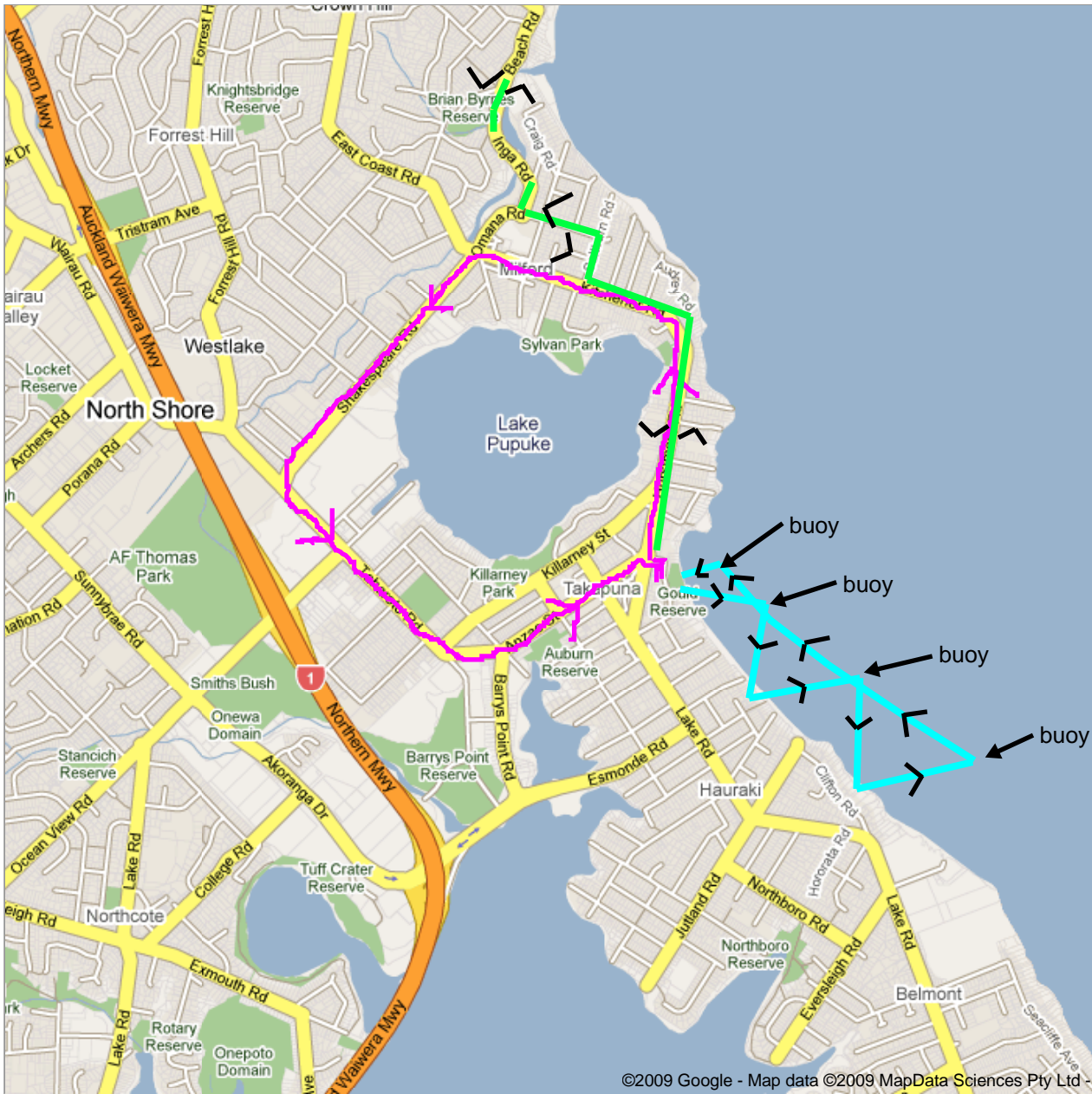




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Run Course approx 6km

Swim Course varies 2.0-2.5km

Bike Course approx 30km