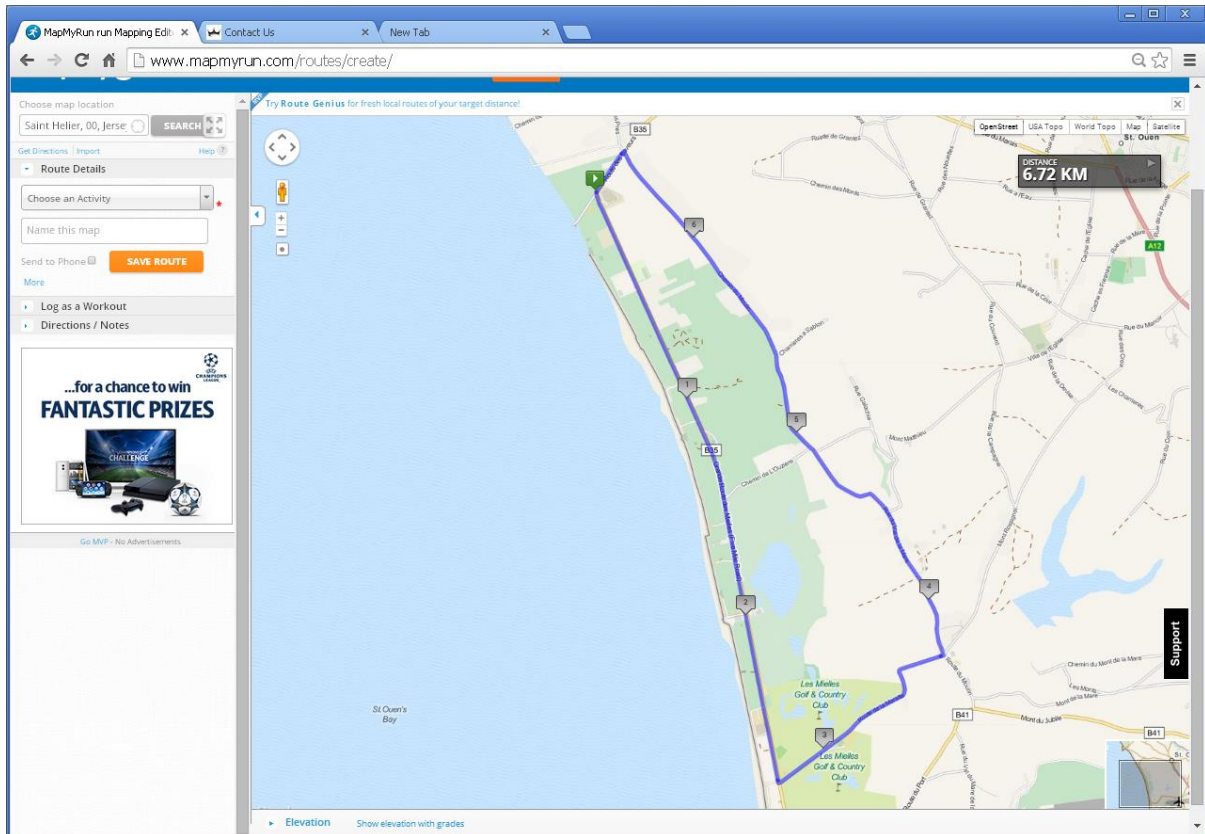
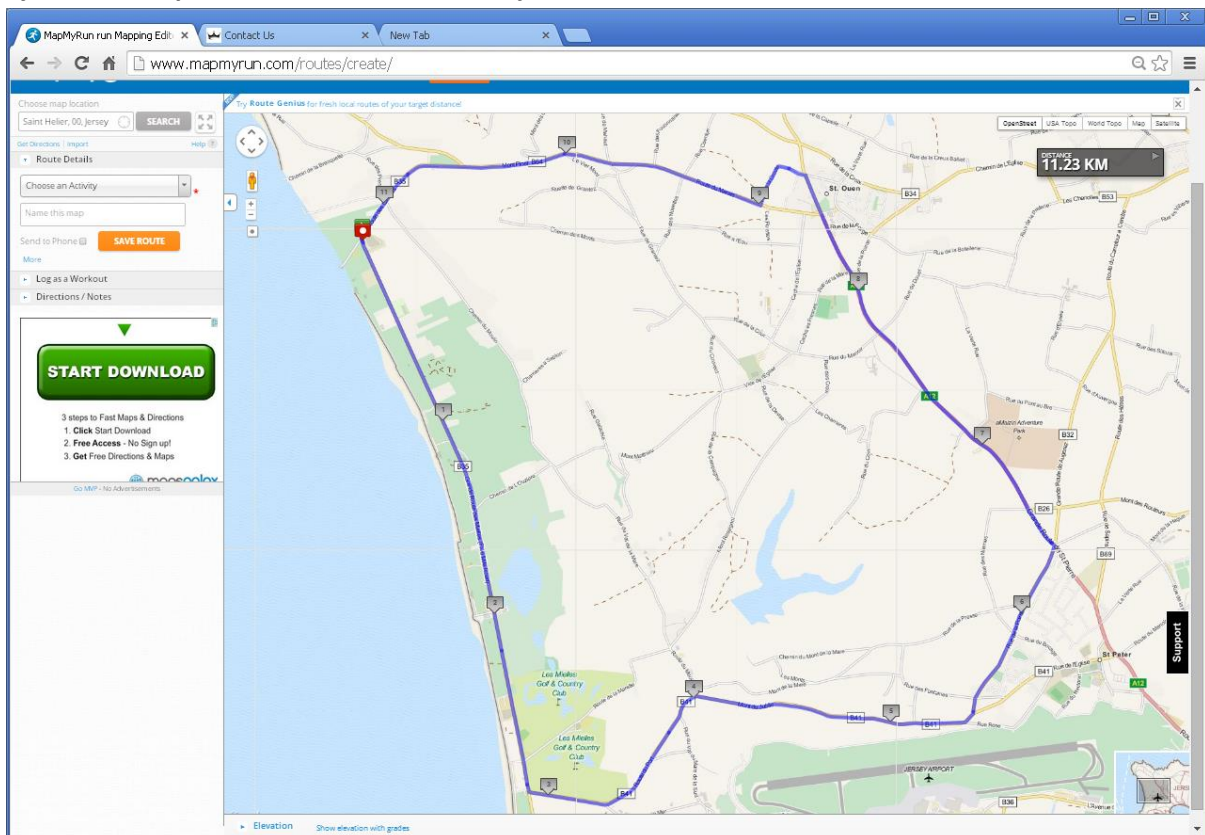


JERSEY PEARL DUATHLON: 6.7km Run/34km Cycle/5km Run

First Run: one lap of a 6.7km course



Cycle: three laps of an 11.23km course for just under 34km in total



Final Run: out and back run along 'Five Mile Road' turning around at 2.5km for a total of 5km.