

efex PROLOGUE

TUESDAY 17 JANUARY 2023

ROUTE / ADELAIDE CBD

DISTANCE / 5.5KM

START / 1800 HOURS

RIDER TRAINING ON COURSE: 1630 - 1730

POINT TO POINT

TIME 44KM	TIME 46KM	TIME 48KM	LOCATION	KM TRAVELLED	KM TO GO
1800	1800	1800	Start Prologue Torrens Foot Bridge, Adelaide - heading north	0.0	5.5
1800	1800	1800	Veer left on to War Memorial Drive, North Adelaide	0.2	5.2
1800	1800	1800	Right turn on to War Memorial Drive, Adelaide	0.6	4.8
1801	1801	1801	Left turn at the roundabout on to Frome Road, North Adelaide	1.4	4.1
1802	1802	1802	Right turn on to Mackinnon Parade, Adelaide	1.7	3.8
1802	1802	1802	Right turn to stay on Mackinnon Parade, North Adelaide	1.8	3.7
1803	1802	1802	Left turn to stay on Mackinnon Parade, North Adelaide	2.3	3.2
1803	1803	1802	Right turn at the roundabout to stay on MacKinnon Parade, North Adelaide	2.4	3.1
1803	1803	1803	Veer right on to Bundeys Road, North Adelaide	2.5	3.0
1803	1803	1803	Right turn on to War Memorial Drive, North Adelaide	2.8	2.7
1805	1805	1805	Left turn at the roundabout on to Frome Road, North Adelaide	4.1	1.4
1805	1805	1805	Frome Road, North Adelaide Caution - Narrow Bridge	4.1	1.4
1806	1805	1805	Right turn on to Victoria Drive, Adelaide	4.5	1.0
1806	1806	1806	Right turn on to Torrens Rowing Club Access Road, Adelaide	5.0	0.4
1806	1806	1806	Left turn on to Riverbank Running / Cycle Path, Adelaide	5.1	0.4
1807	1806	1806	Riverbank Running / Cycle Path, Adelaide Caution - King William Road Underpass	5.2	0.3
1807	1806	1806	Veer left to stay on Riverbank Running / Cycle Path, Adelaide Caution - Narrow Descending Turn	5.2	0.2
1807	1807	1806	End Prologue Riverbank Running / Cycle Path, Adelaide at Popeye Landing	5.5	0.0

APPROXIMATE PROLOGUE DURATION: 7 MINUTES

Note riders only will have access to the course for training from 1630 – 1730.

NO TEAM VEHICLES WILL BE PERMITTED ACCESS AT THIS TIME.