# MEN'S STAGE 4

PATE FRIDAY 24 JAN 2025 DISTANCE 157.8KM

### O4 ► GLENELG 11:10AM ■ VICTOR HARBOR 3:21PM

### **POINT-TO-POINT**

Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1110	1110	1110	Start Race Neutral Colley Terrace, Glenelg at Glenelg Rotunda - heading south	0.0	7.9
1110	1110	1110	Left turn on to Jetty Road, Glenelg Caution - Tram Lines	0.2	7.7
1111	1111	1111	Right turn on to Brighton Road, Glenelg	0.9	7.0
1119	1119	1119	Brighton Road, Brighton Caution - Active Rail Crossing (DIT - Train)	4.5	3.3
1124	1124	1124	End Race Neutral Brighton Road at Arthur Street, Seacliff Park	7.3	0.0
1124	1124	1124	Race Start Brighton Road at Arthur Street, Seacliff Park	0.0	157.8
1124	1124	1124	Brighton Road becomes Ocean Boulevard at Scholefield Road, Seacliff Park	0.1	157.7
1128	1128	1128	Ocean Boulevard becomes Lonsdale Road at Majors Road, Hallett Cove	2.3	155.5
1140	1139	1138	Left turn on to Sherriffs Road, Lonsdale	9.7	148.1
1141	1141	1140	Right turn on to Brodie Road, Lonsdale	10.8	147.0
1142	1141	1140	Continue straight on to the Southern Expressway on-ramp, Lonsdale	11.0	146.8
1152	1151	1150	Veer right on to Main South Road, Huntfield Heights	17.6	140.2
1155	1153	1152	Main South Road, Old Noarlunga Caution - Bridge	19.1	138.7
1156	1154	1153	Keep right to stay on Main South Road, Old Noarlunga	19.9	137.9
1202	1200	1159	Veer left on to Tatachilla Road off-ramp, Seaford Rise	23.9	133.9
1203	1201	1159	Right turn on to Maslin Beach Road, Tatachilla	24.5	133.3
1205	1203	1201	Left turn on to Old Coach Road, Maslin Beach	25.7	132.1
1213	1210	1208	Right turn at the roundabout on to Port Road, Aldinga	30.6	127.2
1214	1211	1209	Right turn to stay on Port Road, Aldinga	31.2	126.5
1216	1213	1211	Continue straight on to Jetty Road, Port Willunga	32.7	125.1
1216	1214	1211	Veer left on to Esplanade, Port Willunga	32.8	125.0
1220	1217	1214	Ziptrak® Sprint #1 Esplanade (Snapper Point), Aldinga Beach	35.0	122.8
1223	1220	1217	Right turn on to Lower Esplanade, Aldinga Beach	37.0	120.8
1226	1223	1221	Left turn on to Norman Road, Aldinga Beach	39.3	118.5
1228	1225	1222	Right turn on to Justs Road, Aldinga Beach	40.3	117.5
1228	1225	1222	Justs Road, Aldinga Beach Caution - Bridge	40.5	117.3
1228	1225	1222	Justs Road, Aldinga Beach <b>Start Clean Zone</b>	40.6	117.2
1229	1226	1223	Justs Road, Aldinga Beach End Clean Zone	41.0	116.8
1232	1228	1225	Left turn on to Sellicks Beach Road, Sellicks Beach	42.6	115.2
1232	1228	1225	Right turn on to Country Road, Sellicks Beach	42.6	115.2
1232	1229	1226	Country Road, Sellicks Beach <b>Caution - Bridge</b>	42.9	114.9
1234	1230	1227	Right turn on to Main South Road, Sellicks Hill	43.9	113.9
1242	1238	1234	Right turn on to Reservoir Road, Sellicks Hill	49.0	108.7
1251	1247	1243	Reservoir Road, Myponga Caution - Steep descent with sharp left turn	54.7	103.0

## MEN'S STAGE 4

Time

38km

Time

40km

Time

42km

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### 1251 1247 1243 Reservoir Road, Myponga 54.7 103.0 **Caution - Narrow Bridge** 1255 1250 1246 Right turn on to Forktree Road, Wattle Flat 57.2 100.6 1308 1303 1258 Forktree Road becomes Carrickalinga Road at Brown Road, Carrickalinga 65.5 92.3 1309 1304 1259 Carrickalinga Road, Normanville at Carrickalinga Creek 66.5 91.3 Caution - Narrow Bridge 1312 1307 1302 Carrickalinga Road becomes Main Road at Jetty Road, Normanville 68.1 89.7 1312 1307 1302 Main Road, Normanville 68.4 89.4 **Caution - Raised Pedestrian Crossing** 1307 68.5 89.3 1313 1302 Left turn on to Main South Road, Normanville 1317 1312 1307 Ziptrak® Sprint #2 71.5 86.3 Main South Road, Yankalilla at property #109 1312 Right turn on to Main Street, Yankalilla 71.7 86.0 1318 1307 Feed Zone 1318 1313 1307 72.1 85.7 Main Street, Yankalilla between Arthur Street and McArthur Street 1314 Main Street, Yankalilla at Bungala River 73.0 84.8 1320 1309 **Caution - Bridge** 1320 1314 1309 Main Street becomes Inman Valley Road at Doctors Hill Road, Yankalilla 73.3 84.5 1320 1326 1314 Right turn on to Torrens Vale Road, Bald Hills 77.0 80.8 80.7 1332 1325 1320 Right turn on to Parawa Road, Torrens Vale 77.1 1326 80.8 1332 1320 Parawa Road, Torrens Vale 77.0 Caution - Bridge 1326 1320 Parawa Road, Torrens Vale 80.9 1332 76.9 Start Clean Zone 1326 76.5 1333 1321 Parawa Road, Torrens Vale 81.3 End Clean Zone 1342 1335 87.0 1329 efex King of the Mountain #1 - Parawa Hill (category 2) 70.8 Distance: 2.9km, Total Ascent 204m, Maximum Gradient: 12.3%, Average Gradient: 7.0% Parawa Road, Parawa 1342 1335 1329 Left turn on to Range Road, Parawa 87.0 70.7 1400 1352 1345 Right turn on to Waitpinga Road, Willow Creek 98.7 59.1 1413 1404 1357 Waitpinga Road, Waitpinga 106.7 51.1 **Caution - Bridge** 1425 1416 1408 Right turn to stay on Waitpinga Road, Waitpinga 114.6 43.2 1431 1421 1413 Waitpinga Road becomes Mill Road at Tabernacle Road, Waitpinga 118.0 39.8 1423 118.8 1432 1414 Left turn at the roundabout on to Inman Valley Road, Victor Harbor 38.9 1446 1436 1427 Right turn on to Sawpit Road, Lower Inman Valley 127.8 30.0 1447 1437 1428 Sawpit Road, Lower Inman Valley 128.2 29.6 **Caution - Bridge** 1447 1437 1428 Sawpit Road, Lower Inman Valley at Stephens Road 128.3 29.5 Start Clean Zone 128.9 1448 1438 1429 Sawpit Road, Lower Inman Valley at Strangeways Road 28.9 **End Clean Zone** 1457 1446 1437 Sawpit Road, Hindmarsh Valley 134.5 23.3 **Caution - Ford Crossing** 1447 135.3 22.5 1458 1438 Left turn on to Nettle Hill Road, Hindmarsh Valley 1500 1449 1439 efex King of the Mountain #2 - Nettle Hill (category 1) 136.4 21.3 Distance: 1.9km, Total Ascent 157m, Maximum Gradient: 17.7%, Average Gradient: 8.1% Nettle Hill Road, Hindmarsh Valley 138.2 1452 1503 1442 Right turn on to Hindmarsh Tiers Road, Victor Harbor 19.6 1511 1500 143.5 1449 Veer left to stay on Hindmarsh Tiers Road, Hindmarsh Valley 14.3

Location

FRIDAY 24 JAN 2025 Distance 157.8KM

DATE

Km

travelled

Km

to go

## MEN'S STAGE 4

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FRIDAY 24 JAN 2025 Distance 157.8KM

Time 38km	Time 40km	Time 42km	Location	Km travelled	Km to go
1513	1502	1451	Sharp right turn on to Hutchinson Road, Hindmarsh Valley Caution - Sharp Turn	144.9	12.9
1514	1502	1452	Hutchinson Road, Hindmarsh Valley Caution - Bridge	145.2	12.5
1519	1507	1456	Veer left on to Greenhills Road, Hindmarsh Valley	148.3	9.5
1522	1510	1500	Veer right to stay on Greenhills Road, Hindmarsh Valley	150.7	7.1
1524	1512	1501	Veer left to stay on Greenhills Road, Lower Inman Valley	151.7	6.1
1526	1514	1503	Greenhills Road, Victor Harbor Caution - Bridge	153.1	4.7
1526	1514	1503	Sharp right turn on to Greenhills Road, Victor Harbor Caution - Sharp Descending Turn	153.2	4.6
1526	1514	1503	Left turn on to Armstrong Road, Victor Harbor	153.3	4.5
1530	1518	1507	Veer left on to George Main Road (slip lane), Victor Harbor	155.5	2.3
1532	1519	1508	Continue straight at the roundabout to stay on George Main Road, Victor Harbor	156.6	1.2
1532	1519	1508	George Main Road, Victor Harbor <b>Caution - Bridge</b>	156.7	1.1
1532	1520	1508	Veer left on to Victoria Street, Victor Harbor	156.8	1.0
1532	1520	1509	Right turn on to Island Street, Victor Harbor	157.1	0.7
1533	1520	1509	Left turn on to Esplanade, Victor Harbor	157.2	0.6
1533	1520	1509	Esplanade at King Street, Victor Harbor	157.4	0.4
1533	1521	1510	Race Finish Esplanade, Victor Harbor at Hotel Victor	157.8	0.0

Approximate Race Duration: 4 hours and 11 minutes