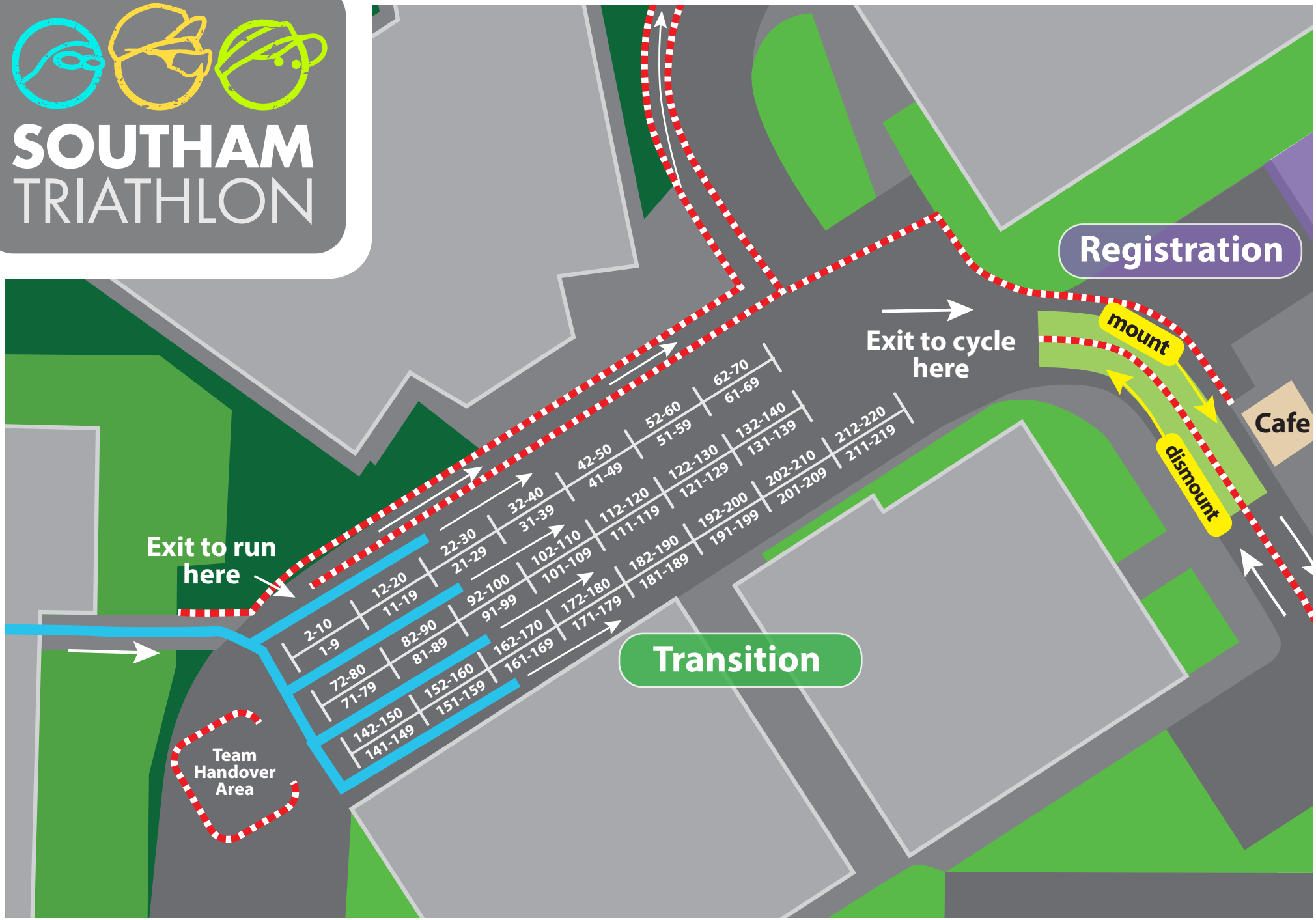SOUTHAM TRIATHLON