







## LONG COURSE

DISTANCE 83.1 Km

ELEVATION 2,749m

#### SHORT COURSE

DISTANCE 48.9 Km

ELEVATION 1,361m

23-24 AUGUST | MELROSE, SA







# CATEGORY INFORMATION\*

## LONG COURSE

2 Laps

Elite Men / U23 Men	Elite Women
Masters 1 - 7 Men	U19 Men
E-Bike Men & Women	Expert Men

## SHORT COURSE

1 Lap

Masters Women 1 - 10	U15 & U17 Men & Women
Masters Men 8 - 10	U19 Women
U23 Women	Expert Women