



Race 4 Milo Mini Triathlon

200m wade/swim: On beach below Gaol. Location depends on tide, currents etc.

6km cycle: Leave the bike compound, push your bike to the top of the road and turn right to ride along Cardwell St, turn right into Wilson St, left into Russell St, continue along to Gap Beach Rd 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, then push your bike back to the bike compound.

1km run: Turn right when you leave the compound exit then left to run past the registration area, over the small bridge and right into mosquito alley, continue through then turn right into the NPWS carpark to beach, turn right and follow the beach back to the finish line.

