

CATEGORIES

LONG COURSE	SHORT COURSE	ADAPTIVE
Elite Men & Women	Expert Men & Women & E-Bike	Adaptive
U23 Men & Women	U15 Men & Women	
U19 Men & Women	U17 Men & Women	
Masters 1 - 6 Men	Masters 7 - 10 Men	
Masters 1 to 3 Women	Masters 4 - 10 Women	



DISTANCE

83.1 km

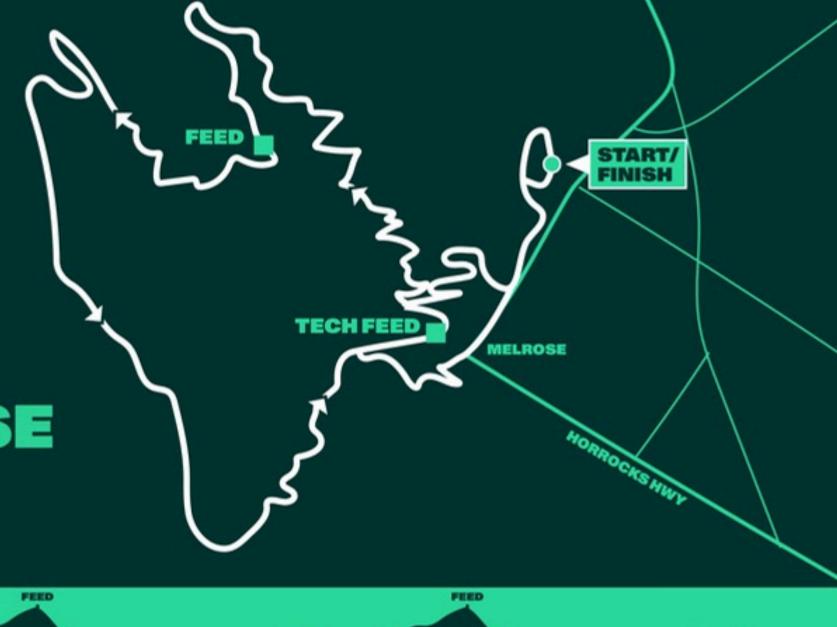
ELEVATION

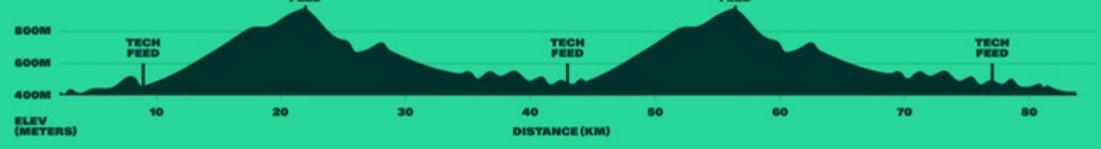
2,749 m

LONG COURSE

MELROSE, SA







DISTANCE

48.9 km

ELEVATION

1,361 m

SHORT COURSE

TECH FEED

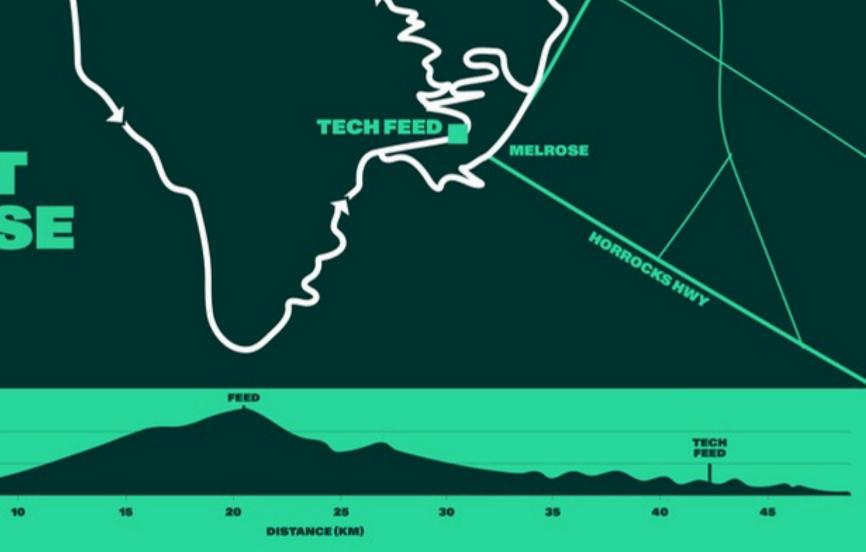
MELROSE, SA



800M

600M

ELEV (METERS)



START/ FINISH

FEED



