



## POINT-TO-POINT

Time 38km	Time 40km	Time 42km	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	5.1
1114	1114	1114	Left turn on to Glynburn Road, Kensington Park	2.0	3.1
1115	1115	1115	Right turn on to Magill Road, Kensington Gardens	2.7	2.4
1119	1119	1119	Left turn on to Norton Summit Road, Magill	4.8	0.3
1120	1120	1120	<b>End Race Neutral</b> <b>Norton Summit Road, Magill near Greer Place</b>	5.1	0.0
1120	1120	1120	<b>Start Race</b> <b>Norton Summit Road, Magill near Greer Place</b>	0.0	147.5
1131	1130	1130	Continue straight on to Lobethal Road, Norton Summit	7.1	140.4
1135	1134	1133	Right turn on to Stony Rise Road, Ashton	9.6	138.0
1135	1135	1134	<b>efex King of the Mountain #1 - Ashton (category 2)</b> <b>Distance: 10.0km, Total Ascent 495m, Maximum Gradient: 12.6%,</b> <b>Average Gradient: 4.1%</b> <b>Stony Rise Road, Ashton</b>	10.0	137.6
1136	1135	1135	Left turn on to Tregarthen Road, Ashton	10.5	137.0
1139	1138	1137	Right turn on to Greenhill Road, Summertown	12.2	135.4
1141	1140	1139	Left turn on to Mount Lofty Summit Road, Greenhill	13.5	134.1
1146	1144	1143	Mount Lofty Summit Road, Clealand at Summit entrance	16.5	131.0
1150	1148	1147	Left turn at the roundabout on to Main Street, Crafers	19.2	128.3
1150	1149	1147	Left turn on to Piccadilly Road, Crafers	19.4	128.1
1152	1150	1149	Veer right at the roundabout on to Old Mount Barker Road, Crafers	20.6	127.0
1154	1152	1151	Old Mount Barker Road, Crafers at South Eastern Freeway <b>Caution - Bridge</b>	21.7	125.9
1154	1152	1151	Right turn on to Gould Road, Stirling	21.8	125.8
1154	1152	1151	Right turn on to Pomona Road, Stirling	21.8	125.7
1156	1154	1152	Left turn at the roundabout on to Mount Barker Road, Crafers	22.8	124.7
1156	1154	1153	Continue straight at the roundabout to stay on Mount Barker Road, Stirling	23.2	124.3
1200	1158	1156	Continue straight at the roundabout on to Strathalbyn Road, Aldgate	25.4	122.1
1209	1206	1204	Strathalbyn Road, Mylor at Aldgate Creek <b>Caution - Bridge</b>	31.0	116.5
1209	1206	1204	Strathalbyn Road, Mylor at Mylor Oval	31.3	116.2
1221	1218	1215	Veer slight right on to Adelaide Road, Echunga	38.9	108.6
1221	1218	1215	<b>Ziptrak® Sprint # 1</b> <b>Adelaide Road, Echunga at Echunga Uniting Church</b>	39.1	108.4
1222	1219	1216	Veer right on to Angus Road, Echunga	39.4	108.1
1222	1219	1216	Veer right on to Meadows Road, Echunga <b>Start Clean Zone</b>	39.6	108.0
1223	1220	1217	Left turn on to Battunga Road, Echunga <b>End Clean Zone</b>	40.1	107.5
1231	1227	1224	Left turn on to Kondoparinga Road, Meadows	45.1	102.4
1234	1231	1227	Left turn on to Greenhills Road, Meadows	47.4	100.1
1237	1234	1230	Veer right to stay on Greenhills Road, Meadows	49.3	98.2
1242	1238	1235	Continue straight on to Macclesfield Road, Macclesfield	52.5	95.0
1244	1240	1236	Macclesfield Road becomes Todd Street at Walker Street, Macclesfield	53.6	93.9
1245	1241	1237	Sharp left turn on to Venables Street, Macclesfield	54.3	93.2



Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1246	1242	1238	Venables Street becomes Strathalbyn Road at Walker Street, Macclesfield	54.9	92.7
1253	1248	1244	Right turn on to Flaxley Road, Flaxley	59.0	88.6
1255	1251	1246	Veer left to stay on Flaxley Road, Flaxley	60.7	86.8
1302	1257	1253	Continue straight at the roundabout to stay on Flaxley Road, Mount Barker	65.2	82.4
1305	1259	1255	Left turn on to Bollen Road, Mount Barker	66.5	81.1
1307	1301	1256	Sharp left turn on to Hawthorn Road, Mount Barker	67.8	79.7
1309	1303	1258	Left turn to stay on Hawthorn Road, Mount Barker	69.1	78.4
1315	1309	1304	Right turn on to Echunga Road, Echunga	73.2	74.4
1323	1317	1311	Echunga Road becomes Pine Avenue at Paechtown Road, Paechtown	78.3	69.2
1324	1318	1312	Left turn on to Mount Barker Road, Hahndorf	78.8	68.7
1325	1318	1313	Mount Barker Road, Hahndorf <b>Caution - Raised Pedestrian Crossing</b>	79.2	68.3
1325	1319	1313	Right turn on to Ambleside Road, Hahndorf	79.7	67.8
<b>1326</b>	<b>1319</b>	<b>1314</b>	<b>Feed Zone</b> <b>Ambleside Road, Hahndorf at Hahndorf Creek</b>	<b>79.9</b>	<b>67.7</b>
1327	1320	1314	Veer left to stay on Ambleside Road, Hahndorf	80.4	67.1
1329	1322	1317	Right turn on to Onkaparinga Valley Road, Hahndorf	81.9	65.6
1331	1324	1318	Onkaparinga Valley Road, Balhannah <b>Caution - Active Rail Crossing (ARTC)</b>	83.2	64.4
1332	1325	1319	Onkaparinga Valley Road, Balhannah at Balhannah Village	83.7	63.8
1333	1326	1320	Sharp left turn on to Nairne Road, Balhannah	84.4	63.2
1333	1326	1320	Left turn on to Greenhill Road, Balhannah	84.6	63.0
1333	1327	1321	Greenhill Road, Balhannah at Onkaparinga River <b>Caution - Bridge</b>	84.7	62.8
1335	1328	1322	Right turn on to Swamp Road, Balhannah <b>Start Clean Zone</b>	85.8	61.7
1336	1329	1323	Swamp Road, Balhannah <b>End Clean Zone</b>	86.2	61.4
1344	1337	1330	Right turn to stay on Swamp Road, Lenswood	91.6	55.9
1349	1341	1334	Left turn on to Lobethal Road, Lenswood	94.3	53.2
1353	1346	1339	Lobethal Road, Forrest Range at Deviation Road	97.4	50.1
1400	1352	1344	Lobethal Road, Basket Range <b>Caution - Sharp Descending Turn</b> <b>Caution - Bridge</b>	101.4	46.1
1400	1352	1345	Lobethal Road, Basket Range <b>Caution - Sharp Descending Turn</b>	101.7	45.8
1401	1353	1345	Lobethal Road, Basket Range at Sixth Creek <b>Caution - Sharp Descending Turn</b> <b>Caution - Bridge</b>	102.0	45.5
1402	1353	1346	Sharp right turn on to Hunters Road, Basket Range	102.6	44.9
1404	1356	1348	Sharp left turn on to Knotts Hill Road, Basket Range <b>Caution - Bridge</b>	104.1	43.4
1404	1356	1348	Knotts Hill Road, Basket Range at Deep Creek <b>Caution - Bridge</b>	104.2	43.3
1406	1358	1351	Veer left on to Pound Road, Marble Hill	105.7	41.8
<b>1408</b>	<b>1400</b>	<b>1352</b>	<b>efex King of the Mountain #2 - Knotts Hill (category 1)</b> <b>Distance: 2.636km, Total Ascent 199, Maximum Gradient: 13.4%, Average Gradient: 8%</b> <b>Veer left on to Marble Hill Road, Ashton</b>	<b>106.7</b>	<b>40.8</b>
1409	1401	1353	Veer left on to Monomeith Road, Ashton	107.3	40.2
1410	1401	1354	Continue straight on to Stoney Rise Road, Ashton	107.9	39.6
1411	1403	1355	Left turn on to Tregarthen Road, Ashton	108.8	38.7

# MEN'S STAGE 3

DATE  
THURSDAY 23 JAN 2025

DISTANCE  
147.5KM

**03** ▶ NORWOOD 11:10AM  
URAILDLA 3:01PM



Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1414	1405	1357	Left turn on to Greenhill Road, Summertown	110.5	37.0
<b>1417</b>	<b>1408</b>	<b>1400</b>	<b>Ziptrak® Sprint #2 Greenhill Road, Uraidla at Uraidla Institute (Finish Line)</b>	<b>112.4</b>	<b>35.2</b>
1430	1420	1412	Greenhill Road, Balhannah at Bonney's Flat Creek <b>Caution - Bridge</b>	120.4	27.2
1431	1421	1412	Left turn on to Swamp Road, Balhannah <b>Start Clean Zone</b>	121.0	26.6
1431	1422	1413	Swamp Road, Balhannah <b>End Clean Zone</b>	121.4	26.2
1440	1430	1421	Right turn to stay on Swamp Road, Lenswood	126.8	20.8
1444	1434	1425	Left turn on to Lobethal Road, Lenswood	129.5	18.0
1452	1442	1432	Lobethal Road, Forrest Range at Deviation Road	134.6	12.9
1455	1444	1435	Lobethal Road, Basket Range <b>Caution - Sharp Descending Turn Caution - Bridge</b>	136.6	11.0
1456	1445	1435	Lobethal Road, Basket Range <b>Caution - Sharp Descending Turn</b>	136.9	10.7
1456	1445	1436	Lobethal Road, Basket Range at Sixth Creek <b>Caution - Sharp Descending Turn Caution - Bridge</b>	137.2	10.3
1457	1446	1436	Sharp right turn on to Hunters Road, Basket Range	137.7	9.8
1459	1448	1438	Sharp left turn on to Knotts Hill Road, Basket Range <b>Caution - Bridge</b>	139.3	8.3
1500	1449	1439	Knotts Hill Road, Basket Range at Deep Creek <b>Caution - Bridge</b>	139.4	8.1
1502	1451	1441	Veer left on to Pound Road, Marble Hill	140.9	6.6
<b>1504</b>	<b>1452</b>	<b>1442</b>	<b>efex King of the Mountain #3 - Knotts Hill (category 1) Distance: 2.636km, Total Ascent 199, Maximum Gradient: 13.4%, Average Gradient: 8.0%</b>	<b>141.9</b>	<b>5.6</b>
1505	1453	1443	Veer left on to Monomeith Road, Ashton	142.5	5.0
1505	1454	1444	Continue straight on to Stoney Rise Road, Ashton	143.1	4.4
1507	1456	1445	Left turn on to Tregarthen Road, Ashton	144.0	3.5
1510	1458	1448	Left turn on to Greenhill Road, Summertown	145.7	1.9
<b>1512</b>	<b>1501</b>	<b>1450</b>	<b>Race Finish Greenhill Road, Uraidla at Uraidla Institute</b>	<b>147.5</b>	<b>0.0</b>

Approximate Race Duration: 3 hours 51 minutes