

MEN'S

HEALTH PARTNERS STAGE 2

DATE
THURSDAY 22 JAN 2026DISTANCE
148.1KM02 ► NORWOOD 11:10AM
URAILDA 3:02PM

POINT-TO-POINT

Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1110	1110	1110	Start Race Neutral The Parade at the Town Hall, Norwood - heading east	0.0	5.1
1114	1114	1114	Left turn on to Glynburn Road, Kensington Park	2.0	3.1
1115	1115	1115	Right turn on to Magill Road, Kensington Gardens	2.7	2.4
1119	1119	1119	Left turn on to Norton Summit Road, Magill	4.8	0.3
1120	1120	1120	End Race Neutral Norton Summit Road, Magill near Greer Place	5.1	0.0
1120	1120	1120	Start Race Norton Summit Road, Magill near Greer Place	0.0	148.1
1131	1130	1130	Continue straight on to Lobethal Road, Norton Summit	7.1	141.0
1135	1134	1133	Right turn on to Stony Rise Road, Ashton	9.6	138.6
1135	1135	1134	efex King of the Mountain #1 - Ashton (category 2) Distance: 10.0km, Total Ascent 495m, Maximum Gradient: 12.6%, Average Gradient: 4.0% Stony Rise Road, Ashton	10.0	138.2
1136	1135	1135	Left turn on to Tregarthen Road, Ashton	10.5	137.6
1138	1137	1137	Feed Zone - 800m duration (team escort) Tregarthen Road, Summertown near #19 Tregarthern Road	11.9	136.3
1139	1138	1137	Right turn on to Greenhill Road, Summertown	12.2	136.0
1141	1140	1139	Left turn on to Mount Lofty Summit Road, Greenhill	13.5	134.7
1146	1144	1143	Mount Lofty Summit Road, Clealand at Summit entrance	16.5	131.6
1150	1148	1147	Left turn at the roundabout on to Main Street, Crafers	19.2	128.9
1150	1149	1147	Left turn on to Piccadilly Road, Crafers	19.4	128.8
1152	1150	1149	Veer left at the roundabout to stay on Piccadilly Road, Crafers	20.6	127.5
1157	1155	1154	Veer right on to Swamp Road, Piccadilly	23.9	124.2
1201	1159	1157	Sharp right turn on to Greenhill Road, Uraidla	26.5	121.6
1202	1200	1158	Greenhill Road, Uraidla at Finish Line Start Lap #1	26.7	121.4
1202	1200	1158	Greenhill Road, Uraidla at Days Road Start Clean Zone	27.0	121.2
1203	1201	1159	Greenhill Road, Uraidla at Range Road End Clean Zone	27.5	120.6
1214	1211	1209	Greenhill Road, Balhannah at Bonney's Flat Creek Caution - Bridge	34.3	113.8
1215	1212	1210	Left turn on to Swamp Road, Balhannah	35.2	112.9
1224	1221	1218	Swamp Road, Lenswood near #532 Swamp Road Start Clean Zone	40.6	107.5
1224	1221	1218	Feed Zone - 2000m duration (no team escort) Right turn to stay on Swamp Road, Lenswood End Clean Zone	41.1	107.1
1229	1225	1222	Right turn on to Lobethal Road, Lenswood	43.8	104.3
1237	1233	1229	Lobethal Road, Lobethal Caution - Bridge	48.8	99.3
1237	1233	1230	Veer left on to Main Street, Lobethal	49.0	99.1
1238	1234	1230	Ziptrak® Sprint #1 Main Street, Lobethal at Lobethal Lutheran School	49.4	98.7
1239	1235	1231	Sharp left turn on to Pioneer Avenue, Lobethal	50.1	98.0
1240	1236	1232	Pioneer Avenue becomes Cudlee Creek Road at Mill Road, Lobethal	50.6	97.5
1252	1247	1243	Left turn on to Gorge Road, Cudlee Creek	58.6	89.5

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Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1253	1248	1244	Gorge Road, Cudlee Creek at River Torrens Caution - Narrow Bridge	59.3	88.9
1255	1250	1246	Gorge Road, Cudlee Creek at River Torrens Caution - Narrow Bridge	60.6	87.5
1300	1255	1251	Gorge Road, Millbrook at River Torrens Caution - Bridge	63.9	84.2
1307	1302	1257	Gorge Road, Paracombe at Kangaroo Creek Reservoir Dam Wall	68.2	79.9
1310	1305	1300	Gorge Road, Paracombe at River Torrens Caution - Bridge	70.1	78.0
1311	1306	1301	Left turn on to Corkscrew Road, Castambul	70.9	77.3
1313	1308	1303	Corkscrew Road, Montacute Caution - Narrow Bridge	72.1	76.0
1317	1311	1306	efex King of the Mountain #2 - Corkscrew (category 1) Distance: 3.67km, Total Ascent 246m, Maximum Gradient: 16.2%, Average Gradient: 9.7% Corkscrew Road, Montacute at Church Road	74.5	73.6
1317	1311	1306	Left turn on to Montacute Road, Montacute	74.5	73.6
1323	1317	1311	Montacute Road becomes Marble Hill Road at Cherryville Road, Montacute	78.3	69.8
1330	1323	1317	Veer left on to Monomeith Road, Ashton	82.4	65.8
1330	1324	1318	Continue straight on to Stoney Rise Road, Ashton	82.9	65.2
1332	1325	1319	Left turn on to Tregarthen Road, Ashton	83.8	64.3
1335	1328	1322	Left turn on to Greenhill Road, Summertown	85.5	62.6
1338	1331	1324	Ziptrak® Sprint #2 Greenhill Road, Uraidla at Uraidla Institute (Finish Line) End Lap #1 / Start Lap #2	87.4	60.7
1338	1331	1325	Feed Zone - 500m duration (team escort) Greenhill Road, Uraidla at Days Road Start Clean Zone	87.7	60.4
1339	1332	1326	Greenhill Road, Uraidla at Range Road End Clean Zone	88.3	59.9
1350	1342	1335	Greenhill Road, Balhannah at Bonney's Flat Creek Caution - Bridge	95.0	53.1
1351	1344	1337	Left turn on to Swamp Road, Balhannah	96.0	52.2
1400	1352	1344	Swamp Road, Lenswood near #532 Swamp Road Start Clean Zone	101.3	46.8
1400	1352	1345	Feed Zone - 2000m duration (no team escort) Right turn to stay on Swamp Road, Lenswood End Clean Zone	101.8	46.3
1405	1356	1349	Right turn on to Lobethal Road, Lenswood	104.5	43.6
1413	1404	1356	Lobethal Road, Lobethal Caution - Bridge	109.5	38.6
1413	1404	1356	Veer left on to Main Street, Lobethal	109.7	38.4
1413	1405	1357	Main Street, Lobethal at Lobethal Lutheran School	110.1	38.0
1415	1406	1358	Sharp left turn on to Pioneer Avenue, Lobethal	110.9	37.3
1415	1407	1359	Pioneer Avenue becomes Cudlee Creek Road at Mill Road, Lobethal	111.3	36.8
1428	1419	1410	Left turn on to Gorge Road, Cudlee Creek	119.3	28.8
1429	1420	1411	Gorge Road, Cudlee Creek at River Torrens Caution - Narrow Bridge	120.0	28.1
1431	1421	1413	Gorge Road, Cudlee Creek at River Torrens Caution - Narrow Bridge	121.3	26.8
1436	1427	1418	Gorge Road, Millbrook at River Torrens Caution - Bridge	124.6	23.5
1443	1433	1424	Gorge Road, Paracombe at Kangaroo Creek Reservoir Dam Wall	128.9	19.2
1446	1436	1426	Gorge Road, Paracombe at River Torrens Caution - Bridge	130.8	17.3

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02 ▶ NORWOOD 11:10AM
⌘ URAIDLA 3:02PM



Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1447	1437	1428	Left turn on to Corkscrew Road, Castambul	131.6	16.5
1449	1439	1429	Corkscrew Road, Montacute Caution - Narrow Bridge	132.8	15.3
1453	1442	1433	efex King of the Mountain #3 - Corkscrew (category 1) Distance: 3.67km, Total Ascent 246m, Maximum Gradient: 16.2%, Average Gradient: 9.7% Corkscrew Road, Montacute at Church Road	135.2	12.9
1453	1442	1433	Left turn on to Montacute Road, Montacute	135.3	12.9
1459	1448	1438	Montacute Road becomes Marble Hill Road at Cherryville Road, Montacute	139.1	9.1
1505	1454	1444	Veer left on to Monomeith Road, Ashton	143.1	5.1
1506	1455	1445	Continue straight on to Stoney Rise Road, Ashton	143.6	4.5
1508	1456	1446	Left turn on to Tregarthen Road, Ashton	144.5	3.6
1510	1459	1448	Left turn on to Greenhill Road, Summertown	146.2	1.9
1513	1502	1451	Race Finish Greenhill Road, Uraidla at Uraidla Institute	148.1	0.0

Approximate Race Duration: 3 hours 52 minutes