

100KM SURF COAST CENTURY

Training runs

Route A - Red Rocks / Hurst Rd. 18.5km. 350m elevation gain / loss.

From the river-mouth, run 300m east along the beach then go up the boatramp (white railing). NOTE: the beach beyond the boat ramp is currently CLOSED due to the hazard of cliff collapse). Turn right and to go along the Surf Coast Walk for 5km until it joins the beach at Red Rocks (on race day you continue along the beach). Do a U-Turn and backtrack 900m then turn right down the footpath to the gravel car park and

onto Hurst Rd (dirt). Run along Hurst Rd to the Great Ocean Road (GOR) at 10km pt. Turn left beside the bollards to run along a double track, past a small dam and continue to where it comes close to the GOR at 12.5km pt. Pick the single track nearest the Rd and continue as it parallels the GOR, descends past the footy ground and returns to Anglesea.

Route B - Pt Addis extension. To add another 6.5km to Route A.

Continue along Red Rocks Beach to Pt Addis at 6.7km pt. Turn up the sealed road for 500m then turn right and follow the Koori

Walk, and then Surf Coast Walk (SCW) up hill, then down into 'Snake Gully'(!). Continue following the SCW uphill to the gravel double track at the top. Turn left and pass through a car park, turn right onto the sealed Pt Addis Rd then left shortly before the GOR to run along a single track between the road and the fence. This rejoins route A at the GOR at Hurst Rd at the 19km pt.

Route C - Jan Juc / Surf Coast Walk 11km or 20km options

Out and back along the Surf Coast Walk (SCW) from Pt Danger. Simply follow the cliff-top walking track / SCW from Pt Danger

as it goes behind the Torquay and Jan Juc SLSC's and along the coast. It is 5.5km one way to Bells Beach, or 10.5km one way to the Ironbark Basin car park on Pt Addis Rd. It's also possible to run back along the beach at low tide, the full loop on the SCW to Pt Addis and then back along the beach is 24km or a shorter loop to Bells on the SCW and back on the beach is 11km.

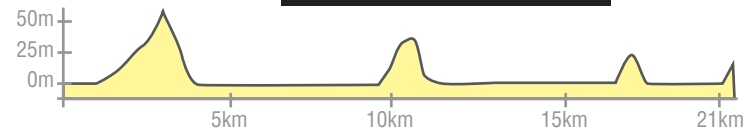
Route D - Gilbert Street heathland. 21km and 400m elevation gain / loss

(Start and end on this map only - the rest is on the 50km - 100km map). From the Anglesea Rivermouth, run beside the river,

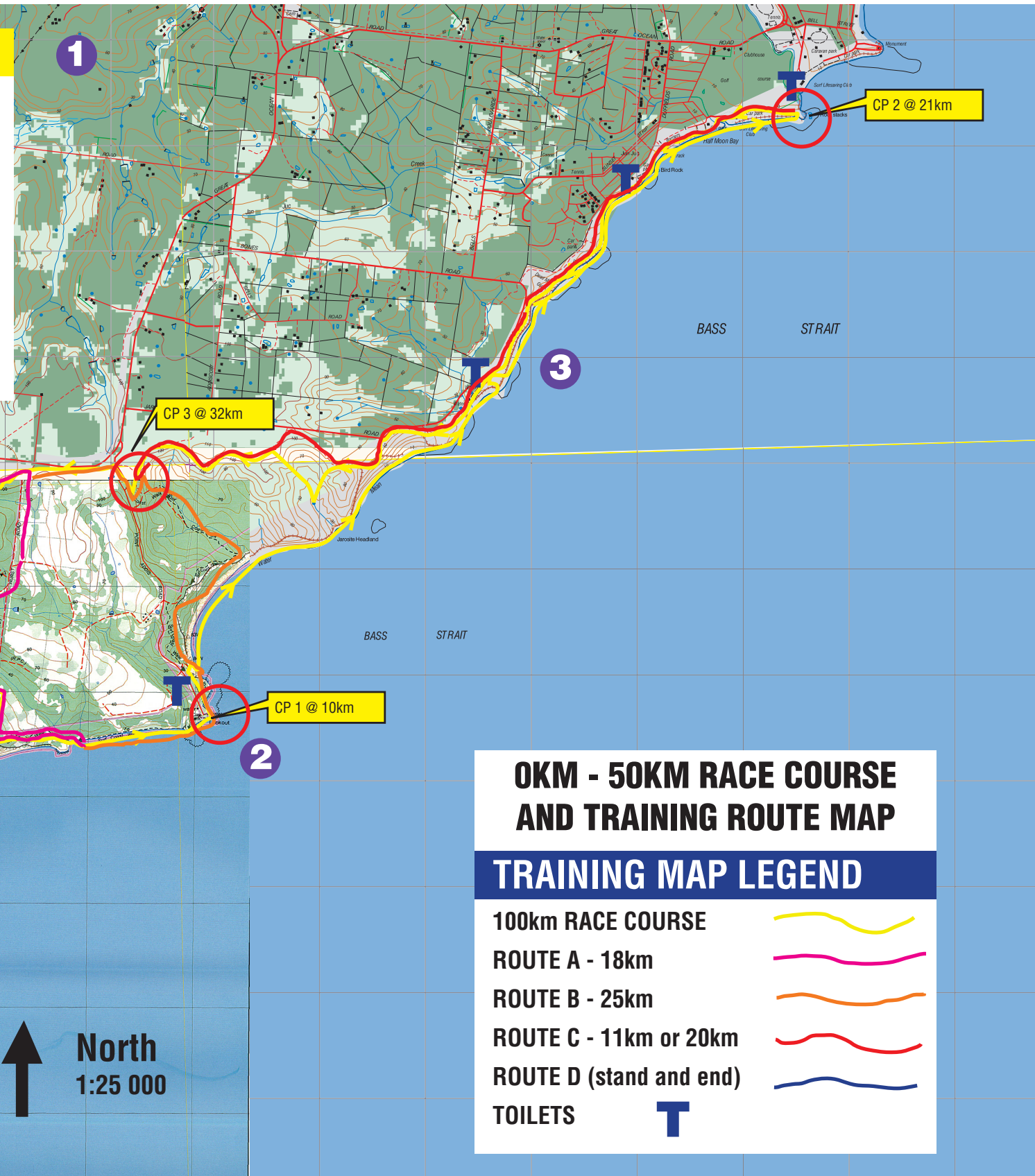
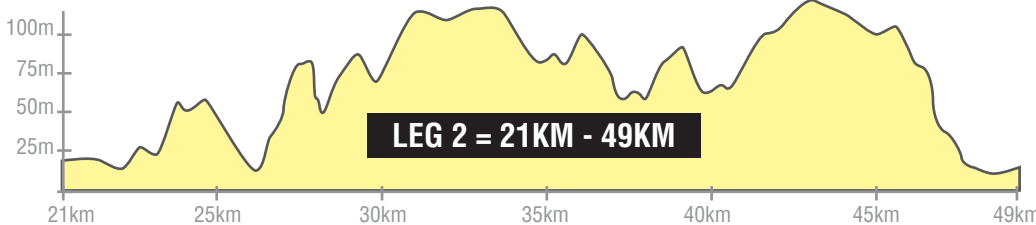
over cross to the Great Ocean Road (GOR) and continue to the Pirate Ship playground at 1.5km pt. Turn left to pick up the single track running behind the houses and then above the golf course. Turn left onto gravel road at 3km pt and then up Heartbreak Hill to turn right onto 'Gilbert St' at the top. Follow this long, straight road down into Hut Gully at 6.5km pt and then up the other side, continuing until a major cross road with a sealed section of road (Boundary Rd) at 10.7km and turn left. Cross over the Great Ocean Road and run to the car park at the end at 11.5km pt and then follow the Surf Coast Walk all the way back to Anglesea.

100KM / 50KM RACE COURSE ELEVATION PROFILES (TO SCALE)

LEG 1 = 0KM - 21KM



LEG 2 = 21KM - 49KM



0KM - 50KM RACE COURSE AND TRAINING ROUTE MAP

TRAINING MAP LEGEND

100km RACE COURSE

ROUTE A - 18km

ROUTE B - 25km

ROUTE C - 11km or 20km

ROUTE D (stand and end)

TOILETS



Historical and environmental information

1 WADAWURRUNG COUNTRY

Wadawurrung country extends along the coast from Aireys Inlet to Werribee. The Wadawurrung people lived a semi-sedentary life, moving from time to time to make the most of the seasonal availability of different resources such as eels migrating in local creeks, nesting swans and the nutritious Yam Daisy. The Wathaurung Aboriginal Corporation continues to provide cultural heritage management advice, as the Registered Aboriginal Party for their traditional lands.

2 POINT ADDIS MARINE NATIONAL PARK

The beaches and offshore waters of Point Addis and Bells Beach are part of the Point Addis Marine National Park, set aside to protect this important part of Australia's Great Southern Reef. The rocky shores and deeper waters are home to fish, sea slugs, kelp forests, sea grass, sponges, crabs, seabirds, sea stars, visiting whales and much more. All fishing, including recreational fishing, is prohibited within the national park boundaries.

3 THE WORLD'S FIRST SURFING RESERVE

Bells Beach has been a prized surfing destination since 1960 when an access road to the break was completed, and is home to the world's longest consecutive international surfing competition (the Rip Curl Pro first held in 1962). In 1971 the land was officially named the Bells Beach Surfing Recreation Reserve in recognition of its importance to surfing culture.

