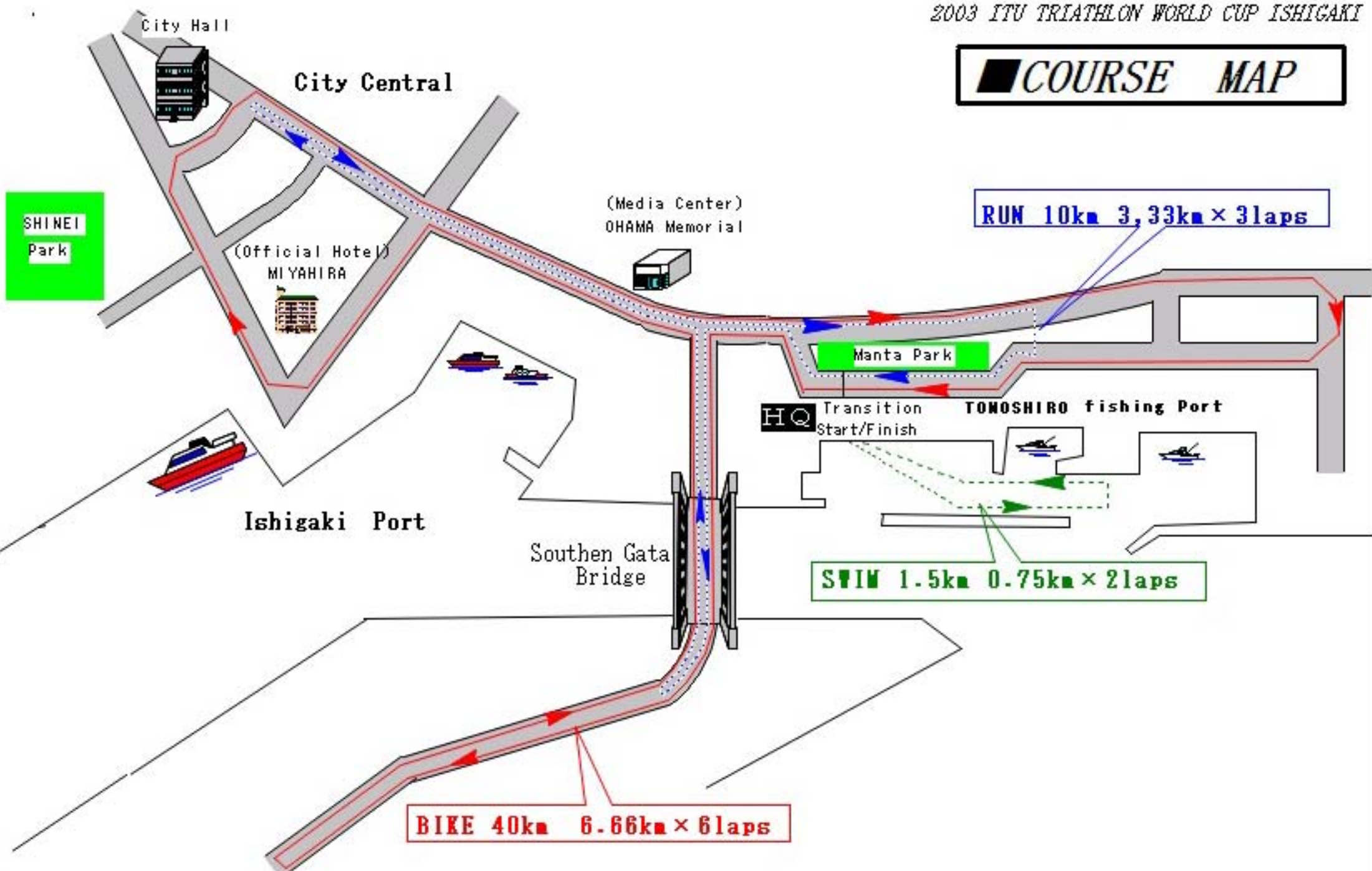


COURSE MAP



SHINEI Park

(Official Hotel) MIYAHIRA

(Media Center) OHAMA Memorial

RUN 10km 3,33km x 3laps

Manta Park

HQ Transition Start/Finish

TOMOSHIRO fishing Port

Ishigaki Port

Southern Gata Bridge

SWIM 1.5km 0.75km x 2laps

BIKE 40km 6.66km x 6laps