

Audax SA - UAF Normanville
date 14 April 2012

start

DESCRIPTION OF LEG OR DESTINATION	OTHER NOTES	ALTITUDE	LEG		LEG TIME	ACCUM		TIME	AVE	LEG AVE
			KM	AVG		cum. DIST	AVE			
1 BAKERY ON O'CONNELL		45m				0.0		7:00 AM		
Anzac Highway / Marion Road	Turn Left	21m	9.0	24.0	0:22	9.0		7:22 AM	24.0	24.0
Start Veloway	Turn Right at South Road	150m	6.0	24.0	0:15	15.0		7:37 AM	24.0	24.0
2 McLAREN VALE	Morning Tea Break: tbd <i>Koffee'n' Smax</i>	79m	33.0	20.0	1:39	48.0		9:16 AM	21.1	21.1
		depart		0.0	0:34	48.0		9:50 AM	16.9	
Willunga		109m	6.0	24.0	0:15	54.0		10:05 AM	17.5	24.0
X Willunga Hill Summit	4km ave 7%	373m	4.0	10.0	0:24	58.0		10:29 AM	16.6	15.4
Myponga	Caution Victor Harbor Road	220m	17.0	26.0	0:39	75.0		11:08 AM	18.1	20.7
Yankalilla	Narrow shoulders in places	40m	13.0	25.0	0:31	88.0		11:39 AM	18.9	21.9
3 NORMANVILLE	Lunch: Normanville Hotel	15m	3.0	25.0	0:07	91.0		11:47 AM	19.0	22.1
		depart		0.0	1:13	91.0		1:00 PM	15.2	
Carrickalinga		10m	2.0	24.0	0:05	93.0		1:05 PM	15.3	24.0
X Summit	Average 10%. Photo Opp at lookout on left	209m	2.0	7.0	0:17	95.0		1:22 PM	14.9	10.8
Myponga Reservoir	Undulating. Photo opp at reservoir or lookout after hairpin	214m	9.0	22.5	0:24	104.0		1:46 PM	15.4	16.9
Top Willunga Hill	Turn Right	377m	23.0	22.5	1:01	127.0		2:47 PM	16.3	20.1
4 MEADOWS	Bakery <i>mini mart & Meadows Hotel.</i>	337m	22.0	25.0	0:52	149.0		3:40 PM	17.2	21.7
<i>Toilets at bakery, or T junction before bakery</i>				0.0	0:35	149.0		4:15 PM	16.1	
Echunga, via Kondoropinga Road	TL Shepherd Rd, then Right Berrys, Diggings and Glen Bold Roads	369m	11.0	25.0	0:26	160.0		4:41 PM	16.5	25.0
Echunga-Mylor Road	T Junction, left	320m	5.0	24.0	0:12	165.0		4:54 PM	16.7	24.7
Mylor	TL for Aldgate Valley Drive	313m	3.0	24.0	0:07	168.0		5:01 PM	16.7	24.6
Aldgate	T junction, top of Aldgate Valley Drive	452m	6.0	14.0	0:25	174.0		5:27 PM	16.6	20.8
Roundabout Piccadilly Road	via Gould Road	564m	4.0	14.0	0:17	178.0		5:44 PM	16.6	19.5
Top Sprigg Road		629m	5.0	13.0	0:23	183.0		6:07 PM	16.4	18.2
6 BAKERY ON O'CONNELL	Congratulations!!!!	50m	17.0	27.0	0:37	200.0		6:45 PM	17.0	20.4
<i>Time for a pie floater</i>		upper limit ---->			1:35	200.0		8:20 PM	15.0	