



Race 3 Milo Micro Triathlon

100m wade / swim: On beach below Gaol. Location depends on tide, currents etc.

3km cycle: Leave bike compound, push your bike to the top of the road and turn right to ride along Cardwell St, turn right into Wilson St and continue along until you reach Russell St where you will turn around and return the same way but via the top road below the Gaol, continue until you dismount half way around the bend and push your bike back to the bike compound.

500m run: - Leave compound, run straight across the road towards the Kiosk, turn first right before Kiosk and run on the road past the toilet block down to the witches hats, turn around and run back until you reach the steps on your left, go down the steps and go straight across to the beach access and follow the corridor back to the finish line.

