

PaddleNSW Marathon 11 – #4 Lane Cove Marathon

Sunday 30 April 2017



Firstly, welcome to Lane Cove River Kayakers hosting of race 4 in the Marathon Series 11. We offer an interesting 10km deepwater course starting upstream in a mangrove lined stretch of the Lane Cove River opening out to the waterfronts of Hunters Hill and Linley Point and with distant views of the Sydney Harbour Bridge from the bottom turn.

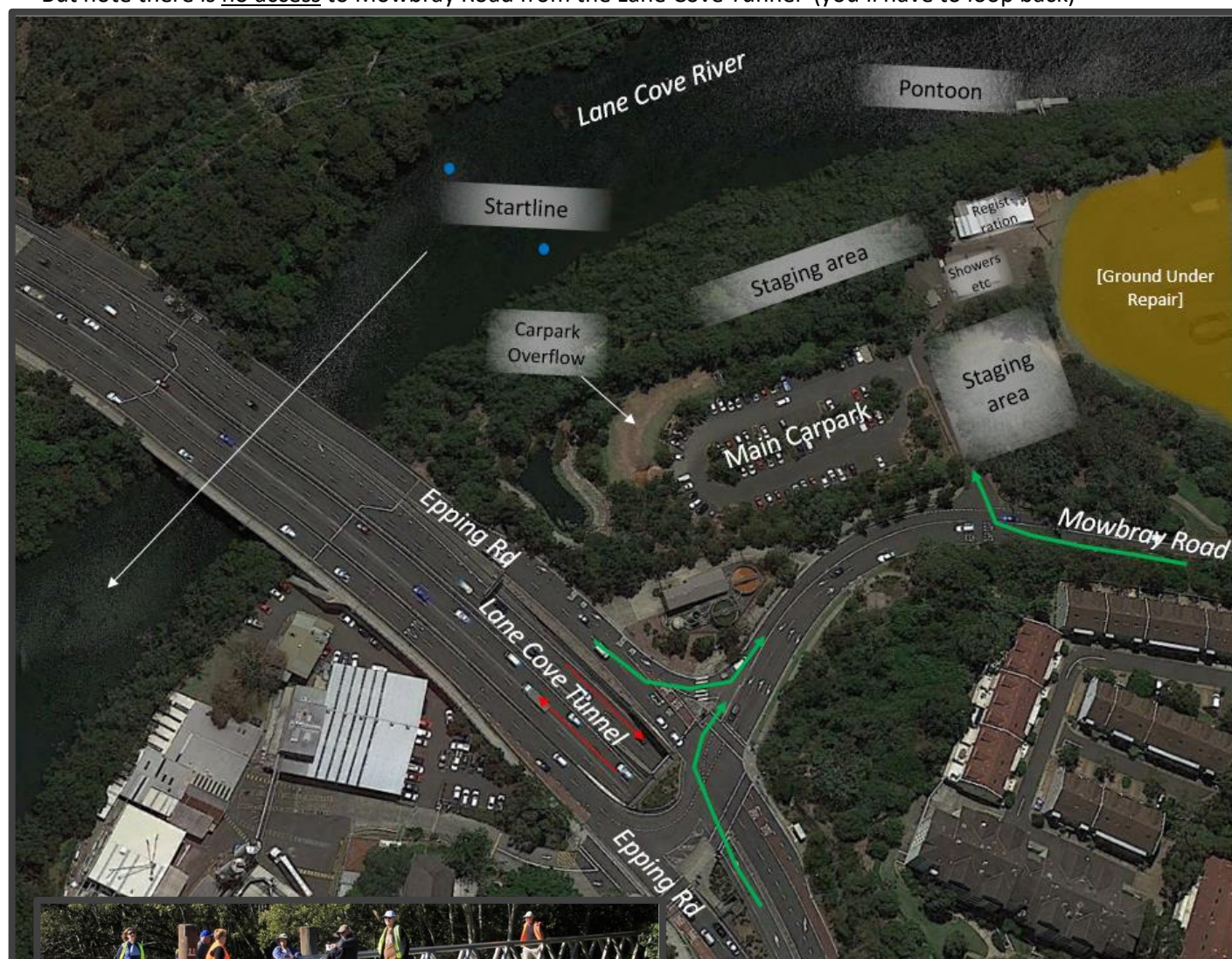
After a compulsory 10am race briefing, Division 7 will start at 10:45am, Division 1 at 11:00am and each subsequent Division at approximately 2 minute intervals thereafter.

Entries are not accepted on the day – you must enter online beforehand. Use this [THIS](#) link to enter (or you will find it on the PNSW website)

Directions

The Lane Cove Marathon will operate from LCRK's club at the end of Mowbray Road West Chatswood (see [this link](#)).

- For your GPS, the closest street address is further up the hill (759 Mowbray Road, Lane Cove North). The large entry gates to Rotary Athletics Field are clearly visible down the bottom of the hill.
- If travelling along Epping Road (from either direction) you *can* turn into Mowbray Road.
- But note there is no access to Mowbray Road from the Lane Cove Tunnel (you'll have to loop back)



Parking

LCRK operates from an Athletics field complex which we have booked outright for the day. There is onsite parking available for **120** cars as shown in the satellite picture. LCRK members will cooperate to leave as much space as possible for visitors. Alternative parking facilities if required will be advised on the day. Being early, bringing club trailers & car pooling will help us all.

Facilities

Toilets are available on site – including showers and change rooms. Taps are available for boat washing.

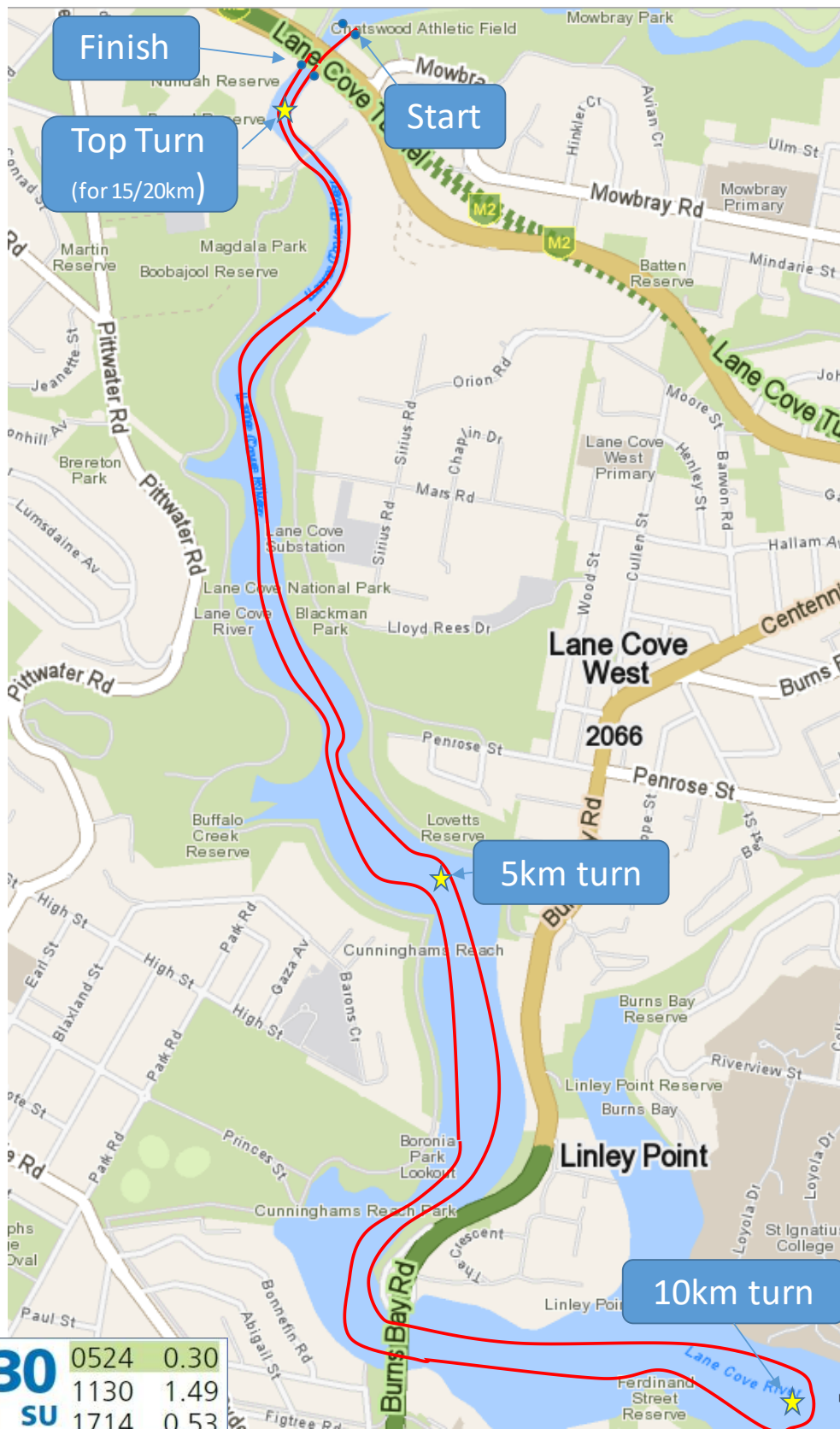
The Course

At right is the approximate course using the 5km of the Lane Cove River below the Epping Bridge. A 'flyover' of the course can be viewed [here \(YouTube\)](#)

- There will be two blue buoys at the start and finish line.
- There will be 3 yellow buoys at the turn of each course.
- A series of pink buoys and large PNSW orange buoys will be set along the course to identify the path and maintain separation – keep these to your left.
- White buoys will identify any hazards and are part of the course. Keep these to your right.
- RMS navigation markers do not form part of the course.
- The lap length will be shortened to 5km if weather requires.

The Lane Cove River is tidal and RMS tide charts identify tide peaks during the race.

30 SU	0524	0.30
	1130	1.49
	1714	0.53
	2340	1.89



Further Information?

For all venue or LCRK enquiries contact Paul van Koesveld on 0413 387 314 or via email to committee@lcrk.org.au

Lane Cove River Kayakers