



2025 EAST ESSEX KIDS DUATHLON - COURSE MAP

KEY	
---	WALK TO START (only cross track when clear)
—	RUN 1
—	BIKE
—	RUN 2

DISTANCES			
GROUP	RUN 1	BIKE	RUN 2
Youth	2km	5km (5 laps)	800m
TS3	2km	4km (4 laps)	800m
TS2	1.6km	3km (3 laps)	600m
TS1	1.2km	2km (2 laps)	400m
TSS	400m	1km (1 lap)	200m

