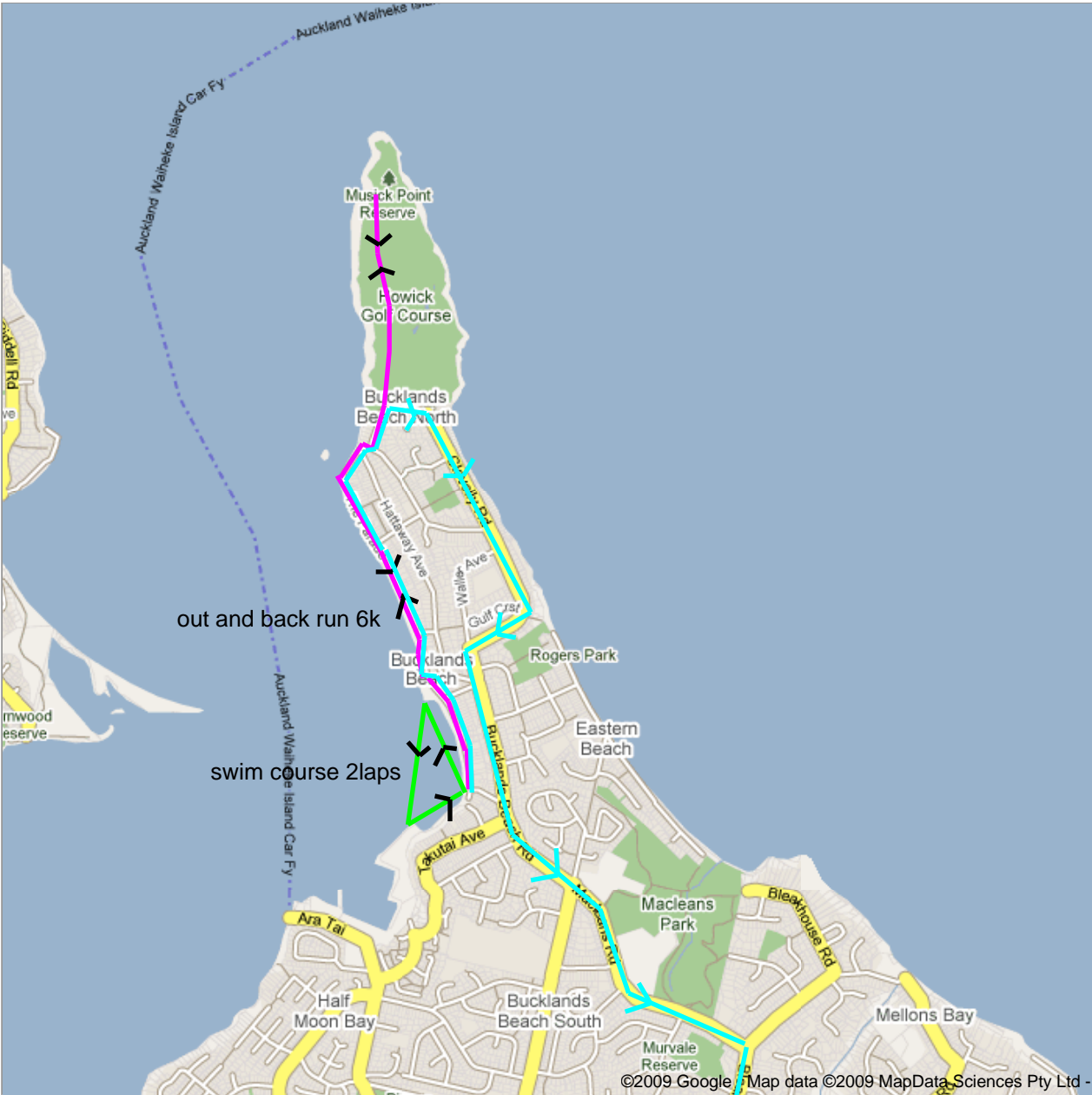




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out and back run 6k

swim course 2laps

see map bike course

- swim course multi lap - varies approx 1.5-2.5km
- run course flat with hill at end - approx 6km
- bike course undulating - approx 30km