

MEN'S

ZIPTRAK® STAGE 3

DATE

FRIDAY 23 JAN 2026

DISTANCE

140.8KM

03 ► HENLEY BEACH 11:10AM
NARINE 3:11PM

POINT-TO-POINT

Time 42km	Time 44km	Time 46km	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, Okalands 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
1144	1144	1144	Left turn at the roundabout on to Black Road, Flagstaff Hill	3.2	137.7
1146	1145	1145	Continue straight at the roundabout to stay on Black Road, Flagstaff Hill	4.2	136.7
1149	1148	1148	Continue straight at the roundabout to stay on Black Road, Flagstaff Hill	6.3	134.5
1151	1150	1150	Right turn on to Main Road, Coromandel Valley	7.8	133.0
1157	1156	1155	Main Road, Chandlers Hill Caution - Sharp Descending Turn	11.8	129.0
1158	1157	1156	Main Road, Chandlers Hill Caution - Sharp Descending Turn	12.7	128.2
1159	1158	1157	Left turn on to Clarendon Road, Chandlers Hill	13.2	127.7
1159	1158	1157	Clarendon Road, Chandlers Hill Caution - Sharp Descending Turn	13.4	127.4
1200	1159	1158	Clarendon Road near Potter Road, Clarendon Caution - Sharp Descending Turn	13.9	126.9
1201	1200	1159	Clarendon Road near #152, Clarendon Caution - Sharp Descending Turn	14.6	126.2
1202	1201	1200	Clarendon Road, Clarendon Caution - Sharp Descending Turn	15.2	125.6

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1202	1201	1200	Clarendon Road, Clarendon Caution - Sharp Descending Turn	15.6	125.3
1203	1202	1201	Sharp left turn on to Grants Gully Road, Clarendon Caution - Sharp Descending Turn	16.6	124.2
1205	1204	1203	Grants Gully Road, Clarendon Caution - Narrow Bridge	17.9	123.0
1205	1204	1203	Grants Gully Road becomes Kangarilla Road at Oval Road, Clarendon	17.9	122.9
1208	1206	1205	Sharp right turn on to Bakers Gully Road, Clarendon	19.6	121.2
1211	1210	1209	Left turn to stay on Bakers Gully Road, Kangarilla	22.1	118.7
1211	1210	1209	Bakers Gully Road, Kangarilla Caution - Narrow Bridge	22.1	118.7
1213	1212	1210	Feed Zone - 2000m duration (no police team escort) Right turn on to McLaren Flat Road, Kangarilla	23.4	117.4
1216	1214	1213	McLaren Flat Road, Kangarilla at Schuller Road Start Clean Zone	25.4	115.4
1218	1216	1214	McLaren Flat Road, Kangarilla End Clean Zone	26.4	114.4
1222	1220	1218	Left turn on to Wickham Hill Road, McLaren Flat	29.2	111.6
1226	1224	1222	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
1227	1225	1223	Veer slight right on to Range Road, Kuitpo	32.8	108.0
1235	1233	1231	Sharp left turn on to Pottery Road, The Range	39.0	101.9
1241	1238	1235	Left turn on to Brookman Road, Dingabledinga	42.7	98.1
1242	1239	1237	Brookman Road, Dingabledinga at Meadows Creek Caution - Bridge	43.5	97.3
1259	1256	1252	Right turn on to Dashwood Gully Road, Meadows	55.7	85.1
1300	1257	1253	Dashwood Gully Road becomes Mawson Road at Ellis Road, Meadows	56.3	84.5
1302	1258	1255	Mawson Road, Meadows Caution - Bridge	57.5	83.4
1302	1259	1255	Ziptrak® Sprint #1 Mawson Road, Meadows near Mawson House Café	57.8	83.1
1303	1259	1256	Mawson Road, Meadows Caution - Bridge	58.1	82.7
1303	1300	1256	Veer right on to Bull Creek Road, Meadows	58.5	82.3
1306	1302	1259	Veer left on to Paris Creek Road, Paris Creek	60.4	80.4
1326	1322	1317	Paris Creek Road becomes Manse Road at Taylors Lane, Strathalbyn	74.7	66.1
1327	1322	1318	Manse Road becomes West Terrace at Old Bull Creek Road, Strathalbyn	75.0	65.8
1328	1323	1319	Left turn at the roundabout on to South Terrace, Strathalbyn	75.8	65.0
1328	1323	1319	Left turn on to Dawson Street, Strathalbyn	75.9	64.9
1329	1324	1319	Dawson Road becomes Commercial Road at Albyn Terrace, Strathalbyn	76.1	64.7
1329	1324	1319	Commercial Road, Strathalbyn at Dawson Creek Caution - Bridge	76.2	64.6
1329	1324	1320	Right turn on to North Parade, Strathalbyn	76.7	64.1
1330	1325	1320	North Parade, Strathalbyn at Angas River Caution - Bridge	77.0	63.8
1330	1325	1320	Left turn to stay on North Parade, Strathalbyn	77.1	63.7
1330	1325	1321	Continue straight at the roundabout on to Adelaide Road, Strathalbyn	77.4	63.4
1332	1327	1322	Adelaide Road becomes Long Valley Road at Strathalbyn Road, Strathalbyn	78.5	62.3
1340	1335	1330	Feed Zone - 500m duration (police team escort) Left turn on to Gemmell Road, Gemmells	84.4	56.4
1346	1340	1335	Gemmell Road, Macclesfield at Passfield Road Start Clean Zone	88.3	52.5
1347	1341	1336	Gemmell Road, Macclesfield near #134 Gemmell Road End Clean Zone	88.8	52.0
1349	1343	1337	Gemmell Road becomes Vernon Street at Penna Road, Macclesfield	90.1	50.7

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1350	1344	1338	Right turn on to Venables Street, Macclesfield	90.8	50.0
1350	1344	1339	Venables Street becomes Strathalbyn Road at Walker Street, Macclesfield	91.4	49.4
1403	1356	1350	Strathalbyn Road becomes Angus Road at Sophia Street, Echunga	100.1	40.7
1403	1357	1351	Ziptrak Sprint #2 Angus Road, Echunga near Hagen Arms Hotel	100.4	40.5
1403	1357	1351	Right turn on to Church Hill Road, Echunga	100.4	40.4
1405	1358	1352	Left turn on to Old Mount Barker Road, Echunga	101.4	39.5
1410	1403	1357	Left turn on to Flaxley Road, Mount Barker	105.3	35.6
1411	1404	1358	Continue straight at the roundabout to stay on Flaxley Road, Mount Barker	105.8	35.1
1414	1407	1401	Continue straight at the roundabout on to Alexandrina Road, Mount Barker	108.0	32.8
1415	1408	1402	Alexandrina Road, Mount Barker Caution - Active Rail Crossing (Steam Ranger)	108.7	32.1
1416	1409	1403	Continue straight at the roundabout to stay on Alexandrina Road, Mount Barker	109.4	31.4
1417	1410	1403	Veer left on to Bald Hills Road, Mount Barker	110.1	30.7
1418	1411	1405	Bald Hills Road, Mount Barker at Mount Barker Creek Caution - Bridge	111.0	29.9
1419	1412	1405	Right turn at the roundabout on to Springs Road, Mount Barker	111.3	29.5
1420	1412	1406	Springs Road, Mount Barker at Mount Barker Creek Caution - Bridge	111.8	29.0
1420	1413	1406	Veer slight left at the roundabout to stay on Springs Road, Mount Barker Summit	112.4	28.4
1421	1413	1407	Springs Road, Mount Barker Summit at Williams Road Start Clean Zone	112.6	28.3
1421	1414	1407	Left turn to stay on Springs Road, Mount Barker Springs End Clean Zone	113.1	27.7
1422	1415	1408	Feed Zone - 800m duration (no police team escort) Springs Road, Mount Barker Springs at Mount Barker Creek Caution - Narrow Bridge	113.6	27.2
1425	1417	1410	Left turn on to Summit Road, Mount Barker Summit	115.3	25.5
1426	1419	1412	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
1428	1421	1414	Summit Road, Mount Barker Summit at South Eastern Freeway Caution - Bridge	118.1	22.8
1432	1424	1417	Veer right on to Bartley Street, Nairne	120.2	20.6
1432	1424	1417	Bartley Street, Nairne Caution - Active Rail Crossing (ARTC)	120.4	20.4
1432	1424	1417	Left turn on to Old Princes Highway, Nairne	120.5	20.3
1433	1425	1418	Feed Zone - 500m duration (police team escort) Old Princes Highway, Nairne at Finish Line	121.0	19.8
1434	1426	1418	Old Princes Highway, Nairne Caution - Active Rail Crossing (ARTC)	121.6	19.2
1434	1426	1419	Right turn on to the roundabout on to Woodside Road, Nairne	122.1	18.7
1435	1427	1419	Woodside Road, Nairne Caution - Active Rail Crossing (ARTC)	122.4	18.5
1442	1433	1426	Right turn on to Military Road, Hay Valley	127.2	13.6
1448	1440	1432	Continue straight on to Pyrites Road, Harrogate	131.9	8.9
1453	1444	1436	Pyrites Road, Nairne Caution - Bridge	135.4	5.5
1457	1448	1439	Left turn to stay on Pyrites Road, Nairne	137.7	3.1
1458	1449	1440	Sharp right turn on to Old Princes Highway, Nairne	138.4	2.4
1501	1452	1443	Race Finish Old Princes Highway, Nairne near Nairne Market	140.8	0.0

Approximate Race Duration: 3 hours 42 minutes