



- Swim - c. 150m (A to B route)**
- Bike - 4.3 km (Red out, then 3 Laps of Green, then Red back)**
- Run - 1.9km (Red out, then 1 Lap) of Green, then Red back to Finish)**

**CRAGGY ISLAND
TRIATHLON**
BY DURTY EVENTS

**CRAGGY ISLAND TRIATHLON
KIDS RACE**

28
DAYS
LATER
FONT