

RACE BRIEFING

PNSW Marathon Series #6 Lane Cove River - Sun 23 May 2021



The Aboriginal name for Lane Cove river was Turrumburra and the LCRK club award for the fastest male paddler is known as the Turrumburra trophy. We would like to acknowledge the Traditional Custodians of the land on which we are meeting, the Cammeraygal People, and acknowledge the Aboriginal and Torres Strait Islander people who now reside in this area. We extend that respect to Elders – past and present – and future cultural knowledge holders.

Welcome to Lane Cove River Kayakers hosting of Race 6. LCRK offer an interesting 10km deepwater course starting upstream in a mangrove lined stretch of the Lane Cove River, opening out to the waterfrontages of Hunters Hill and Linley Point, with distant views of the Sydney Harbour Bridge from the bottom turn.

COVID-19 Safety

- PLEASE download the Service NSW App prior to leaving your home to ensure that there is minimal time delay during the check in process.
- Please scan the QR code or fill in the sign-in sheet upon entry to the park. Please register all additional family members or supporters.
- As a condition of entry you cannot attend if:
 - you are unwell and/or display cold or flu-like symptoms (fever, coughing, sore throat, shortness of breath, loss of sense of smell), or
 - you have been in contact with someone who is unwell or awaiting results of a COVID test,
 - or you have been in a recognised COVID-19 hotspot in the last 14 days (see Service NSW for details)
 - you or anyone in your household are awaiting COVID-19 test results, or if you should be in isolation.
- Other requests - please:
 - Respect the health and safety of other competitors and all officials and volunteers.
 - Don't gather in groups, particularly around the timekeeping or first aid areas.
 - Practice social distancing. Keep at least 1.5 m from anyone at all.
 - Practice good hand hygiene. Hand sanitiser will be provided.

General Arrangements

- The Lane Cove Marathon will operate from LCRK's club at the end of Mowbray Road West Chatswood ([here](#)).
- Entries, details of racing format, points, driving instructions are available via LCRK website [here](#).
- Covid safety – please read the specific section at top of briefing. QR code for Covid check-in is provided.
- Big BBQ, Catering and Coffee are provided – cash only – observe social distancing.
- Toilets/showers/change rooms are available on site.
- Taps are available for boat washing.
- If any cuts/abrasions experienced on the water, please see the first aid officer upon completion of the race or self administer a suitable disinfectant.

On Arrival

- Follow instructions of Parking attendants
- Park your car and move boat to the designated area for your Division. No boat set up in car park please.
- Boat trailers will be directed to a priority offloading and parking area
- Complete Paddler Check-in and number collection:
 - Check-in opens at 7:45am and CLOSES at 9:15am
 - All paddlers must have checked in and collected their race numbers BEFORE 9:15am (else you're not a confirmed starter and will not have a result recorded).

Race Safety

- Lifejackets are compulsory for this event and a condition of the Aquatic License
- All competitors are to render assistance for paddlers in difficulty
- 4 x safety boats deployed at top turn, 5km turn, portage and bottom turn
- If assistance is required – wave paddle/hand in air – attract attention of safety boats and other paddlers.
- A RED FLAG signifies the race is terminated – cease racing and return to the start
- River is not closed. Light traffic might be expected below Fig Tree bridge. Follow Maritime rules.

The Course

- The 10km laps start downstream of Epping Rd Bridge.
- Link to course map is [here](#)
- Course 'flyover' (via Youtube) [here](#)
- 2 chequered buoys denote start/finish line.
- RMS navigation markers do not form part of the course.
- Pink PNSW buoys identify path and maintain separation – keep these to your LEFT.
- Black/White striped buoys identify hazards and are PART OF THE COURSE. Do not go shore-side of these.
- 3 yellow buoys at the Top/5km/10km turns.
- Yellow buoys for the 5km lap (at @2.5km distance) are marked with a '5'.
- The portage is a mid-river sandbar on the return leg from the Bottom turn (see map).
- 25km paddlers complete 2 x 10km, 1 x 5km lap, with a portage on each of the 10km laps.
- 20km paddlers complete 2 x 10km laps
- 15km paddlers complete 1 x 10km, 1 x 5km lap
- 10km paddlers complete 1 x 10km lap



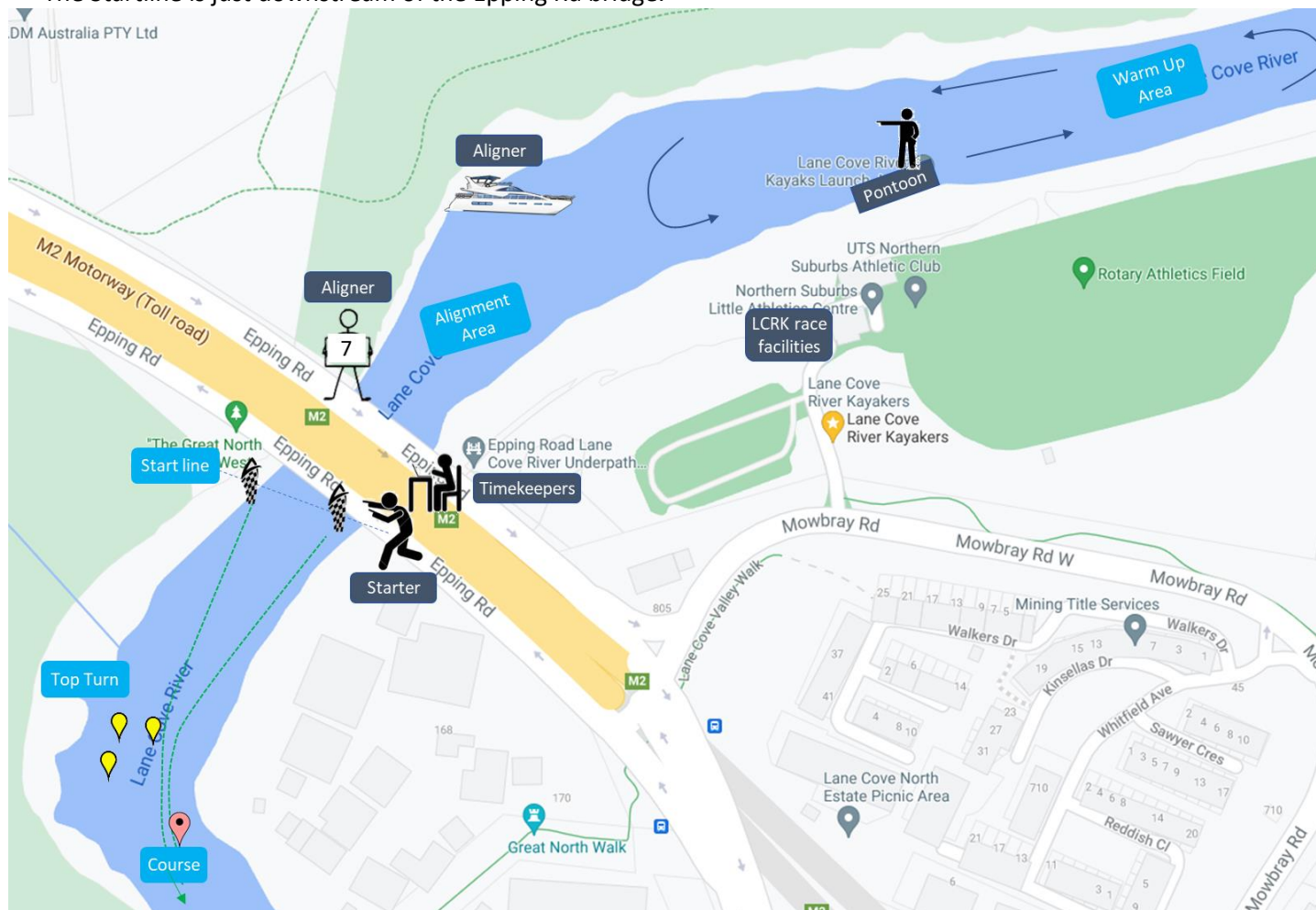
PNSW Pink Separation Buoys
– keep these to your left.



Striped Hazard Buoys are part of the course. Do not go shoreside of these

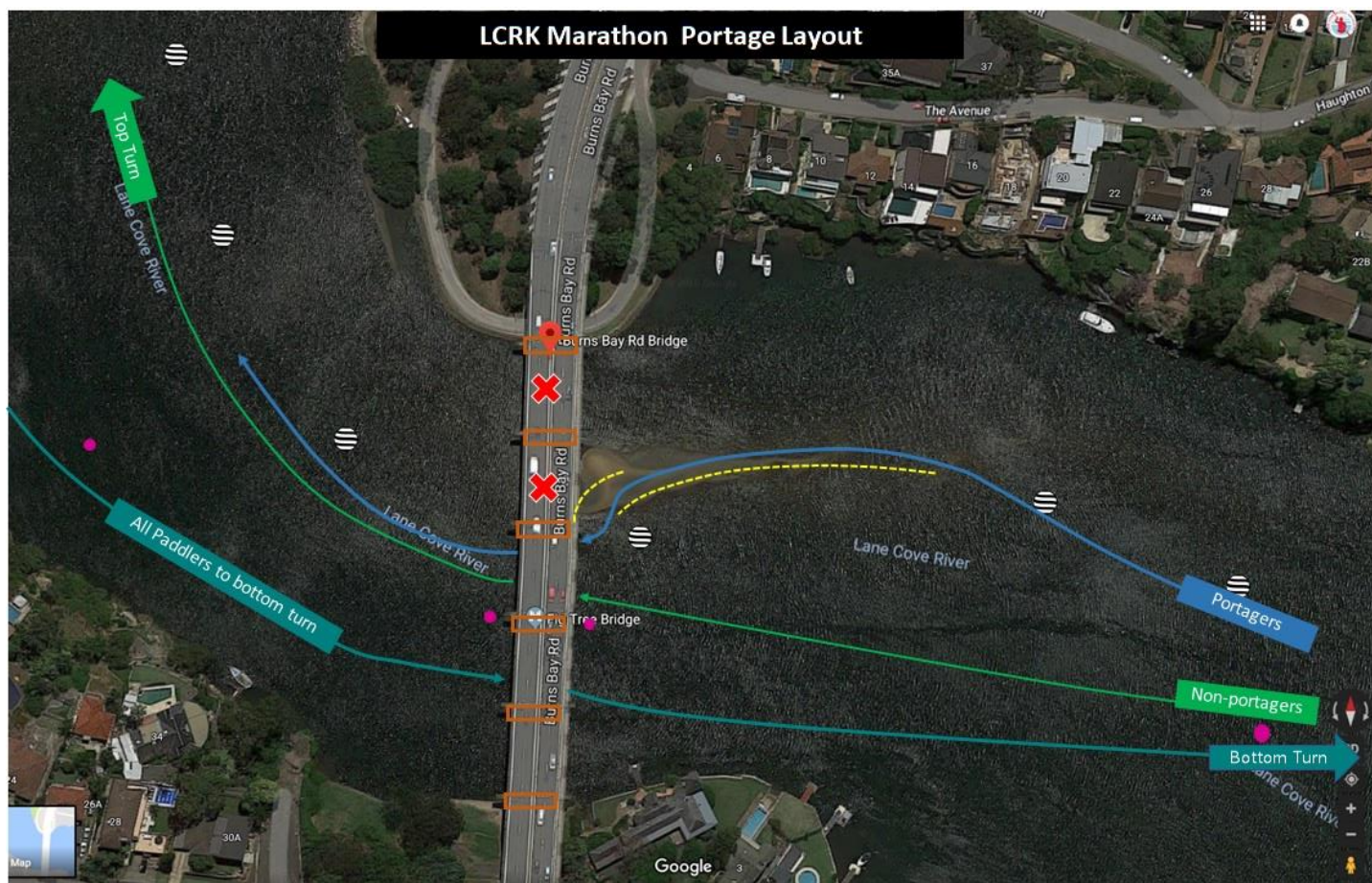
The Start

- First start 9:30 for Div 7 & 20km SUP, 9:45 for Div 6 and 15km SUP.
- Div 1 at 10am – then at Div 2,3,4,5,8,9,10,11,12,13 approximately 2-3 minute intervals thereafter.
- Paddlers will be called to the pontoon in Divisional order. Be there. Be early.
- Make sure YOU and your BOAT are 100% ready to promptly launch when you head to the pontoon
- Warm up to the right (upstream) of the pontoon in an anti-clockwise direction
- Divisions will be 'called up' by the Aligner – just upstream of the Epping Rd bridge.
- The Startline is just downstream of the Epping Rd bridge.



Portage

- Portage is compulsory for all Div 1 (unless medical exemption – ‘no advantage’ rules apply)
- Other divisions may optionally portage.
- Portage location is a mid-river sandbar exposed at low tide
- Lane Cove River is tidal – 0.4m Low tide at 11:25am
- Portage is completed on the return leg from bottom turn (for each 10km lap)



The Finish

- Finish line is under the Epping Rd Bridge in an upstream direction
- Exit via the pontoon – assistance will be provided
- Race numbers will be collected.
- Wash boat etc as required
- BBQ etc for a feed
- There are no presentations, results will be online and emailed.
- Pack up and exit from site.

Further Information?

For all venue or LCRK enquiries contact John Duffy 0412 862 410 or via email to committee@lcrk.org.au

Lane Cove River Kayakers

LCRK Marathon #6 23 May 2021

-  Separation Buoy
-  Hazard Buoy
(part of course)
-  Turn Buoy

Start/Finish

Top Turn

5km Turn

10km
Bottom Turn

Portage
(mid-river sandbar)

