

Title:

Ironman Langkawi-Malaysia-About The Race.

Word Count:

391

Summary:

Ironman Langkawi-Malaysia is soon to take place in the idealic setting of Kuah town. The race

The langkawi-Malaysia Ironman first took place in the year 2000 and has since become the favor

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Keywords:

Ironman Langkawi-Malaysia, ironman triathlon

Article Body:

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The swim is a 3.8 km swim in the tranquil waters of the Kuah town Jetty.

The bike is a 2 and one half loop course that takes place on the coastal roads of Langkawi isl

The marathon consists of two 21.1 km. loops on a course that is generally flat but with gradua

From all reports Ironman Langkawi-Malaysia is well organized and supported with great enthusia

One thing to be aware of and possibly train for is the heat which can be anywhere from 28-35 c

Pros will be competing for prize money and age groupers will have the opportunity to qualify f

Accomodation prices look very reasonable. Several of the major hotels in Langkawi are just min

This seems to be a terrific holiday destination for those looking for a more "exotic" Ironman

For those looking for a last minute race, it appears that entries will be available until mid-

Any information you might need can be found on their website@LangkawiIronman.com

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