



Sunday 7th October 2018

**WELCOME to the 3rd LCRK Training Paddle
Wiseman's (Naughty Wiseman's) to Mooney Mooney, Brooklyn
(The Hawkesbury Classic FINISH)**

The paddle is **designed** to give you the opportunity to familiarise yourself with the difficult passage past Spencer, particularly at night, as well as to get some distance under your belt 3 weeks out from the Classic. Paddle distance 45plus kms.

MEET: At Deerubbun Reserve Boat Ramp Car Park (end of Peats Ferry Rd), first off-ramp after crossing the Brooklyn Bridge on the Pacific Hwy. Map Ref: [https://www.google.com.au/maps/dir/LCRK shed to Deerubbubbin Boat Ramp](https://www.google.com.au/maps/dir/LCRK%20shed%20to%20Deerubbubbin%20Boat%20Ramp)

TIME: Meet at 6:30am **SHARP!!!!**.

Transfer boat and equipment required to trailer and car transfer to "Naughty" Wiseman's Beach
[https://www.google.com.au/maps/dir/Deerubbubbinun+Boat+Rampto Naughty Wisemans](https://www.google.com.au/maps/dir/Deerubbubbinun+Boat+Rampto%20Naughty%20Wisemans)

15 minutes to unload/prepare your boat and gear! (Don't forget your nutrition and plenty to drink)

BRIEFING: 07:45am. Safety and Route Briefing.

The tide will be with you for the first half hour before turning to assist you to the finish

START: First start approx. 8:00am.

SAFETY: We'll be using our buddy system. This means you will be informally paired or grouped with paddlers of similar ability and speed based on your 12k TT time.

MOBILE PHONES: If you have a mobile phone and a suitable sealable bag please bring it with you. In case of emergencies please try to call Duncan in the first instance on 0433 133 206, Marine Services NSW is 9450 2468 or 000. Remember there may not always be reception.

WEATHER FORECAST: Partly Cloudy, possible afternoon showers.

TEMPERATURE: Range: 9 to 22 degrees

WINDS: Winds SSW up to 10km/hr turning to SSE and increasing to between 15 - 20km/h later in the afternoon.

TIDE: HIGH tide at Wiseman's at 9:53am (1.54m) and LOW at Mooney Mooney at 2:03pm (0.32m) at finish.

Some of you may prefer to do an out and back independently of the group from Mooney Mooney.

Mooney Mooney High Tide is at 08:08am (1.54m).

SKI BOATS AND OTHER BOATING CRAFT:

There will be ski boats, wakeboarders, fisherman and cruisers, please remain alert and on the lookout for particularly boats traveling at speed. Move immediately to the right hand side of the river passage keeping your distance and proceeding past together where you can. Remember - if you're approaching another boat head on, then steer to the RIGHT. Signal your intentions early and clearly. The other boat may not have seen you.

NEWCOMERS:

If you're inexperienced or need help or assistance for any reason, please ask me

HAVE A GREAT DAY!

Duncan Johnstone – Mob: 0433 133 206