

# Birmingham - Kids Duathlon

## Duathlon - Course logistics

Age	First Run	Bike	Second Run
5 to 6	100m	750m	300m
7 to 8	200m	1km	500m
9 to 12	400m	2km	1500m
13 to 16	600m	4km	2000m
Relay (all ages)	600m	4km	2000m

Red lines = Kids run course 1  
 Yellow lines = Kids bike course  
 Green lines = Kids run course 2  
 White dotted line = Kids finish

The whole of the bike course and run courses will be post and taped, making it easy for the children to navigate

When you arrive at registration on the day, you will be given two wrist bands in your event day envelope. One for your child to wear, and one for you (the parent/carer) to wear. This allows one parent/carer to go into transition with the children to help them rack their bike.

Course note to sale\*

