

POINT TO POINT

| TIME 38KM | TIME 40KM | TIME 42KM | LOCATION | KM TRAVELLED | KM TO GO |
|--------------|--------------|--------------|--|-----------------|-------------|
| 1110 | 1110 | 1110 | Start Race Neutral North East Road, Tea Tree Gully at The Gully Public House and Garden - heading east | 0.0 | 0.5 |
| 1111 | 1111 | 1111 | End Race Neutral North East Road, Tea Tree Gully near Newman's Nursery | 0.5 | 0.0 |
| 1111 | 1111 | 1111 | Start Race North East Road, Tea Tree Gully near Newman's Nursery | 0.0 | 145.3 |
| 1114 | 1114 | 1114 | efex King of the Mountain #1 - Tea Tree Gully Hill (category 3) Distance: 2.1km, Total Ascent 124m, Maximum Gradient: 15.6%, Average Gradient: 6.0% Left turn on to Range Road North, Houghton | 2.1 | 143.2 |
| 1122 | 1122 | 1121 | Right turn on to Seaview Road, Upper Hermitage | 7.5 | 137.8 |
| 1125 | 1124 | 1124 | Sharp right turn on to One Tree Hill Road, One Tree Hill Caution - Sharp Descending Turn | 9.2 | 136.1 |
| 1127 | 1126 | 1125 | One Tree Hill Road, Gould Creek Caution - Narrow Bridge | 10.3 | 135.0 |
| 1130 | 1129 | 1128 | Left turn to stay on One Tree Hill Road, Gould Creek | 12.1 | 133.2 |
| 1138 | 1136 | 1135 | Continue Straight at the roundabout on to Humbug Scrub Road, Sampson Flat | 17.2 | 128.1 |
| 1149 | 1147 | 1145 | Left turn to stay on to Humbug Scrub Road, Kersbrook | 24.3 | 121.0 |
| 1155 | 1153 | 1151 | Humbug Scrub Road, Williamstown Caution - Sharp Descending Turn | 28.0 | 117.3 |
| 1155 | 1153 | 1151 | Humbug Scrub Road, Williamstown Caution - Ford Crossing | 28.1 | 117.2 |
| 1156 | 1154 | 1152 | Veer right on to Para Wirra Road, Williamstown | 29.1 | 116.2 |
| 1201 | 1158 | 1156 | Left turn on to Yettie Road, Williamstown | 31.9 | 113.4 |
| 1205 | 1202 | 1200 | efex King of the Mountain #2 - Whispering Wall Climb (category 4) Distance: 1.7km, Total Ascent 36m, Maximum Gradient: 5.6%, Average Gradient: 2.1% Yettie Road near Harveys Quarry Road, Williamstown | 34.6 | 110.7 |
| 1208 | 1205 | 1202 | Veer left on to Williamstown Road, Cockatoo Valley Start Clean Zone | 36.1 | 109.2 |
| 1208 | 1206 | 1203 | Yettie Road near #363, Cockatoo Valley End Clean Zone | 36.6 | 108.7 |
| 1214 | 1211 | 1208 | Williamstown Road, Sandy Creek Caution - Rail Crossing (Not Active) | 40.1 | 105.2 |
| 1214 | 1211 | 1208 | Right turn on to Barossa Valley Way, Sandy Creek | 40.2 | 105.1 |
| 1224 | 1221 | 1217 | Ziptrak® Sprint #1 Barossa Valley Way, Lyndoch near Sunrise Bakery & Cafe | 46.8 | 98.5 |
| 1225 | 1221 | 1218 | Veer slight right on to Lyndoch Valley Road, Lyndoch | 47.0 | 98.3 |
| 1226 | 1222 | 1218 | Lyndoch Valley Road, Lyndoch Caution - Rail Crossing (Not Active) | 47.5 | 97.8 |
| 1226 | 1222 | 1219 | Lyndoch Valley Road, Lyndoch Caution - Narrow Bridge | 47.6 | 97.7 |

| TIME 38KM | TIME 40KM | TIME 42KM | LOCATTON | KM TRAVELLED | KM TO GO |
|--------------|--------------|--------------|--|-----------------|-------------|
| 1237 | 1233 | 1229 | Lyndoch Valley Road becomes Queen Street at Memorial Drive, Williamstown | 54.9 | 90.4 |
| 1238 | 1233 | 1229 | Veer left on to Mount Crawford Road, Williamstown | 55.2 | 90.1 |
| 1238 | 1233 | 1230 | Mount Crawford Road, Williamstown Caution - Bridge | 55.3 | 90.0 |
| 1238 | 1234 | 1230 | Mount Crawford Road at Wild Street, Williamstown Start Clean Zone | 55.5 | 89.8 |
| 1239 | 1234 | 1230 | Mount Crawford Road at Carlisle Street (east), Williamstown End Clean Zone | 55.9 | 89.4 |
| 1240 | 1235 | 1231 | Left turn on to Springton Road, Williamstown | 56.4 | 88.9 |
| 1254 | 1249 | 1244 | Springton Road, Pewsey Vale Caution - Bridge | 65.6 | 79.7 |
| 1308 | 1302 | 1257 | Springton Road becomes Williamstown Road at L Staricks Road, Springton | 74.6 | 70.7 |
| 1309 | 1304 | 1258 | Right turn on to Eden Valley Road, Springton | 75.3 | 70.0 |
| 1310 | 1304 | 1258 | Eden Valley Road, Springton Caution - Bridge | 75.4 | 69.9 |
| 1321 | 1315 | 1309 | Eden Valley Road becomes Melrose Street at Angas Valley Road, Mount Pleasant | 82.8 | 62.5 |
| 1323 | 1316 | 1310 | Ziptrak® Sprint #2 Melrose Street, Mount Pleasant at Mount Pleasant Bakery & Cafe | 83.6 | 61.7 |
| 1323 | 1317 | 1311 | Feed Zone Melrose Street, Mount Pleasant at Joseph Street | 84.0 | 61.3 |
| 1325 | 1318 | 1312 | Right turn on to Cricks Mill Road, Mount Pleasant Start Clean Zone | 85.1 | 60.2 |
| 1325 | 1319 | 1313 | Cricks Mill Road, Mount Pleasant Caution - Ford Crossing End Clean Zone | 85.4 | 59.9 |
| 1339 | 1332 | 1325 | Right turn on to Warren Road, Mount Crawford | 94.1 | 51.2 |
| 1341 | 1333 | 1327 | Warren Road, Mount Crawford Caution - Bridge | 95.3 | 50.1 |
| 1346 | 1338 | 1331 | Warren Road, Mount Crawford Caution - Bridge | 98.3 | 47.0 |
| 1353 | 1345 | 1338 | Warren Road becomes Mount Crawford Road at Springton Road, Williamstown | 103.1 | 42.2 |
| 1355 | 1347 | 1339 | Mount Crawford Road, Williamstown Caution - Bridge | 104.2 | 41.1 |
| 1354 | 1346 | 1339 | Mount Crawford Road at Carlisle Street (east), Williamstown Start Clean Zone | 103.6 | 41.7 |
| 1355 | 1347 | 1339 | Mount Crawford Road at Wild Street, Williamstown End Clean Zone | 104.0 | 41.3 |
| 1355 | 1347 | 1340 | Left turn on to Victoria Terrace, Williamstown | 104.3 | 41.0 |
| 1356 | 1348 | 1341 | Victoria Terrace, Williamstown Caution - Bridge | 105.1 | 40.2 |
| 1357 | 1349 | 1341 | Victoria Terrace becomes South Para Road at South Terrace, Williamstown | 105.3 | 40.0 |
| 1401 | 1353 | 1345 | South Para Road, Williamstown Caution - Bridge | 108.0 | 37.3 |

HEALTH PARTNERS STAGE 3

THURSDAY 18 JANUARY 2024

START / TEA TREE GULLY 11:10AM

FINISH / CAMPBELLTOWN 2:49PM APPROX

DISTANCE / 145.3KM

| TIME 38KM | TIME 40KM | TIME 42KM | LOCATION | KM TRAVELLED | KM TO GO |
|--|--------------|--------------|---|-----------------|-------------|
| 1417 | 1408 | 1359 | South Para Road becomes Scott Street at Memorial Court, Kersbrook | 118.2 | 27.1 |
| 1418 | 1409 | 1400 | Scott Street at Kersbrook Town Hall, Kersbrook | 118.7 | 26.6 |
| 1418 | 1409 | 1400 | Scott Street becomes South Para Road at High Street, Kersbrook | 118.9 | 26.4 |
| 1426 | 1416 | 1407 | Right turn on to North East Road, Chain of Ponds | 123.7 | 21.6 |
| 1426 | 1417 | 1408 | Left turn on to Tippett Road, Chain of Ponds | 124.0 | 21.3 |
| 1430 | 1420 | 1411 | Sharp right turn on to Gorge Road, Chain of Ponds Caution - Sharp Descending Turn | 126.2 | 19.1 |
| 1431 | 1421 | 1412 | Gorge Road, Cudlee Creek Caution - Narrow Bridge | 126.8 | 18.5 |
| 1436 | 1426 | 1416 | Gorge Road, Millbrook Caution - Bridge | 130.1 | 15.2 |
| 1442 | 1432 | 1422 | Gorge Road, Paracombe at Kangaroo Creek Reservoir Lookout | 134.0 | 11.3 |
| 1446 | 1435 | 1425 | Gorge Road, Paracombe Caution - Bridge | 136.3 | 9.0 |
| 1447 | 1436 | 1426 | Gorge Road, Castambul Caution - Bridge | 137.1 | 8.2 |
| 1449 | 1438 | 1429 | Gorge Road, Montacute Caution - Sharp Descending Turn | 138.6 | 6.7 |
| 1453 | 1442 | 1432 | Gorge Road, Montacute Caution - Sharp Descending Turn | 140.7 | 4.6 |
| 1500 | 1449 | 1438 | Race Finish 246 Gorge Road, Athelstone | 145.3 | 0.0 |
| APPROXIMATE RACE DURATION: 3 HOURS 39 MINUTES | | | | | |