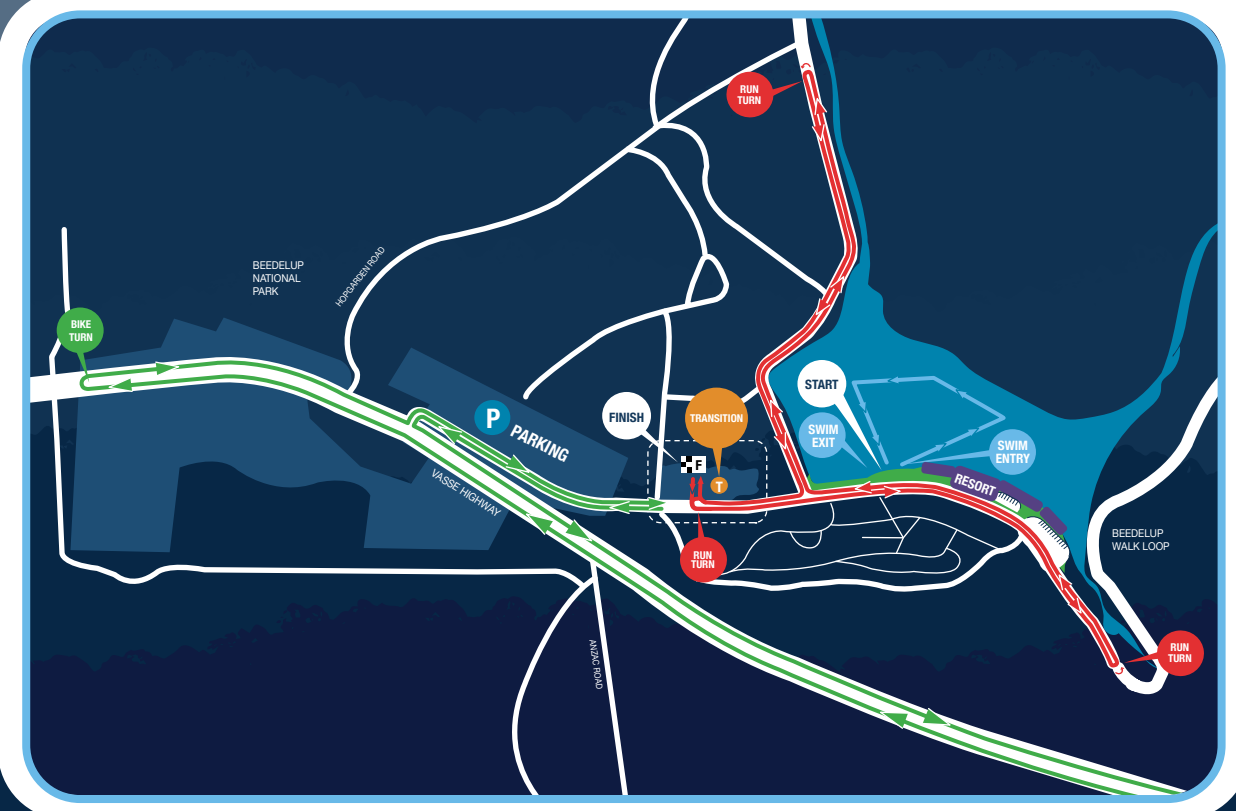




LONG COURSE



1.5km / 60km / 12km

- Swim:** 2 x 750m laps in the lake
- Bike:** 2 x 30km laps along Vasse Hwy & Channybearup Rd
- Run:** 3 x 4km laps within the grounds of Karri Valley Resort