

WOMEN'S

## HYUNDAI STAGE 3

DATE

MONDAY 19 JAN 2026

DISTANCE

126.5KM

03 ▶ NORWOOD 11:10AM  
CAMPBELLTOWN 3:04PM

## POINT-TO-POINT

Time 34km	Time 36km	Time 38km	Location	Km travelled	Km to go
1110	1110	1110	<b>Start Race Neutral</b> <b>The Parade at Town Hall, Norwood - heading east</b>	0.0	10.0
1114	1114	1114	Left turn on to Glynburn Road, Norwood	2.0	8.0
1123	1123	1123	Right turn on to Montacute Road, Glynde	5.5	4.5
1130	1130	1130	Left turn at the roundabout on to Stradbroke Road, Rostrevor	8.7	1.3
1133	1133	1133	Right turn at the roundabout on to Gorge Road, Athelstone	9.7	0.3
1134	1134	1134	<b>End Race Neutral</b> <b>Gorge Road, Athelstone at Sharlene Court</b>	10.0	0.0
1134	1134	1134	<b>Start Race</b> <b>Gorge Road, Athelstone at Sharlene Court</b>	0.0	126.5
1148	1147	1147	Gorge Road, Castambul <b>Caution - Bridge</b>	8.3	118.2
1149	1149	1148	Gorge Road, Paracombe at River Torrens <b>Caution - Bridge</b>	9.0	117.5
1153	1152	1151	<b>efex Queen of the Mountain #1 - Kangaroo Creek Reservoir (category 2)</b> <b>Distance: 1.9km, Total Ascent 121m, Maximum Gradient: 13.3%,</b> <b>Average Gradient: 5.0%</b> <b>Gorge Road, Paracombe near Kangaroo Creek Lookout</b>	10.9	115.6
1200	1159	1158	Gorge Road, Millbrook at River Torrens <b>Caution - Bridge</b>	15.2	111.3
1206	1204	1203	Gorge Road, Cudlee Creek at River Torrens <b>Caution - Narrow Bridge</b>	18.5	108.0
1207	1206	1204	Left turn on to Tippet Road, Millbrook	19.2	107.3
1211	1209	1207	Right turn on to North East Road, Chain of Ponds	21.3	105.2
1216	1214	1212	Veer left on to Torrens Valley Road, Gumeracha	24.1	102.4
1216	1214	1212	Torrens Valley Road, Gumeracha at River Torrens <b>Caution - Narrow Bridge</b>	24.2	102.3
1222	1219	1217	Torrens Valley Road becomes Albert Street at Victoria Street, Gumeracha	27.5	99.0
1223	1220	1218	Albert Street, Gumeracha at Gumeracha Town Hall <b>Start Clean Zone</b>	28.0	98.5
1224	1221	1219	Albert Street becomes Torrens Valley Road near the Big Rocking Horse, Gumeracha <b>End Clean Zone</b>	28.5	97.9
1225	1222	1219	<b>Feed Zone - 2000m duration (no team escort)</b> <b>Torrens Valley Road, Gumeracha at Kenton Hill Road</b>	28.9	97.6
1233	1229	1226	Torrens Valley Road, Birdwood at Angas Creek <b>Caution - Narrow Bridge</b>	33.5	93.0
1235	1232	1229	Torrens Valley Road becomes Shannon Street at Blumel Road, Birdwood	34.9	91.6
1235	1232	1229	<b>Ziptrak® Sprint #1</b> <b>Shannon Street, Birdwood at the Historic Weighbridge</b>	35.0	91.5
1237	1234	1230	Sharp right turn on to William Street, Birdwood	36.0	90.5
1238	1234	1231	William Street becomes Onkaparinga Valley Road at Martha Street, Birdwood	36.4	90.0
1240	1236	1233	Onkaparinga Valley Road, Birdwood <b>Caution - Narrow Bridge</b>	37.4	89.1
1247	1243	1239	Onkaparinga Valley Road, Mount Torrens <b>Caution - Narrow Bridge</b>	41.5	85.0
1247	1243	1240	Onkaparinga Valley Road becomes Townsend Street at Oval Road, Mount Torrens	41.8	84.7
1248	1244	1241	Continue straight on to Springhead Road, Mount Torrens	42.4	84.1
1258	1253	1249	Sharp right turn on to Onkaparinga Valley Road, Charleston	47.7	78.8
1258	1254	1249	Onkaparinga Valley Road, Mount Torrens <b>Caution - Bridge</b>	48.0	78.5
1259	1254	1250	Sharp left turn on to Mount Torrens Road, Mount Torrens	48.4	78.1
1306	1301	1257	Mount Torrens Road becomes Main Street at Kenton Valley Road, Lobethal	52.7	73.8

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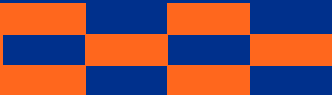

Time 34km	Time 36km	Time 38km	Location	Km travelled	Km to go
1309	1304	1259	<b>Feed Zone - 400m duration (team escort)</b> <b>Left turn on to Woodside Road, Lobethal</b>	54.1	72.4
1310	1304	1300	Right turn to stay on Woodside Road, Lobethal	54.5	72.0
1310	1305	1300	Left turn to stay on Woodside Road, Lobethal <b>Start Clean Zone</b>	54.7	71.8
1311	1305	1301	Woodside Road, Lobethal <b>End Clean Zone</b>	55.1	71.4
1314	1308	1303	Woodside Road, Woodside <b>Caution - Bridge</b>	56.7	69.8
1314	1308	1303	Right turn at the roundabout on to Onkaparinga Valley Road, Woodside	57.0	69.5
1318	1313	1307	<b>Ziptrak® Sprint #2</b> <b>Onkaparinga Valley Road, Woodside at Woodside Post Office</b>	59.4	67.1
1322	1316	1311	Onkaparinga Valley Road, Woodside <b>Caution - Bridge</b>	61.5	65.0
1329	1322	1317	Onkaparinga Valley Road, Balhannah <b>Caution - Bridge</b>	65.4	61.1
1331	1324	1318	Right turn on to Greenhill Road, Balhannah	66.4	60.1
1332	1325	1319	Greenhill Road, Balhannah <b>Caution - Narrow Bridge</b>	66.9	59.6
1333	1327	1321	Right turn on to Swamp Road, Balhannah	68.0	58.5
1344	1336	1330	Right turn to stay on Swamp Road, Lenswood	73.8	52.7
1349	1341	1334	Right turn on to Lobethal Road, Lenswood	76.5	50.0
1349	1342	1335	Left turn on to Coldstore Road, Lobethal	77.0	49.5
1355	1347	1340	Coldstore Road becomes Fox Creek Road at Croft Road, Cudlee Creek	80.3	46.2
1356	1348	1341	Fox Creek Road, Cudlee Creek <b>Caution - Sharp Descending Turn</b>	80.8	45.7
1403	1355	1348	Sharp left turn on to Cudlee Creek Road, Cudlee Creek	84.9	41.6
1406	1358	1350	Left turn on to Gorge Road, Cudlee Creek	86.7	39.8
1407	1358	1350	Gorge Road, Cudlee Creek <b>Caution - Bridge</b>	86.8	39.7
1408	1359	1351	Gorge Road, Cudlee Creek <b>Caution - Narrow Bridge</b>	87.4	39.1
1410	1401	1354	Gorge Road, Cudlee Creek at River Torrens <b>Caution - Narrow Bridge</b>	88.7	37.8
1416	1407	1359	Gorge Road, Millbrook at River Torrens <b>Caution - Bridge</b>	92.0	34.5
1423	1414	1406	Gorge Road, Paracombe near Kangaroo Creek Lookout	96.3	30.2
1427	1417	1409	Gorge Road, Paracombe at River Torrens <b>Caution - Bridge</b>	98.2	28.3
1428	1418	1410	Left turn on to Corkscrew Road, Castambul <b>Start Clean Zone</b>	98.9	27.6
1429	1419	1410	Corkscrew Road, Castambul <b>End Clean Zone</b>	99.3	27.2
1430	1420	1412	Corkscrew Road, Montacute <b>Caution - Narrow Bridge</b>	100.2	26.3
1431	1421	1412	<b>Feed Zone - 1000m duration (no team escort)</b> <b>Corkscrew Road, Montacute near #136</b>	100.3	26.2
1435	1425	1416	<b>efex Queen of the Mountain #2 - Corkscrew Road (category 1)</b> <b>Distance: 2.4km, Total Ascent 217m, Maximum Gradient: 16.2%,</b> <b>Average Gradient: 9.7%</b> <b>Corkscrew Road, Montacute</b>	102.6	23.9
1435	1425	1416	Right turn on to Montacute Road, Montacute	102.6	23.9
1444	1433	1424	Sharp right turn on to Maryvale Road, Athelstone <b>Caution - Sharp Descending Turn</b>	107.9	18.6

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1445	1434	1425	Ziptrak® Sprint #3 Maryvale Road at Foxfield Oval, Athelstone at Finish Line Caution - Road Narrowing	108.4	18.1
1447	1436	1426	Right turn on to Gorge Road, Athelstone	109.5	17.0
1500	1449	1438	Gorge Road, Castambul Caution - Bridge	117.0	9.5
1500	1449	1438	Right turn on to Corkscrew Road, Castambul Start Clean Zone	117.0	9.5
1501	1449	1439	Corkscrew Road, Castambul End Clean Zone	117.5	9.0
1502	1451	1440	Corkscrew Road, Montacute Caution - Narrow Bridge	118.3	8.2
1503	1451	1441	Feed Zone - 1000m duration (no team escort) Corkscrew Road, Montacute near #136	118.4	8.1
1507	1455	1444	efex Queen of the Mountain #3 - Corkscrew Road (category 1) Distance: 2.4km, Total Ascent 217m, Maximum Gradient: 16.2%, Average Gradient: 9.7% Corkscrew Road, Montacute	120.7	5.8
1507	1455	1444	Right turn on to Montacute Road, Montacute	120.7	5.8
1516	1504	1452	Sharp right turn on to Maryvale Road, Athelstone Caution - Sharp Descending Turn	126.0	0.5
1517	1504	1453	Race Finish Maryvale Road at Foxfield Oval, Athelstone Caution - Road Narrowing	126.5	0.0
Approximate Race Duration: 3 hours 54 minutes					