

WOMEN'S

## HEALTH PARTNERS STAGE 2

DATE  
SUNDAY 18 JAN 2026DISTANCE  
130.7KM02 ▶ MAGILL 11:10AM  
PARACOMBE 2:49PM

## POINT-TO-POINT

Time 34km	Time 36km	Time 38km	Location	Km travelled	Km to go
1110	1110	1110	<b>Start Race Neutral</b> Magill Road, Magill near Pepper Street - heading east	0.0	0.9
1111	1111	1111	Left turn on to Norton Summit Road, Magill	0.6	0.3
1111	1111	1111	<b>End Race Neutral</b> Norton Summit Road, Magill near Greer Place	0.9	0.0
1111	1111	1111	<b>Start Race</b> Norton Summit Road, Magill near Greer Place	0.0	130.7
1124	1123	1123	Continue straight on to Lobethal Road, Norton Summit	7.1	123.6
1128	1127	1126	Right turn on to Stony Rise Road, Ashton	9.6	121.1
1129	1128	1127	<b>efex Queen of the Mountain #1 - Ashton (category 2)</b> Distance: 10.0km, Total Ascent 495m, Maximum Gradient: 12.6%, Average Gradient: 4.0% Stony Rise Road, Ashton	10.0	120.7
1130	1129	1128	Continue straight on to Woods Hill Road, Ashton	10.5	120.2
1134	1132	1131	Left turn on to Greenhill Road, Summertown	12.6	118.1
1139	1137	1136	Greenhill Road, Uraidla at Uraidla Hotel	15.4	115.3
1153	1150	1148	Greenhill Road, Balhannah at Bonney's Flat Creek <b>Caution - Bridge</b>	23.4	107.3
1156	1153	1151	Greenhill Road, Balhannah at Onkaparinga River <b>Caution - Narrow Bridge</b>	25.0	105.7
1156	1154	1152	Left turn on to Onkaparinga Valley Road, Balhannah	25.6	105.1
1157	1154	1152	Onkaparinga Valley Road, Balhannah at Junction Creek <b>Caution - Bridge</b>	25.6	105.1
1205	1202	1159	Onkaparinga Valley Road, Woodside at Inverbrackie Creek <b>Caution - Bridge</b>	30.4	100.3
1208	1205	1202	Left turn on to Tiers Road, Woodside	31.9	98.8
1208	1205	1202	<b>Feed Zone - 800m duration (no team escort)</b> Tiers Road, Woodside at Onkaparinga River <b>Caution - Bridge</b>	32.1	98.6
1211	1208	1205	Tiers Road, Woodside at Western Branch Creek <b>Caution - Bridge</b> <b>Start Clean Zone</b>	33.8	96.9
1212	1208	1205	Tiers Road, Woodside <b>End Clean Zone</b>	34.2	96.5
1219	1216	1212	Right turn on to Lobethal Road, Lenswood	38.6	92.1
1226	1222	1218	Lobethal Road, Lobethal <b>Caution - Bridge</b>	42.1	88.6
1228	1223	1220	Veer left on to Main Street, Lobethal	43.2	87.5
1228	1224	1220	<b>Ziptrak® Sprint #1</b> Main Street, Lobethal at Lobethal Lutheran School	43.6	87.1
1230	1226	1222	Main Street becomes Mount Torrens Road at Kenton Valley Road, Lobethal	44.6	86.1
1238	1233	1229	Sharp right turn on to Onkaparinga Valley Road, Mount Torrens	48.9	81.8
1239	1234	1230	Sharp left onto Springhead Road, Charleston	49.6	81.1
1242	1237	1233	Springhead Road, Charleston at Springhead Lutheran Cemetery <b>Start Clean Zone</b>	51.6	79.1
1243	1238	1234	Springhead Road, Mount Torrens <b>End Clean Zone</b>	52.0	78.7
1245	1240	1235	<b>Feed Zone -1000m duration (team escort)</b> Spring Head Road, Mount Torrens near Spring Head Lutheran Church	53.3	77.4
1248	1243	1238	Continue straight on to Townsend Street, Mount Torrens	54.9	75.8
1249	1244	1239	Townsend Street becomes Onkaparinga Valley Road at Oval Road, Mount Torrens	55.4	75.2
1250	1244	1239	Onkaparinga Valley Road, Mount Torrens <b>Caution - Bridge</b>	55.7	74.9

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1251	1246	1241	Left turn on to Burfords Hill Road, Mount Torrens	56.6	74.1
1303	1257	1251	Right turn on to Kenton Valley Road, Kenton Valley	63.1	67.6
1308	1301	1256	Kenton Valley Road becomes Victoria Street at Kenton Creek, Gumeracha	66.0	64.7
1308	1302	1256	Right turn on to John Fisher Avenue, Gumeracha	66.3	64.4
1309	1303	1257	Right turn on to Albert Street, Gumeracha	66.9	63.8
1310	1304	1258	Left turn on to Randell Terrace, Gumeracha	67.4	63.3
1311	1304	1258	Randell Terrace becomes Forreston Road at Beavis Court, Gumeracha	67.8	62.9
1311	1305	1259	Forreston Road, Gumeracha <b>Caution - Narrow Bridge</b>	68.0	62.7
1318	1311	1305	Left turn on to Norsworthy Road, Forreston	71.8	58.9
1321	1314	1307	<b>efex Queen of the Mountain #2 - Norsworthy Climb (category 2)</b> <b>Distance: 1.4km, Total Ascent 53m, Maximum Gradient: 13.8%,</b> <b>Average Gradient: 4.2%</b> <b>Norsworthy Road, Forreston</b>	73.3	57.4
1322	1315	1309	Norsworthy Road becomes Hill Road at Alexander Forrest Road, Forreston	74.2	56.5
1328	1321	1314	Left turn on to South Para Road, Kersbrook	77.5	53.2
1330	1323	1316	South Para Road becomes Scott Street at Memorial Court, Kersbrook	78.7	52.0
1331	1323	1316	<b>Ziptrak® Sprint #2</b> <b>Scott Street, Kersbrook at Kersbrook Town Hall</b>	79.2	51.5
1331	1324	1317	Scott Street becomes South Para Road at High Street, Kersbrook	79.4	51.3
1340	1332	1324	Right turn on to North East Road, Chain of Ponds	84.2	46.5
1341	1333	1325	North East Road, Chain of Ponds <b>Caution - Bridge</b>	84.8	45.9
1351	1343	1335	Sharp left turn on to Paracombe Road, Paracombe <b>Enter finishing circuit</b> <b>Caution - Sharp Descending Turn</b>	90.7	40.0
1357	1348	1339	<b>Feed Zone - 500m duration (team escort)</b> <b>Paracombe Road, Paracombe at Paracombe Hall (Finish Line)</b> <b>Start Lap #1</b>	93.7	37.0
1358	1349	1340	Paracombe Road, Paracombe at Gall Road <b>Start Clean Zone</b>	94.4	36.3
1358	1349	1341	Paracombe Road, Paracombe at Murray Road <b>End Clean Zone</b>	94.7	36.0
1359	1350	1342	Right turn to stay on Paracombe Road, Paracombe	95.2	35.5
1400	1350	1342	Left turn to stay on Paracombe Road, Paracombe	95.4	35.3
1404	1354	1345	Left turn on to Lower North East Road, Houghton	97.6	33.1
1404	1354	1346	Right turn on to Range Road South, Houghton	97.8	32.9
1408	1358	1350	Right turn on to North East Road, Houghton	100.2	30.5
1412	1402	1353	North East Road, Inglewood at Inglewood Inn	102.4	28.3
1413	1403	1354	Right turn on to Paracombe Road, Paracombe	103.1	27.6
1419	1408	1359	<b>efex Queen of the Mountain #3 - Paracombe Climb (category 3)</b> <b>Distance: 2.9km, Total Ascent 60m, Maximum Gradient: 9.5%,</b> <b>Average Gradient: 2.2%</b> <b>Paracombe Road, Paracombe at Paracombe Hall (Finish Line)</b> <b>Feed Zone - 500m duration (police team escort)</b> <b>End Lap # 1 / Start Lap #2</b>	106.1	24.6
1420	1409	1400	Paracombe Road, Paracombe at Gall Road <b>Start Clean Zone</b>	106.7	24.0
1420	1410	1400	Paracombe Road, Paracombe at Murray Road <b>End Clean Zone</b>	107.0	23.7
1421	1411	1401	Right turn to stay on Paracombe Road, Paracombe	107.5	23.2
1421	1411	1401	Left turn to stay on Paracombe Road, Paracombe	107.7	23.0
1425	1414	1405	Left turn on to Lower North East Road, Houghton	109.9	20.8
1426	1415	1405	Right turn on to Range Road South, Houghton	110.0	20.7

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1430	1419	1409	Right turn on to North East Road, Houghton	112.5	18.2
1434	1423	1413	North East Road, Inglewood at Inglewood Inn	114.8	15.9
1435	1424	1414	Right turn on to Paracombe Road, Paracombe	115.4	15.3
1440	1429	1418	efex Queen of the Mountain #4 - Paracombe Climb (category 3) Distance: 2.9km, Total Ascent 60m, Maximum Gradient: 9.5%, Average Gradient: 2.2% Paracombe Road, Paracombe at Paracombe Hall (Finish Line) Feed Zone - 500m duration (police team escort) End Lap # 2 / Start Lap #3	118.4	12.3
1441	1430	1419	Paracombe Road, Paracombe at Gall Road Start Clean Zone	119.0	11.6
1442	1430	1420	Paracombe Road, Paracombe at Murray Road End Clean Zone	119.3	11.4
1443	1431	1421	Right turn to stay on Paracombe Road, Paracombe	119.9	10.8
1443	1431	1421	Left turn to stay on Paracombe Road, Paracombe	120.0	10.7
1447	1435	1424	Left turn on to Lower North East Road, Houghton	122.2	8.5
1447	1435	1425	Right turn on to Range Road South, Houghton	122.3	8.3
1452	1439	1428	Right turn on to North East Road, Houghton	124.8	5.9
1456	1443	1432	North East Road, Inglewood at Inglewood Inn	127.1	3.6
1457	1444	1433	Right turn on to Paracombe Road, Paracombe	127.7	3.0
1502	1449	1438	efex Queen of the Mountain #5 - Paracombe Climb (category 3) Distance: 2.9km, Total Ascent 60m, Maximum Gradient: 9.5%, Average Gradient: 2.2% Paracombe Road, Paracombe at Paracombe Hall End Lap #3	130.7	0.0
1502	1449	1438	Race Finish Paracombe Road, Paracombe at Paracombe Hall	130.7	0.0

Approximate Race Duration: 3 hours 39 minutes