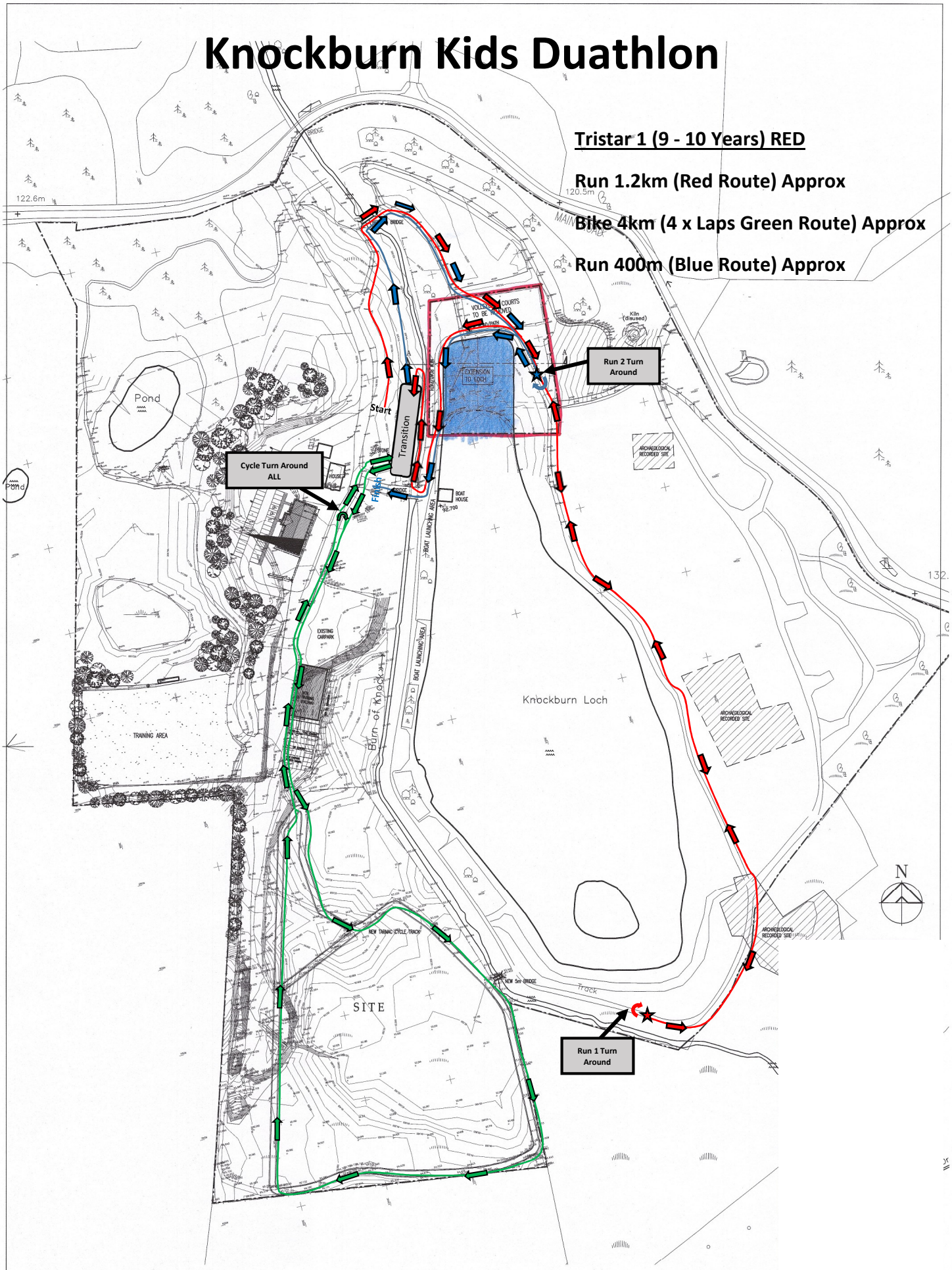
Knockburn Kids Duathlon

Tristar 1 (9 - 10 Years) RED

Run 1.2km (Red Route) Approx

Bike 4km (4 x Laps Green Route) Approx

Run 400m (Blue Route) Approx