WOMEN'S STAGE 3



O3 ► STIRLING 11:10AM STIRLING 2:07PM

POINT-TO-POINT

Time 34km	Time 36km	Time 38km	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	105.9
1110	1110	1110	Continue straight at the roundabout to stay on Avenue Road, Stirling	0.2	105.7
1111	1111	1111	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	0.6	105.3
1112	1112	1112	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	0.7	105.2
1126	1125	1124	Left turn on to Bradbury Road, Bradbury	8.5	97.4
1133	1131	1130	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	12.5	93.4
1133	1132	1131	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	12.7	93.2
1133	1132	1131	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	13.0	92.9
1143	1142	1140	Continue straight at the roundabout on to Mount Barker Road, Aldgate	18.6	87.3
1147	1145	1143	efex Queen 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	85.2
1147	1145	1143	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	20.8	85.1
1147	1145	1143	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	21.2	84.7
1148	1146	1144	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	21.5	84.4
1149	1147	1145	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	21.9	84.0
1149	1147	1145	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	22.0	83.9
1203	1200	1158	Left turn on to Bradbury Road, Bradbury	29.8	76.1
1210	1207	1204	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	33.8	72.1
1211	1207	1204	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	34.0	71.9
1211	1208	1205	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	34.3	71.6
1221	1217	1214	Continue straight at the roundabout on to Mount Barker Road, Aldgate	39.9	66.0
1225	1221	1217	Feed Zone Mount Barker Road, Stirling at start/finish line End Lap #2, Start Lap #3	42.0	63.9
1225	1221	1217	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	42.1	63.8
1226	1221	1218	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	42.5	63.4
1226	1222	1218	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	42.8	63.1
1227	1223	1219	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	43.2	62.7
1227	1223	1219	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	43.3	62.6

WOMEN'S STAGE 3

SUNDAY 19 JAN 2025 DISTANCE 105.9KM

O3 ► STIRLING 11:10AM STIRLING 2:07PM

Time 34km	Time 36km	Time 38km	Location	Km travelled	Km to go			
1230	1226	1222	Ziptrak® Sprint #1 Longwood Road, Heathfield near Heathfield High School Tennis Courts	45.1	60.8			
1241	1236	1231	Left turn on to Bradbury Road, Bradbury	51.1	54.8			
1248	1242	1238	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	55.1	50.8			
1248	1243	1238	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	55.3	50.6			
1249	1243	1238	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	55.6	50.3			
1259	1253	1247	Continue straight at the roundabout on to Mount Barker Road, Aldgate	61.2	44.7			
1302	1256	1251	Feed Zone Mount Barker Road, Stirling at start/finish line End Lap #3, Start Lap #4	63.4	42.6			
1302	1256	1251	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	63.4	42.5			
1303	1257	1251	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	63.8	42.1			
1304	1257	1252	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	64.1	41.9			
1304	1258	1252	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	64.5	41.4			
1305	1258	1253	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	64.6	41.3			
1308	1301	1255	Ziptrak® Sprint #2 Longwood Road, Heathfield near Heathfield High School Tennis Courts	66.4	39.5			
1318	1311	1305	Left turn on to Bradbury Road, Bradbury	72.4	33.5			
1325	1318	1311	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	76.4	29.6			
1326	1318	1312	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	76.6	29.3			
1326	1319	1312	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	76.9	29.0			
1336	1328	1321	Continue straight at the roundabout on to Mount Barker Road, Aldgate	82.5	23.4			
1340	1332	1324	efex Queen 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 #4, Start Lap #5	84.6	21.3			
1335	1327	1320	Continue straight at the roundabout to stay on Mount Barker Road, Stirling Start Clean Zone	84.7	24.2			
1341	1332	1325	Left turn at the roundabout on to Avenue Road, Stirling End Clean Zone	85.1	20.9			
1341	1333	1325	Continue straight at the roundabout to stay on Avenue Road, Stirling at Ayers Hill Road / Milan Terrace	85.4	20.6			
1342	1334	1326	Avenue Road, Stirling at interstate rail line overpass Caution - Narrow Bridge	85.8	20.1			
1342	1334	1326	Avenue Road becomes Longwood Road at Sturt Valley Road, Stirling	85.9	20.0			
1356	1347	1339	Left turn on to Bradbury Road, Bradbury	93.7	12.2			
1403	1353	1345	Right turn on to Cross Street, Mylor Caution - Fast Descending Turn	97.7	8.3			
1403	1354	1345	Sharp left turn on to Strathalbyn Road, Mylor Caution - Sharp Left Turn	97.9	8.0			
1404	1354	1346	Strathalbyn Road, Mylor near Stock Road Caution - Bridge	98.2	7.7			
1414	1404	1354	Continue straight at the roundabout on to Mount Barker Road, Aldgate	103.8	2.1			
1417	1407	1358	Race Finish Mount Barker Road, Stirling near Stirling Mitre 10	105.9	0.0			
Approximate Race Duration: 2 hours 57 Minutes								