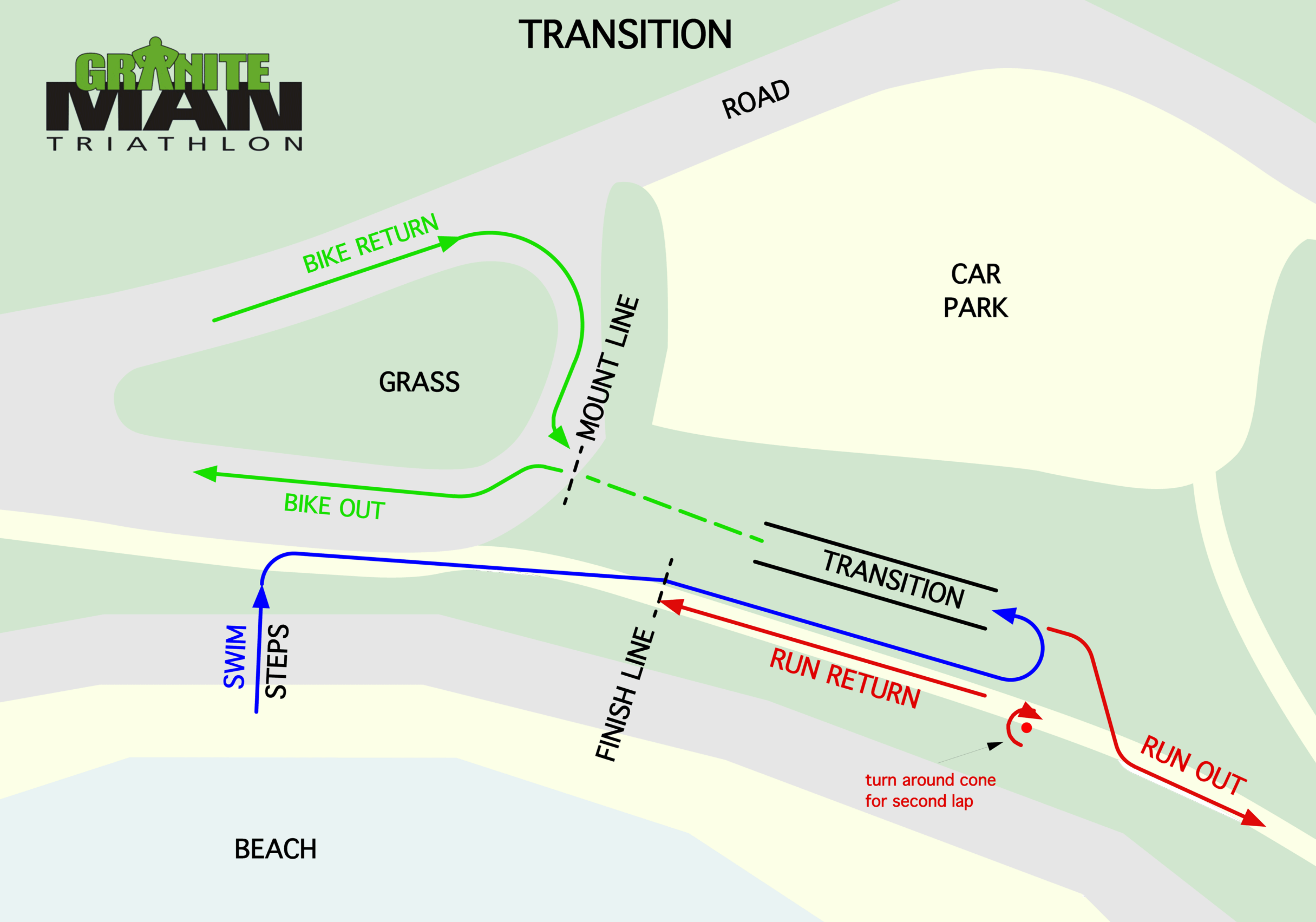




TRANSITION



ROAD

CAR PARK

GRASS

BIKE RETURN

MOUNT LINE

BIKE OUT

TRANSITION

SWIM
STEPS

FINISH LINE

RUN RETURN

RUN OUT

turn around cone
for second lap

BEACH