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Pre-Intermediate Student’s Book

Life

1.7

The swimming race in the photo is one part of three races in total. The competitors swim for 3.86 kilometres (that’s two point four miles), cycle for 180 kilometres and run a marathon at the end. It’s called the Ironman triathlon and the men swimming in the photo are all competing at the annual Ironman world championship in Hawaii. Hundreds of people compete but thousands of spectators also watch the famous contest. They all want to see someone win the ultimate test of fitness.