

STAGE 6 SUNDAY 21 JANUARY 2024

START / UNLEY 11:10AM FINISH / MOUNT LOFTY 2:31PM APPROX DISTANCE / 128.2KM

MEN'S

POINT TO POINT

TIME 38km	TIME 40km	TIME 42km	LOCATION	KM Travelled	KM To go
1110	1110	1110	Start Race Neutral King William Road, Unley - heading south	0.0	5.0
1111	1111	1111	Right turn on to Northgate Street, Unley Park	0.7	4.3
1111	1111	1111	Left turn on to Victoria Avenue, Unley Park	0.9	4.1
1112	1112	1112	Left turn on to Cross Road, Unley Park	1.5	3.5
1114	1114	1114	Right turn on to Belair Road, Unley Park	2.4	2.6
1119	1119	1119	End Race Neutral Belair Road at Norris Court, Torrens Park	5.0	0.0
1119	1119	1119	Race Start Belair Road at Norris Court, Torrens Park	0.0	128.2
1122	1122	1122	Belair Road, Lynton at Windy Point Lookout	2.1	126.1
1125	1125	1124	efex King of the Mountain #1 - Windy Point (category 1) Distance: 3.8km, Total Ascent 229m, Maximum Gradient: 20.0%, Average Gradient: 6.0% Belair Road at Belair Family Health Centre, Belair	3.8	124.4
1125	1125	1124	Belair Road becomes Main Road at Sheok Road, Belair Start Clean Zone	3.8	124.4
1125	1125	1125	Belair Road at Elliott Avenue, Belair End Clean Zone	4.1	124.1
1126	1125	1125	Main Road, Belair Caution - Bridge	4.3	123.9
1127	1127	1127	Main Road, Glanalta Caution - Active Rail Crossing (Train)	5.4	122.9
1130	1129	1129	Veer slight left at the roundabout to stay on Main Road, Blackwood	6.8	121.4
1130	1130	1129	Main Road, Blackwood Caution - Active Rail Crossing (Train)	7.2	121.1
1131	1130	1129	Main Road, Blackwood Caution - Sharp Descending Turn	7.4	120.8
1131	1130	1130	Main Road, Hawthorndene Caution - Sharp Descending Turn	7.5	120.7
1131	1130	1130	Main Road, Hawthorndene Caution - Sharp Descending Turn	7.7	120.5
1132	1131	1131	Main Road, Hawthorndene Caution - Bridge	8.2	120.0
1133	1132	1132	Main Road, Hawthorndene Caution - Bridge	8.9	119.3
1137	1136	1135	Main Road, Coromandel Valley Caution - Bridge	11.4	116.8
1144	1143	1142	Main Road, Chandlers Hill Caution - Sharp Descending Turn	16.2	112.1
1146	1144	1143	Main Road, Chandlers Hill Caution - Sharp Descending Turn	17.1	111.2



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1147	1145	1144	Left turn on to Clarendon Road, Chandlers Hill	17.6	110.7
1147	1146	1144	Clarendon Road, Chandlers Hill Caution - Sharp Descending Turn	17.8	110.5
1148	1146	1145	Clarendon Road near Potter Road, Clarendon Caution - Sharp Descending Turn	18.3	109.9
1149	1147	1146	Clarendon Road near #152, Clarendon Caution - Sharp Descending Turn	19.1	109.2
1150	1148	1147	Clarendon Road, Clarendon Caution - Sharp Descending Turn	19.6	108.7
1150	1149	1147	Clarendon Road, Clarendon Caution - Sharp Descending Turn	20.0	108.3
1152	1150	1149	Sharp left turn on to Grants Gully Road, Clarendon Caution - Sharp Descending Turn	21.0	107.2
1154	1152	1151	Grants Gully Road, Clarendon Caution - Narrow Bridge	22.3	106.0
1154	1152	1151	Grants Gully Road becomes Kangarilla Road at Oval Road, Clarendon	22.3	105.9
1202	1200	1158	Kangarilla Road becomes Dashwood Gully Road at McLaren Flat Road, Kangarilla	27.4	100.8
1217	1215	1212	Dashwood Gully Road becomes Mawson Road, Meadows	37.1	91.1
1219	1216	1213	Mawson Road, Meadows Caution - Bridge	37.8	90.4
1219	1216	1213	Left turn on to Kondoparinga Road, Meadows	38.2	90.0
1226	1222	1219	Right turn on to Battunga Road, Meadows	42.2	86.0
1234	1230	1226	Veer right on to Meadows Road, Echunga	47.3	80.9
1234	1231	1227	Continue straight on to Angus Road, Echunga	47.8	80.5
1235	1231	1227	Veer left on to Adelaide Road, Echunga	47.9	80.3
1235	1231	1228	Veer left on to Strathalbyn Road, Echunga	48.4	79.8
1246	1242	1238	Strathalbyn Road, Mylor Caution - Bridge	55.1	73.1
1247	1243	1239	Ziptrak® Sprint #1 Strathalbyn Road at Mylor Oval, Mylor	56.1	72.1
1248	1243	1239	Strathalbyn Road, Mylor Caution - Bridge	56.4	71.9
1248	1244	1239	Strathalbyn Road at Wilson Road, Mylor Start Clean Zone	56.4	71.8
1249	1244	1240	Strathalbyn Road, Mylor End Clean Zone	56.8	71.4
1257	1252	1247	Continue straight at the roundabout on to Mount Barker Road, Aldgate	61.9	66.3
1259	1254	1250	Feed Zone Mount Barker Road at Twin Street / Gould Road, Stirling	63.6	64.6
1300	1255	1250	Continue straight at the roundabout to stay on Mount Barker Road, Stirling	64.1	85.4
1301	1256	1251	Right turn at the roundabout on to Pomona Road, Stirling	64.5	85.0
1302	1257	1252	Left turn on to Gould Road, Stirling	65.5	62.7
1302	1257	1253	Left turn on to Old Mount Barker Road, Stirling	65.6	62.7
1303	1257	1253	Old Mount Barker Road, Stirling Caution - Bridge	65.6	62.6



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1304	1259	1254	Veer left at the roundabout on to Piccadilly Road, Crafers	66.8	61.5
1306	1301	1256	Right turn on to Main Street, Crafers	67.9	60.3
1306	1301	1256	Right turn at the roundabout on to Mount Lofty Summit Road, Crafers	68.1	60.1
1309	1303	1258	efex King of the Mountain #2 - Mount Lofty (category 1) Distance: 1.3km, Total Ascent 97m, Maximum Gradient: 13.3%, Average Gradient: 7.3% Mount Lofty Road at Bus Stop #25, Mount Lofty	69.5	58.7
1311	1305	1300	Mount Lofty Road, Crafers at Finish Line Start Lap 1	70.8	57.5
1311	1305	1300	Mount Lofty Road, Crafers Caution - Sharp Descending Turn	70.9	57.3
1311	1306	1301	Mount Lofty Road, Crafers Caution - Waterfall Gully Trail Pedestrian Crossing	71.3	56.9
1312	1306	1301	Mount Lofty Road, Crafers Caution - Sharp Descending Turn	71.4	56.8
1313	1308	1303	Mount Lofty Road, Cleland Caution - Sharp Descending Turn	72.6	55.7
1316	1310	1304	Right turn on to Greenhill Road, Summertown	73.9	54.4
1316	1310	1305	Sharp left turn on to Woods Hill Road, Summertown	74.2	54.0
1319	1313	1308	Sharp right turn on to Tregarthen Road, Ashton	76.3	51.9
1322	1316	1310	Left turn on to Greenhill Road, Summertown	78.0	50.2
1325	1319	1313	Ziptrak® Sprint #2 Greenhill Road at Uraidla Hotel, Uraidla	79.9	48.3
1325	1319	1313	Greenhill Road at Days Road, Uraidla Start Clean Zone	80.2	48.1
1326	1320	1314	Greenhill Road, Uraidla at Bus Stop #23B End Clean Zone	80.6	47.7
1328	1322	1316	Right turn on to Rangeview Drive, Carey Gully	82.1	46.2
1330	1324	1318	Left turn on to Carey Gully Road, Carey Gully	83.3	44.9
1338	1331	1325	Carey Gully Road, Bridgewater Caution - Active Rail Crossing (ARTC)	88.3	40.0
1339	1332	1325	Right turn on to Mount Barker Road, Bridgewater	88.5	39.8
1339	1332	1325	Mount Barker Road, Bridgewater Caution - Narrow Bridge	88.5	39.7
1342	1335	1328	Right turn at the roundabout to stay on Mount Barker Road, Aldgate	90.7	37.6
1346	1338	1332	Continue straight at the roundabout to stay on Mount Barker Road, Stirling	92.9	35.4
1346	1339	1332	Right turn at the roundabout on to Pomona Road, Stirling	93.2	35.0
1348	1340	1334	Left turn on to Gould Road, Stirling	94.3	34.0
1348	1340	1334	Left turn on to Old Mount Barker Road, Stirling	94.3	33.9
1348	1340	1334	Old Mount Barker Road, Stirling Caution - Bridge	94.4	33.8
1350	1342	1335	Veer left at the roundabout on to Piccadilly Road, Crafers	95.5	32.7
1352	1344	1337	Right turn on to Main Street, Crafers	96.7	31.5
1352	1344	1337	Right turn at the roundabout on to Mount Lofty Summit Road, Crafers	96.9	31.4



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1354	1346	1339	efex King of the Mountain #3 - Mount Lofty (category 1) Distance: 1.3km, Total Ascent 97m, Maximum Gradient: 13.3%, Average Gradient: 7.3% Mount Lofty Road at Bus Stop #25, Mount Lofty	98.2	30.0	
1356	1348	1341	Mount Lofty Road, Crafers at Finish Line End Lap 1 / Start Lap 2	99.5	28.7	
1356	1348	1341	Mount Lofty Road, Crafers Caution - Sharp Descending Right Turn	99.7	28.6	
1357	1349	1342	Mount Lofty Road, Crafers Caution - Waterfall Gully Trail Pedestrian Crossing	100.0	28.2	
1357	1349	1342	Mount Lofty Road, Crafers Caution - Sharp Descending Right Turn	100.1	28.1	
1359	1351	1344	Mount Lofty Road, Cleland Caution - Sharp Descending Right Turn	101.3	26.9	
1401	1353	1345	Right turn on to Greenhill Road, Summertown	102.6	25.6	
1401	1353	1346	Sharp left turn on to Woods Hill Road, Summertown	102.9	25.3	
1405	1356	1349	Sharp right turn on to Tregarthen Road, Ashton	105.0	23.2	
1407	1359	1351	Left turn on to Greenhill Road, Summertown	106.7	21.5	
1410	1402	1354	Greenhill Road at Uraidla Hotel, Uraidla	108.6	19.6	
1411	1402	1354	Greenhill Road at Days Road, Uraidla Start Clean Zone	108.9	19.3	
1411	1403	1355	Greenhill Road, Uraidla at Bus Stop #23B End Clean Zone	109.3	18.9	
1414	1405	1357	Right turn on to Rangeview Drive, Carey Gully	110.8	17.4	
1416	1407	1359	Left turn on to Carey Gully Road, Carey Gully	112.0	16.2	
1424	1414	1406	Carey Gully Road, Bridgewater Caution - Active Rail Crossing (ARTC)	117.0	11.3	
1424	1415	1406	Right turn on to Mount Barker Road, Bridgewater	117.2	11.0	
1424	1415	1406	Mount Barker Road, Bridgewater Caution - Narrow Bridge	117.3	11.0	
1427	1418	1409	Right turn at the roundabout to stay on Mount Barker Road, Aldgate	119.4	8.8	
1431	1421	1413	Continue straight at the roundabout to stay on Mount Barker Road, Stirling	121.6	6.6	
1431	1422	1413	Right turn at the roundabout on to Pomona Road, Stirling	121.9	6.3	
1433	1423	1415	Left turn on to Gould Road, Stirling	123.0	5.2	
1433	1423	1415	Left turn on to Old Mount Barker Road, Stirling	123.0	5.2	
1433	1424	1415	Old Mount Barker Road, Stirling Caution - Bridge	123.1	5.1	
1435	1425	1416	Veer left at the roundabout on to Piccadilly Road, Crafers	124.2	4.0	
1437	1427	1418	Right turn on to Main Street, Crafers	125.4	2.8	
1437	1427	1418	Right turn at the roundabout on to Mount Lofty Summit Road, Crafers	125.6	2.6	
1441	1431	1422	Race Finish Mount Lofty Summit Road, Crafers	128.2	0.0	
APPROXIMATE RACE DURATION: 3 HOURS 21 MINUTES						