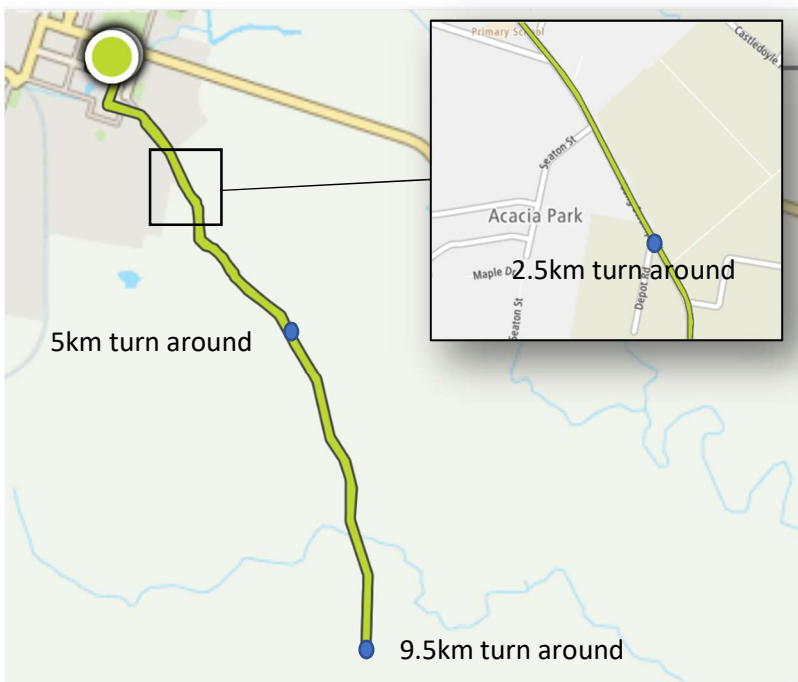
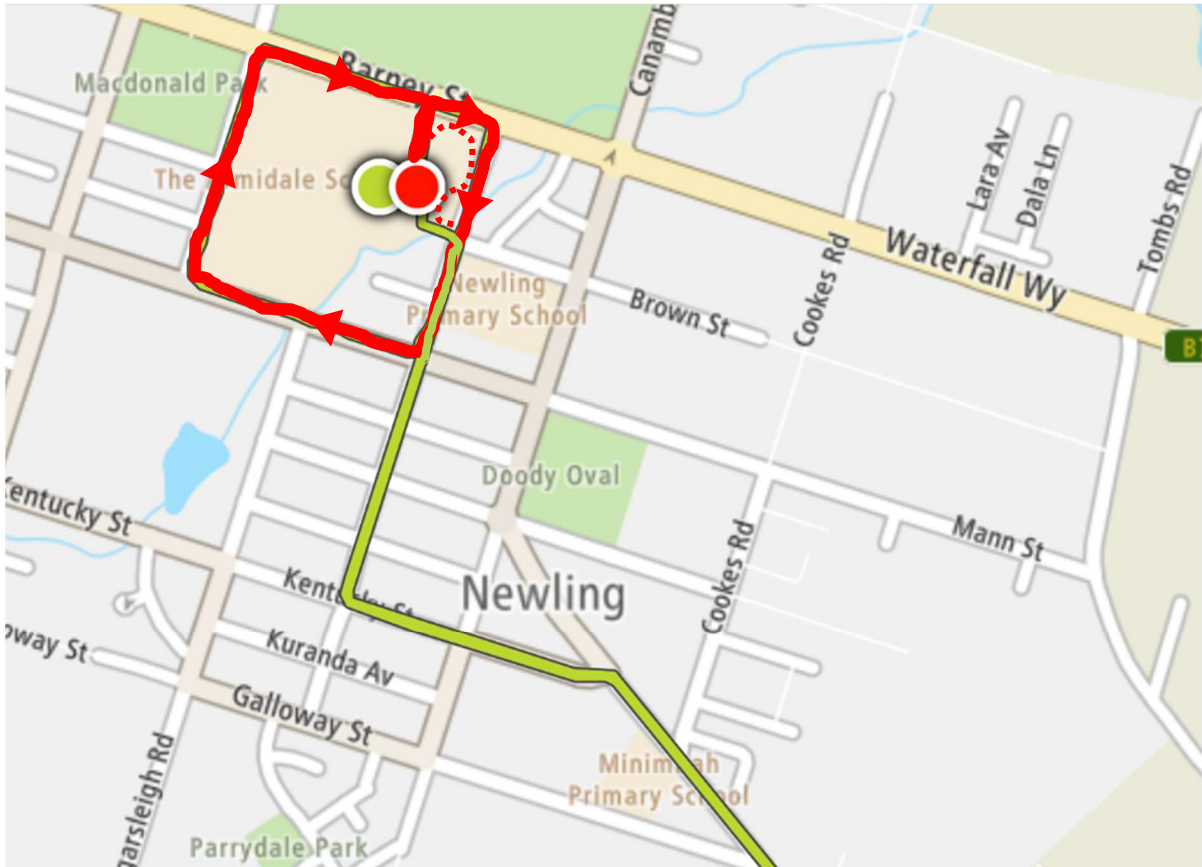


Armidale Triathlon Club Bike and run course



- Novice: 100m swim, 5km cycle, 1km run
- Short: 200m swim, 10km cycle, 2km run
- Long: 400m swim, 19km cycle, 4km run

Key:

- Cycle course
- Run course
- - - Novice run course return