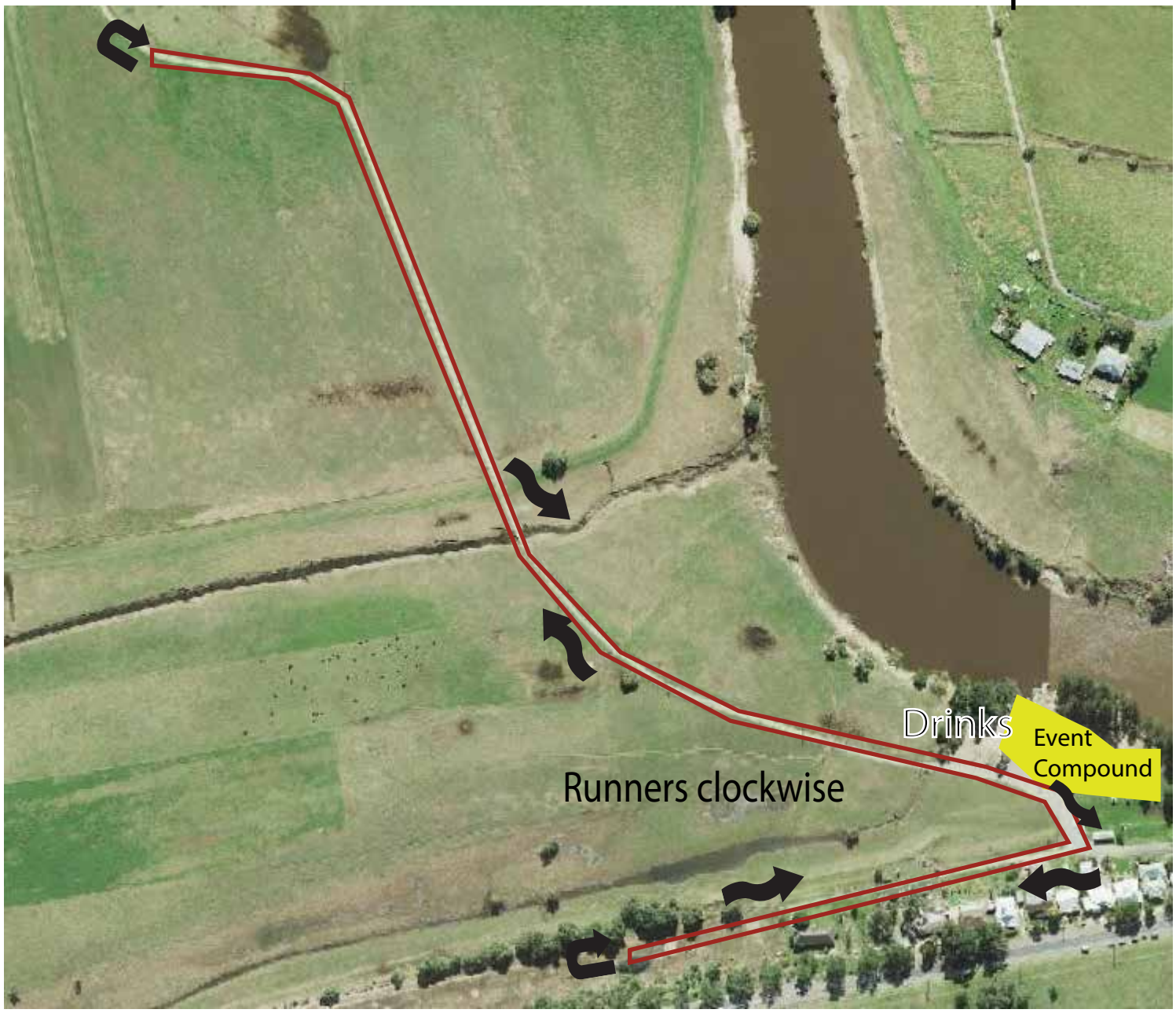Maitland Triathlon Run Course 2.5km loop