

Holmfirth Junior Duathlon

Race Distances (approximate)

	Run	Bike	Run
Tristart	400m 1L	1300m 2L	200m 1L*
Tristar 1	1200m 3L	3250m 5L	400m 1L
Tristar 2	1600m 4L	5200m 8L	400m 1L
Tristar 3/Youth/Junior	2000m 5L	6500m 10L	800m 2L

