



Leg	Distance	Cumulative
Start – CP1	5.5km	5.5km
CP1 – CP2	5.0km	10.5km
CP2 – CP3	6.7km	17.2km
CP3 – CP4	9.5km	26.7km
CP4 – CP5	4km	30.7km
CP5 – CP1	6.7km	37.4km
CP1 - Finish	5.6km	43km

## Marathon

From the start at Phil Rogers Park, head up the steps and follow the trail markings to the Carlo Sand Blow.

Watch out for cars in the car park.

Continue across the sand blow and along the trail until you reach CP1.

From CP1 veer right and follow the trail towards Lake Poona. Take care when crossing roads.

Continue to CP2 where your number will be recorded.

From CP2, follow the trail towards Teewah Beach past Freshwater Lake Camp Ground and CP3.

From CP3 continue along the trail towards the beach. Upon reaching the beach turn left and head north towards Double Island Point.

Leaving the beach, take the footpath to the lighthouse and CP4.

From the lighthouse, follow the markings to the southern end of Rainbow Beach. Head north along the beach. (Keep left, close to the land. Do not go out onto the sand bar.) After approx. 3kms, exit the beach at the toilet block and CP5.

Continue along the trail (crossing the Leisha Track) until you come to CP1.

Follow the marked trail from CP1.

Ignore the Carlo Sand Blow turnoff (on the right) and continue straight on.

Please note: you do not cross Carlo Sand Blow on the return trip.

Follow the marked trail until you come to Rainbow Beach Road.

Turn right and continue on the grass verge and footpath. Take care crossing the side street.

The finish line is on the right, in the park next to the SES shed.

Congratulations! You have just finished the marathon.

