

MEN'S

ZIPTRAK® STAGE 3

DATE

FRIDAY 23 JAN 2026

DISTANCE

140.8KM

03 ▶ HENLEY BEACH 11:10AM

⌘ NAIRNE 3:11PM



POINT-TO-POINT

Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1110	1110	1110	Start Race Neutral Seaview Road, Henley Beach at Henley Square - heading south	0.0	15.1
1111	1111	1111	Continue straight at the roundabout to stay on Seaview Road, Henley Beach	0.6	14.5
1113	1113	1113	Seaview Road, West Beach at River Torrens Caution - Bridge	1.7	13.4
1114	1114	1114	Continue straight at the roundabout to stay on Seaview Road, West Beach	2.1	13.0
1115	1115	1115	Continue straight at the roundabout to stay on Seaview Road, West Beach	2.5	12.6
1115	1115	1115	Continue straight at the roundabout to stay on Seaview Road, West Beach	2.8	12.3
1116	1116	1116	Left turn at the roundabout on to West Beach Road, West Beach	3.0	12.1
1116	1116	1116	Right turn at the roundabout on to Military Road, West Beach	3.3	11.9
1117	1117	1117	Military Road, West Beach Caution - Raised Pedestrian Crossing	3.6	11.5
1121	1121	1121	Continue straight at the roundabout on to Patawalonga Frontage, Glenelg North	5.6	9.6
1121	1121	1121	Continue straight at the roundabout to stay on Patawalonga Frontage, Glenelg North	5.9	9.3
1122	1122	1122	Continue straight at the roundabout to stay on Patawalonga Frontage, Glenelg North	6.2	9.0
1122	1122	1122	Left turn at the roundabout on to King Street, Glenelg North	6.5	8.7
1123	1123	1123	King Street, Glenelg North Caution - Bridge	6.5	8.6
1123	1123	1123	Right turn on to Adelphi Terrace, Glenelg North	6.6	8.5
1124	1124	1124	Left turn on to Anzac Highway, Glenelg	7.2	8.0
1124	1124	1124	Continue straight at the roundabout to stay on Anzac Highway, Glenelg	7.5	7.7
1125	1125	1125	Right turn on to Brighton Road, Glenelg	7.7	7.4
1127	1127	1127	Left turn on to Diagonal Road, Glenelg East	8.7	6.5
1134	1134	1134	Diagonal Road becomes Morphet Road at rail overpass, Oaklands Park	12.1	3.1
1134	1134	1134	Veer left to stay on Diagonal Road, Oaklands Park	12.2	2.9
1136	1136	1136	Left turn on to Sturt Road, Marion	13.3	1.9
1138	1138	1138	Right turn on to Marion Road, Mitchell Park	14.1	1.0
1140	1140	1140	Marion Road becomes Flagstaff Road at Main South Road, Bedford Park	15.1	0.0
1140	1140	1140	End Race Neutral Flagstaff Road, Sturt near Supercheap Auto	15.1	0.0
1140	1140	1140	Start Race Flagstaff Road, Sturt near Supercheap Auto	0.0	140.8
1145	1145	1144	Left turn at the roundabout on to Black Road, Flagstaff Hill	3.2	137.7
1146	1146	1146	Continue straight at the roundabout to stay on Black Road, Flagstaff Hill	4.2	136.7
1150	1149	1149	Continue straight at the roundabout to stay on Black Road, Flagstaff Hill	6.3	134.5
1152	1151	1151	Right turn on to Main Road, Coromandel Valley	7.8	133.0
1158	1157	1157	Main Road, Chandlers Hill Caution - Sharp Descending Turn	11.8	129.0
1200	1159	1158	Main Road, Chandlers Hill Caution - Sharp Descending Turn	12.7	128.2
1201	1200	1159	Left turn on to Clarendon Road, Chandlers Hill	13.2	127.7
1201	1200	1159	Clarendon Road, Chandlers Hill Caution - Sharp Descending Turn	13.4	127.4
1202	1201	1200	Clarendon Road near Potter Road, Clarendon Caution - Sharp Descending Turn	13.9	126.9
1203	1202	1201	Clarendon Road near #152, Clarendon Caution - Sharp Descending Turn	14.6	126.2
1204	1203	1202	Clarendon Road, Clarendon Caution - Sharp Descending Turn	15.2	125.6

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1204	1202	1201	Clarendon Road, Clarendon Caution - Sharp Descending Turn	15.6	125.8
1206	1205	1204	Sharp left turn on to Grants Gully Road, Clarendon Caution - Sharp Descending Turn	16.6	124.2
1208	1207	1205	Grants Gully Road, Clarendon Caution - Narrow Bridge	17.9	123.0
1208	1207	1205	Grants Gully Road becomes Kangarilla Road at Oval Road, Clarendon	17.9	122.9
1211	1209	1208	Sharp right turn on to Bakers Gully Road, Clarendon	19.6	121.2
1215	1213	1211	Left turn to stay on Barkers Gully Road, Kangarilla	22.1	118.7
1215	1213	1211	Bakers Gully Road, Kangarilla Caution - Narrow Bridge	22.1	118.7
1217	1215	1213	Feed Zone - 2000m duration (no team escort) Right turn on to McLaren Flat Road, Kangarilla	23.4	117.4
1220	1218	1216	McLaren Flat Road, Kangarilla at Schuller Road Start Clean Zone	25.4	115.4
1221	1219	1218	McLaren Flat Road, Kangarilla End Clean Zone	26.4	114.4
1226	1224	1222	Left turn on to Wickham Hill Road, McLaren Flat	29.2	111.6
1231	1228	1226	efex King of the Mountain #1 - Wickham Hill (category 1) Distance: 3km, Total Ascent 207m, Maximum Gradient: 11.0%, Average Gradient: 7.0% Wickham Hill Road, McLaren Flat near Toops Hill Road	32.2	108.6
1232	1229	1227	Veer slight right on to Range Road, Kuitpo	32.8	108.0
1241	1238	1235	Sharp left turn on to Pottery Road, The Range	39.0	101.9
1247	1244	1241	Left turn on to Brookman Road, Dingabledinga	42.7	98.1
1249	1245	1242	Brookman Road, Dingabledinga at Meadows Creek Caution - Bridge	43.5	97.3
1308	1303	1259	Right turn on to Dashwood Gully Road, Meadows	55.7	85.1
1309	1304	1300	Dashwood Gully Road becomes Mawson Road at Ellis Road, Meadows	56.3	84.5
1311	1306	1302	Mawson Road, Meadows Caution - Bridge	57.5	83.4
1311	1306	1302	Ziptrak® Sprint #1 Mawson Road, Meadows near Mawson House Café	57.8	83.1
1312	1308	1303	Veer right on to Bull Creek Road, Meadows	58.5	82.3
1315	1310	1306	Veer left on to Paris Creek Road, Paris Creek	60.4	80.4
1338	1332	1326	Paris Creek Road becomes Manse Road at Taylors Lane, Strathalbyn	74.7	66.1
1338	1332	1327	Manse Road becomes West Terrace at Old Bull Creek Road, Strathalbyn	75.0	65.8
1339	1333	1328	Left turn at the roundabout on to South Terrace, Strathalbyn	75.8	65.0
1340	1334	1328	Left turn on to Dawson Street, Strathalbyn	75.9	64.9
1340	1334	1329	Dawson Road becomes Commercial Road at Albyn Terrace, Strathalbyn	76.1	64.7
1340	1334	1329	Commercial Road, Strathalbyn at Dawson Creek Caution - Bridge	76.2	64.6
1341	1335	1329	Right turn on to North Parade, Strathalbyn	76.7	64.1
1341	1335	1330	North Parade, Strathalbyn at Angas River Caution - Bridge	77.0	63.8
1342	1335	1330	Left turn to stay on North Parade, Strathalbyn	77.1	63.7
1342	1336	1330	Continue straight at the roundabout on to Adelaide Road, Strathalbyn	77.4	63.4
1344	1338	1332	Adelaide Road becomes Long Valley Road at Strathalbyn Road, Strathalbyn	78.5	62.3
1353	1346	1340	Feed Zone - 500m duration (team escort) Left turn on to Gemmell Road, Gemmells	84.4	56.4
1359	1352	1346	Gemmell Road, Macclesfield at Passfield Road Start Clean Zone	88.3	52.5
1400	1353	1347	Gemmell Road, Macclesfield near #134 Gemmell Road End Clean Zone	88.8	52.0
1402	1355	1349	Gemmell Road becomes Vernon Street at Penna Road, Macclesfield	90.1	50.7

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1403	1356	1350	Right turn on to Venables Street, Macclesfield	90.8	50.0
1404	1357	1350	Venables Street becomes Strathalbyn Road at Walker Street, Macclesfield	91.4	49.4
1418	1410	1403	Strathalbyn Road becomes Angus Road at Sophia Street, Echunga	100.1	40.7
1418	1410	1403	Ziptrak® Sprint #2 Angus Road, Echunga near Hagen Arms Hotel	100.4	40.5
1418	1410	1403	Right turn on to Church Hill Road, Echunga	100.4	40.4
1420	1412	1405	Left turn on to Old Mount Barker Road, Echunga	101.4	39.5
1426	1418	1410	Left turn on to Flaxley Road, Mount Barker	105.3	35.6
1427	1418	1411	Continue straight at the roundabout to stay on Flaxley Road, Mount Barker	105.8	35.1
1430	1422	1414	Continue straight at the roundabout on to Alexandrina Road, Mount Barker	108.0	32.8
1431	1423	1415	Alexandrina Road, Mount Barker Caution - Active Rail Crossing (Steam Ranger)	108.7	32.1
1433	1424	1416	Continue straight at the roundabout to stay on Alexandrina Road, Mount Barker	109.4	31.4
1434	1425	1417	Veer left on to Bald Hills Road, Mount Barker	110.1	30.7
1435	1426	1418	Bald Hills Road, Mount Barker at Mount Barker Creek Caution - Bridge	111.0	29.9
1436	1427	1419	Right turn at the roundabout on to Springs Road, Mount Barker	111.3	29.5
1436	1428	1420	Springs Road, Mount Barker at Mount Barker Creek Caution - Bridge	111.8	29.0
1437	1428	1420	Veer slight left at the roundabout to stay on Springs Road, Mount Barker Summit	112.4	28.4
1438	1429	1421	Springs Road, Mount Barker Summit at Williams Road Start Clean Zone	112.6	28.3
1438	1429	1421	Left turn to stay on Springs Road, Mount Barker Springs End Clean Zone	113.1	27.7
1439	1430	1422	Feed Zone - 800m duration (no team escort) Springs Road, Mount Barker Springs at Mount Barker Creek Caution - Narrow Bridge	113.6	27.2
1442	1433	1425	Left turn on to Summit Road, Mount Barker Summit	115.3	25.5
1444	1434	1426	efex King of the Mountain #2 - Summit Road Climb (category 3) Distance: 1.1km, Total Ascent 57m, Maximum Gradient: 8.9%, Average Gradient: 6.9% Summit Road, Mount Barker Summit	116.4	24.4
1446	1437	1428	Summit Road, Mount Barker Summit at South Eastern Freeway Caution - Bridge	118.1	22.8
1450	1440	1432	Veer right on to Bartley Street, Nairne	120.2	20.6
1450	1440	1432	Bartley Street, Nairne Caution - Active Rail Crossing (ARTC)	120.4	20.4
1450	1441	1432	Left turn on to Old Princes Highway, Nairne	120.5	20.3
1451	1441	1433	Feed Zone - 500m duration (team escort) Old Princes Highway, Nairne at Finish Line	121.0	19.8
1452	1442	1434	Old Princes Highway, Nairne Caution - Active Rail Crossing (ARTC)	121.6	19.2
1453	1443	1434	Right turn on to the roundabout on to Woodside Road, Nairne	122.1	18.7
1453	1443	1435	Woodside Road, Nairne Caution - Active Rail Crossing (ARTC)	122.4	18.5
1501	1451	1442	Right turn on to Military Road, Hay Valley	127.2	13.6
1508	1458	1448	Continue straight on to Pyrites Road, Harrogate	131.9	8.9
1514	1503	1453	Pyrites Road, Nairne Caution - Bridge	135.4	5.5
1517	1506	1457	Left turn to stay on Pyrites Road, Nairne	137.7	3.1
1518	1507	1458	Sharp right turn on to Old Princes Highway, Nairne	138.4	2.4
1522	1511	1501	Race Finish Old Princes Highway, Nairne near Nairne Market	140.8	0.0

Approximate Race Duration: 4 hours 1 minute