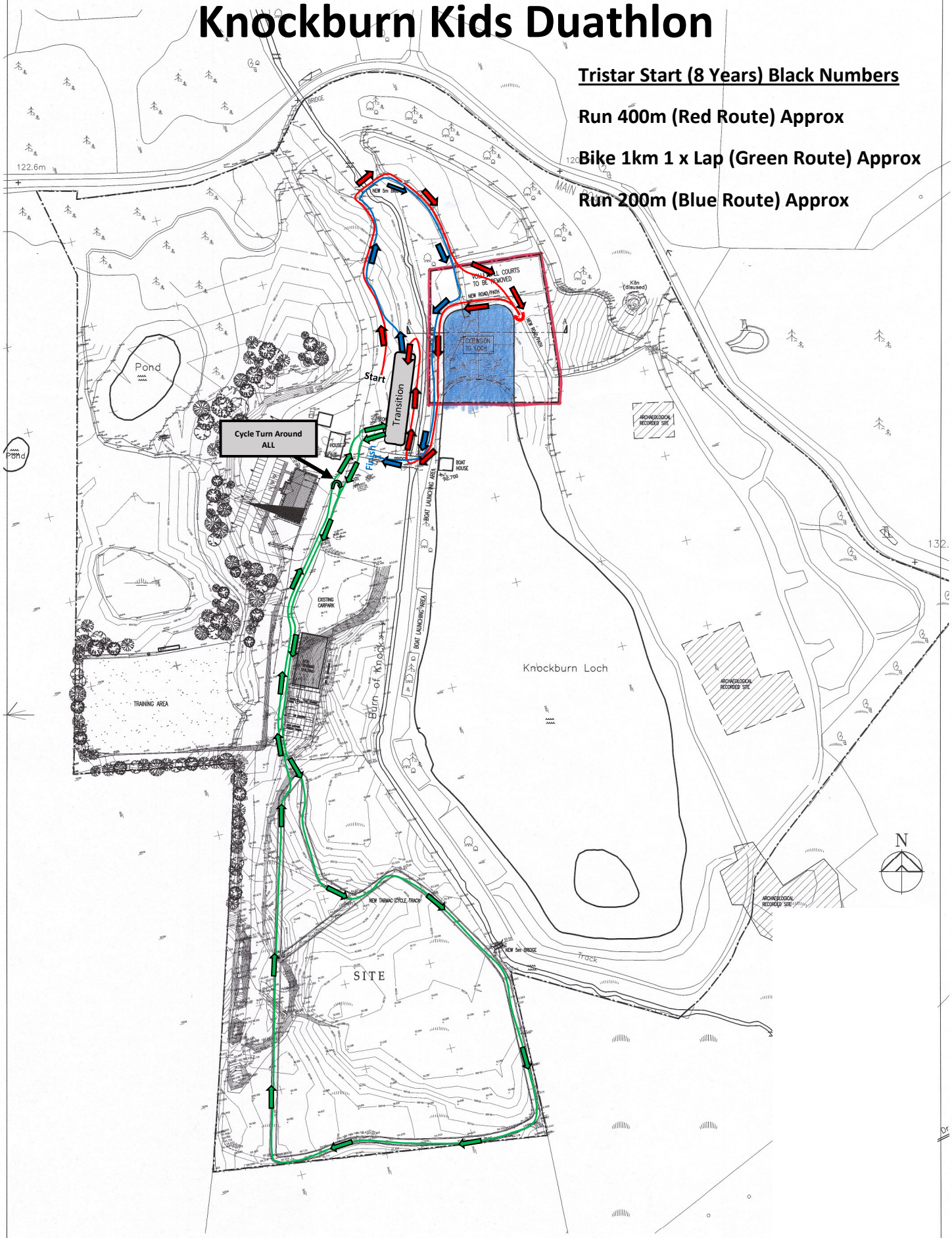
Knockburn Kids Duathlon

<u>Tristar Start (8 Years) Black Numbers</u>

Run 400m (Red Route) Approx

Bike 1km 1 x Lap (Green Route) Approx

Run 200m (Blue Route) Approx