

POINT TO POINT

TIME 38KM	TIME 40KM	TIME 42KM	LOCATION	KM TRAVELLED	KM TO GO
1110	1110	1110	Start Race Neutral The Parade at Town Hall, Norwood - heading east	0.0	5.1
1117	1117	1117	Left turn at the roundabout on to Penfold Road, Magill	3.7	1.4
1118	1118	1118	Right turn on to Magill Road, Magill	4.4	0.7
1119	1119	1119	Left turn on to Norton Summit Road, Magill	4.8	0.3
1120	1120	1120	End Race Neutral Norton Summit Road, Magill near Greer Place	5.1	0.0
1120	1120	1120	Start Race Norton Summit Road, Magill near Greer Place	0.0	141.6
1131	1130	1130	Continue straight on to Lobethal Road, Norton Summit	7.1	134.5
1135	1134	1133	Right turn on to Stony Rise Road, Ashton	9.6	132.0
1135	1134	1134	efex King of the Mountain #1 - Ashton (category 2) Distance: 10.0km, Total Ascent 495m, Maximum Gradient: 17.8%, Average Gradient: 5.0% Stony Rise Road, Ashton	9.9	131.7
1136	1135	1135	Left turn on to Tregarthen Road, Ashton	10.5	131.1
1139	1138	1137	Left turn on to Greenhill Road, Summertown	12.2	129.4
1154	1153	1151	Greenhill Road, Balhannah Caution - Bridge	22.0	119.6
1157	1155	1153	Greenhill Road, Balhannah Caution - Bridge	23.6	118.0
1158	1156	1154	Left turn on to Onkaparinga Valley Road, Balhannah	24.2	117.4
1158	1156	1154	Onkaparinga Valley Road, Balhannah Caution - Bridge	24.2	117.4
1208	1206	1203	Ziptrak® Sprint #1 Onkaparinga Valley Road, Woodside at Bedford Hotel	30.7	110.9
1209	1206	1204	Onkaparinga Valley Road, Woodside at Jacaranda Drive Start Clean Zone	31.2	110.4
1210	1207	1205	Onkaparinga Valley Road, Woodside at Discombe Road End Clean Zone	31.6	110.0
1212	1210	1207	Left turn at the roundabout on to Woodside Road, Woodside	33.5	108.1
1217	1214	1211	Sharp left turn to stay on Woodside Road, Lobethal	36.1	105.5
1217	1214	1212	Right turn on to Main Street, Lobethal	36.5	105.1
1218	1215	1212	Main Street, Lobethal at Finish Line Start Lap #1	36.8	104.8
1219	1216	1214	Left turn on to Kenton Valley Road, Lobethal	37.9	103.7
1233	1229	1226	Right turn on to John Fisher Avenue, Gumeracha	46.5	95.1
1234	1230	1227	Left turn on to Albert Street (Torrens Valley Road), Gumeracha	47.2	94.4
1240	1236	1232	Torrens Valley Road, Chain of Ponds Caution - Bridge	50.7	90.9

TIME 38KM	TIME 40KM	TIME 42KM	LOCATION	KM TRAVELLED	KM TO GO
1240	1236	1232	Torrens Valley Road, Chain of Ponds Caution - Sharp Descending Turn	50.8	90.9
1240	1236	1232	Keep right on to North East Road, Chain of Ponds	50.8	90.8
1244	1240	1236	Left turn on to Tippet Road, Chain of Ponds	53.6	88.0
1248	1243	1239	Sharp left turn on to Gorge Road, Chain of Ponds	55.7	85.9
1250	1245	1241	Gorge Road, Cudlee Creek Caution - Bridge	57.0	84.6
1250	1245	1241	Right turn on to Cudlee Creek Road, Cudlee Creek	57.1	84.5
1253	1248	1244	Right turn on to Fox Creek Road, Cudlee Creek	58.9	82.7
1300	1255	1250	efex King of the Mountain #2 - Fox Creek Climb (category 2) Distance: 1630m, Total Ascent 143m, Maximum Gradient: 17.8%, Average Gradient: 8.8% Fox Creek Road becomes Coldstore Road at Croft Road, Cudlee Creek	63.5	78.1
1300	1255	1250	Coldstore Road, Cudlee Creek Start Clean Zone	63.6	78.0
1301	1256	1251	Coldstore Road, Cudlee Creek End Clean Zone	64.1	77.5
1305	1300	1255	Sharp left turn on to Lobethal Road, Lenswood	66.7	74.9
1311	1305	1300	Lobethal Road, Lobethal Caution - Bridge	70.3	71.3
1312	1307	1302	Veer left on to Main Street, Lobethal	71.4	70.2
1313	1307	1302	Ziptrak® Sprint #2 Main Street, Lobethal at Finish Line End Lap #1 / Start Lap #2	71.7	69.9
1313	1308	1302	Feed Zone Main Street, Lobethal near Lobethal Bakery	72.0	69.6
1315	1309	1304	Left turn on to Kenton Valley Road, Lobethal	72.8	68.8
1328	1322	1316	Right turn on to John Fisher Avenue, Gumeracha	81.4	60.2
1329	1323	1317	Left turn on to Albert Street (Torrens Valley Road), Gumeracha	82.1	59.5
1335	1328	1322	Torrens Valley Road, Chain of Ponds Caution - Bridge	85.6	56.0
1335	1328	1322	Torrens Valley Road, Chain of Ponds Caution - Sharp Descending Turn	85.7	55.9
1335	1328	1322	Keep right on to North East Road, Chain of Ponds	85.8	55.8
1339	1332	1326	Left turn on to Tippet Road, Chain of Ponds	88.6	53.0
1343	1336	1329	Sharp left turn on to Gorge Road, Chain of Ponds	90.7	50.9
1345	1337	1331	Gorge Road, Cudlee Creek Caution - Bridge	91.9	49.7
1345	1338	1331	Right turn on to Cudlee Creek Road, Cudlee Creek	92.0	49.6
1348	1340	1334	Right turn on to Fox Creek Road, Cudlee Creek	93.8	47.8
1355	1347	1340	efex King of the Mountain #3 - Fox Creek Climb (category 2) Distance: 1630m, Total Ascent 143m, Maximum Gradient: 17.8%, Average Gradient: 8.8% Fox Creek Road becomes Coldstore Road at Croft Road, Cudlee Creek	98.4	43.2

TIME 38KM	TIME 40KM	TIME 42KM	LOCATION	KM TRAVELLED	KM TO GO
1355	1347	1340	Coldstore Road, Cudlee Creek Start Clean Zone	98.5	43.1
1356	1348	1341	Coldstore Road, Cudlee Creek End Clean Zone	99.1	42.5
1400	1352	1345	Sharp left turn on to Lobethal Road, Lenswood	101.7	39.9
1406	1357	1350	Lobethal Road, Lobethal Caution - Bridge	105.3	36.3
1407	1359	1351	Veer left on to Main Street, Lobethal	106.3	35.3
1408	1400	1352	Main Street, Lobethal at Finish Line End Lap #2 / Start Lap #3	106.7	34.9
1408	1400	1352	Feed Zone Main Street, Lobethal near Lobethal Bakery	107.0	34.6
1410	1401	1354	Left turn on to Kenton Valley Road, Lobethal	107.8	33.8
1423	1414	1406	Right turn on to John Fisher Avenue, Gumeracha	116.4	25.2
1424	1415	1407	Left turn on to Albert Street (Torrens Valley Road), Gumeracha	117.0	24.6
1430	1420	1412	Torrens Valley Road, Chain of Ponds Caution - Bridge	120.6	21.0
1430	1420	1412	Torrens Valley Road, Chain of Ponds Caution - Sharp Descending Turn	120.6	21.0
1430	1421	1412	Keep right on to North East Road, Chain of Ponds	120.7	20.9
1435	1425	1416	Left turn on to Tippet Road, Chain of Ponds	123.5	18.1
1438	1428	1419	Sharp left turn on to Gorge Road, Chain of Ponds	125.6	16.0
1440	1430	1421	Gorge Road, Cudlee Creek Caution - Bridge	126.8	14.8
1440	1430	1421	Right turn on to Cudlee Creek Road, Cudlee Creek	126.9	14.7
1443	1433	1423	Right turn on to Fox Creek Road, Cudlee Creek	128.8	12.9
1450	1440	1430	Fox Creek Road becomes Coldstore Road at Croft Road, Cudlee Creek	133.4	8.2
1450	1440	1430	Coldstore Road, Cudlee Creek Start Clean Zone	133.5	8.1
1451	1441	1431	Coldstore Road, Cudlee Creek End Clean Zone	134.0	7.6
1455	1444	1435	Sharp left turn on to Lobethal Road, Lenswood	136.6	5.0
1501	1450	1440	Lobethal Road, Lobethal Caution - Bridge	140.2	1.4
1503	1451	1441	Veer left on to Main Street, Lobethal	141.3	0.3
1503	1452	1442	Race Finish Main Street, Lobethal	141.6	0.0
APPROXIMATE RACE DURATION: 3 HOURS 42 MINUTES					