

MEN'S

EFEX STAGE 5

DATE
SUNDAY 25 JAN 2026DISTANCE
169.8KM05 ▶ STIRLING 11:10AM
STIRLING 3:26PM

POINT-TO-POINT

Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1110	1110	1110	Start Race Neutral Mount Barker Road, Stirling near Stirling Mitre 10	0.0	0.5
1110	1110	1110	Continue straight at the roundabout to stay on Mount Barker Road, Stirling	0.1	0.4
1111	1111	1111	Left turn at the roundabout on to Avenue Road, Stirling	0.4	0.1
1111	1111	1111	End Race Neutral Avenue Road, Stirling at Stirling Community Theatre	0.5	0.0
1111	1111	1111	Race Start Avenue Road, Stirling at Stirling Community Theatre	0.0	169.8
1111	1111	1111	Continue straight at the roundabout to stay on Avenue Road, Stirling	0.2	169.6
1112	1112	1112	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	0.6	169.2
1112	1112	1112	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	0.7	169.1
1124	1124	1123	Left turn on to Bradbury Road, Bradbury	8.5	161.3
1131	1130	1129	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	12.5	157.3
1131	1130	1129	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	12.7	157.1
1131	1130	1129	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	13.0	156.8
1140	1139	1137	Continue straight at the roundabout to Mount Barker Road, Aldgate	18.6	151.2
1144	1142	1140	efex King of the Mountain #1 - Stirling Climb (category 2) Distance: 2083m, Total Ascent 78m, Maximum Gradient: 11.1%, Average Gradient: 3.7% Mount Barker Road, Stirling at start/finish line End Lap #1, Start Lap #2	20.8	149.1
1144	1142	1141	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	20.8	149.0
1144	1143	1141	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	21.2	148.6
1145	1143	1141	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	21.5	148.3
1145	1144	1142	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	21.9	147.9
1146	1144	1142	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	22.0	147.8
1157	1155	1153	Longwood Road, Bradbury at Pottery Road Start Clean Zone	29.4	140.4
1158	1156	1153	Left turn on to Bradbury Road, Bradbury End Clean Zone	29.8	140.0
1200	1158	1155	Feed Zone - 800m duration (no team escort) Bradbury Road, Bradbury at Porteous Road	31.3	138.5
1204	1201	1159	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	33.8	136.0
1205	1202	1159	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	34.0	135.8
1205	1202	1200	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	34.3	135.5
1214	1211	1208	Continue straight at the roundabout to Mount Barker Road, Aldgate	39.9	129.9
1217	1214	1211	Feed Zone - 500m duration (team escort) Mount Barker Road, Stirling at start/finish line End Lap #2, Start Lap #3	42.0	127.8
1217	1214	1211	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	42.1	127.7

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1218	1215	1211	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	42.5	127.3
1218	1215	1212	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	42.8	127.0
1219	1216	1213	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	43.2	126.6
1219	1216	1213	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	43.3	126.5
1222	1218	1215	Ziptrak® Sprint #1 Longwood Road, Heathfield near Heathfield High School Tennis Courts	45.1	124.7
1231	1227	1223	Longwood Road, Bradbury at Pottery Road Start Clean Zone	50.7	119.1
1232	1227	1224	Left turn on to Bradbury Road, Bradbury End Clean Zone	51.1	118.7
1240	1236	1232	Feed Zone - 800m duration (no team escort) Bradbury Road, Bradbury at Porteous Road	56.5	113.3
1238	1233	1229	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	55.1	114.7
1238	1234	1230	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	55.3	114.5
1239	1234	1230	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	55.6	114.2
1247	1243	1238	Continue straight at the roundabout to Mount Barker Road, Aldgate	61.2	108.6
1251	1246	1241	efex King of the Mountain #2 - Stirling Climb (category 2) Distance: 2083m, Total Ascent 78m, Maximum Gradient: 11.1%, Average Gradient: 3.7% Mount Barker Road, Stirling at start/finish line End Lap #3, Start Lap #4	63.4	106.4
1251	1246	1241	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	63.4	106.4
1251	1246	1242	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	63.8	106.0
1252	1247	1242	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	64.1	105.7
1253	1248	1243	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	64.5	105.3
1253	1248	1243	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	64.6	105.2
1304	1259	1254	Longwood Road, Bradbury at Pottery Road Start Clean Zone	72.0	97.8
1305	1259	1254	Left turn on to Bradbury Road, Bradbury End Clean Zone	72.4	97.4
1307	1302	1256	Feed Zone - 800m duration (no team escort) Bradbury Road, Bradbury at Porteous Road	73.9	95.9
1311	1305	1300	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	76.4	93.4
1312	1306	1300	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	76.6	93.2
1312	1306	1301	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	76.9	92.9
1321	1315	1309	Continue straight at the roundabout to Mount Barker Road, Aldgate	82.5	87.3
1324	1318	1312	Feed Zone - 500m duration (team escort) Mount Barker Road, Stirling at start/finish line End Lap #4, Start Lap #5	84.6	85.2
1325	1318	1312	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	84.7	85.1
1325	1318	1312	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	85.1	84.7
1326	1319	1313	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	85.4	84.4

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1326	1320	1313	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	85.8	84.0
1326	1320	1313	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	85.9	83.9
1338	1331	1324	Longwood Road, Bradbury at Pottery Road Start Clean Zone	93.3	76.5
1339	1331	1325	Left turn on to Bradbury Road, Bradbury End Clean Zone	93.7	76.1
1341	1334	1327	Feed Zone - 800m duration (no team escort) Bradbury Road, Bradbury at Porteous Road	95.2	74.6
1345	1337	1330	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	97.7	72.1
1345	1338	1331	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	97.9	71.9
1346	1338	1331	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	98.2	71.6
1355	1346	1339	Continue straight at the roundabout to Mount Barker Road, Aldgate	103.8	66.0
1358	1350	1342	efex King of the Mountain #3 - Stirling Climb (category 2) Distance: 2083m, Total Ascent 78m, Maximum Gradient: 11.1%, Average Gradient: 3.7% Mount Barker Road, Stirling at start/finish line End Lap #5, Start Lap #6	105.9	63.9
1358	1350	1342	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	106.0	63.8
1359	1350	1343	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	106.4	63.4
1359	1351	1343	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	106.7	63.1
1400	1351	1344	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	107.1	62.7
1400	1352	1344	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	107.2	62.6
1412	1403	1354	Longwood Road, Bradbury at Pottery Road Start Clean Zone	114.6	55.2
1412	1403	1355	Left turn on to Bradbury Road, Bradbury End Clean Zone	115.0	54.8
1415	1405	1357	Feed Zone - 800m duration (no team escort) Bradbury Road, Bradbury at Porteous Road	116.4	53.4
1419	1409	1401	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	119.0	50.8
1419	1410	1401	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	119.2	50.6
1419	1410	1401	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	119.5	50.3
1428	1418	1409	Continue straight at the roundabout to Mount Barker Road, Aldgate	125.1	44.7
1432	1422	1413	Feed Zone - 500m duration (team escort) Mount Barker Road, Stirling at start/finish line End Lap #6, Start Lap #7	127.2	42.6
1432	1422	1413	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	127.3	42.5
1432	1422	1413	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	127.7	42.1
1433	1423	1414	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	127.9	41.9
1434	1423	1414	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	128.4	41.4
1434	1424	1414	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	128.5	41.3
1436	1426	1417	Ziptrak® Sprint #2 Longwood Road, Heathfield near Heathfield High School Tennis Courts	130.3	39.5

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1445	1435	1425	Longwood Road, Bradbury at Pottery Road Start Clean Zone	135.9	33.9
1446	1435	1426	Left turn on to Bradbury Road, Bradbury End Clean Zone	136.3	33.5
1448	1437	1428	Feed Zone - 800m duration (no team escort) Bradbury Road, Bradbury at Porteous Road	137.7	32.1
1452	1441	1431	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	140.3	29.6
1453	1442	1432	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	140.5	29.3
1453	1442	1432	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	140.8	29.0
1502	1450	1440	Continue straight at the roundabout to Mount Barker Road, Aldgate	146.4	23.4
1505	1454	1443	efex King of the Mountain #4 - Stirling Climb (category 2) Distance: 2083m, Total Ascent 78m, Maximum Gradient: 11.1%, Average Gradient: 3.7% Mount Barker Road, Stirling at start/finish line End Lap #7, Start Lap #8	148.5	21.3
1505	1454	1443	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	148.6	21.2
1506	1454	1444	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	148.9	20.9
1506	1455	1444	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	149.2	20.6
1507	1455	1445	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	149.7	20.1
1507	1455	1445	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	149.8	20.0
1519	1507	1455	Longwood Road, Bradbury at Pottery Road Start Clean Zone	157.2	12.6
1520	1507	1456	Left turn on to Bradbury Road, Bradbury End Clean Zone	157.6	12.2
1522	1509	1458	Feed Zone - 800m duration (no team escort) Bradbury Road, Bradbury at Porteous Road	159.0	10.8
1526	1513	1502	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	161.5	8.3
1526	1514	1502	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	161.8	8.0
1527	1514	1502	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	162.1	7.7
1536	1522	1510	Continue straight at the roundabout to Mount Barker Road, Aldgate	167.7	2.1
1539	1526	1513	Race Finish Mount Barker Road, Stirling near Stirling Mitre 10	169.8	0.0

Approximate Race Duration: 4 hours 16 minutes