

RACE BRIEFING

PNSW Marathon Series #3 Lane Cove River - Sun 30 April 2023



The Aboriginal name for Lane Cove river was Turrumburra and the LCRK club award for the fastest 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 3. 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.

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, driving instructions are available via LCRK website [here](#)
- While there will be sufficient parking, please car pool if possible.
- The 2023 LCRK event is not a designated 'Doubles Round'. There are no bonus points for doubles
- Big BBQ, Catering and Coffee are provided – cash only please.
- Toilets/showers/change rooms are available on site .
- Taps are available for boat washing.
- 2023 specifics:
 - There will be a presentation to place getters at the end of racing.
 - There is no portaging for the 2023 event (ignore any portage reference on course maps).
 - Low tide over the course is approximately 11:30am.

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 8am 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
- Key hazards – nil (however stay as close to the right of pink separation buoys as possible to avoid any sandbars)
- River is not closed. Light traffic might be expected below Fig Tree bridge. Follow Maritime rules.
- Stay sun smart. Slip, slop, slap, seek shade. Remember to hydrate.

The Course

- The 10km laps start downstream of Epping Rd Bridge.
- Link to course map is [here](#)
- Course 'flyover' (via Youtube) [here](#) (ignore portage ref)
- Pink PNSW buoys (&/or generic Pink floats) 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.



PNSW Pink Separation Buoys
– keep these to your left.

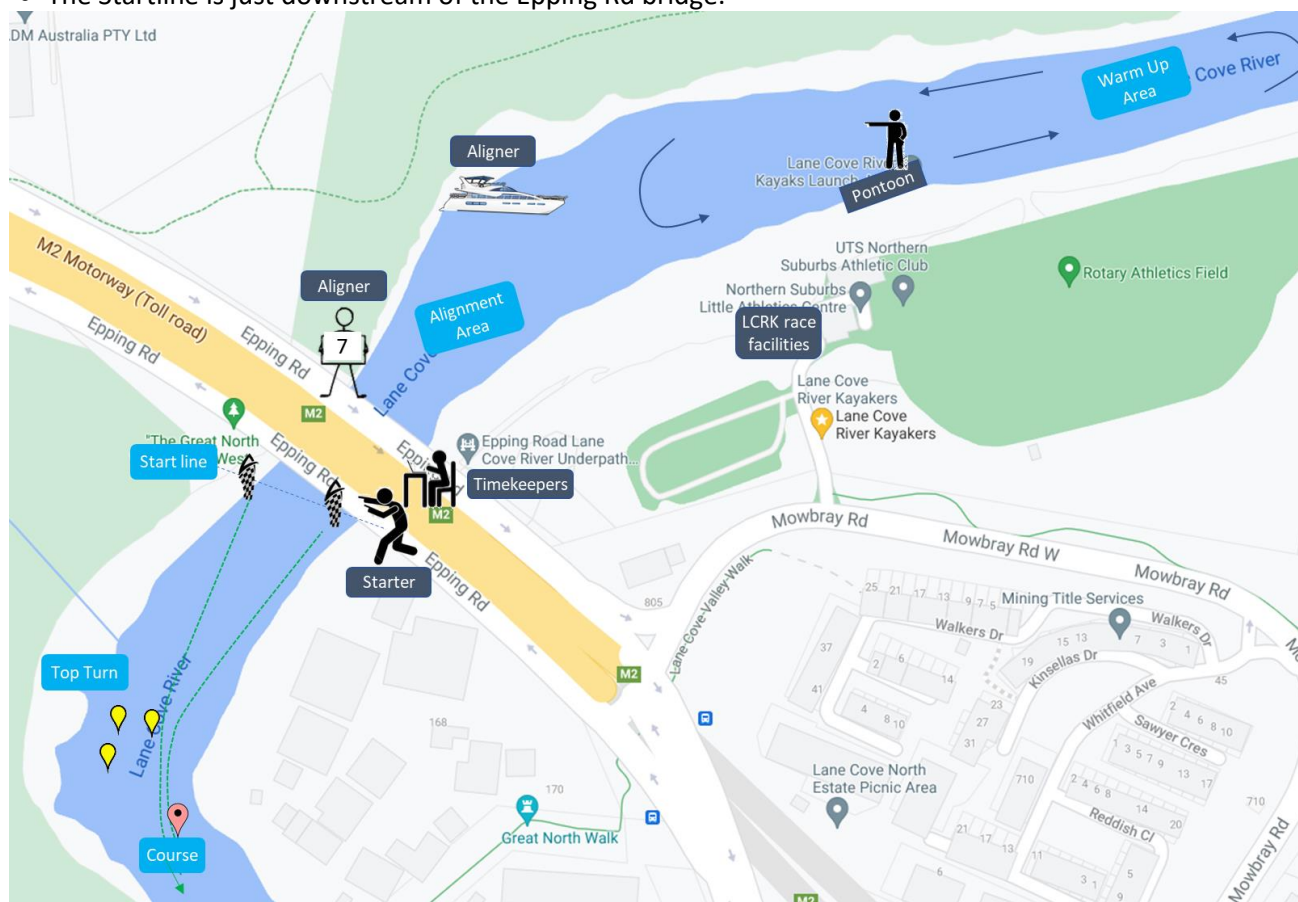


Striped Hazard Buoys are part
of the course. Do not go
shoreside of these

- RMS navigation markers do not form part of the course.
- 2 chequered buoys denote start/finish line.
- 3 yellow buoys at the Top/5km/10km turns.
- Yellow buoys for the 5km lap (at @2.5km distance) are marked with a '5'.
- 20km paddlers complete 2 x 10km laps
- 15km paddlers complete 1 x 10km, 1 x 5km lap
- 10km paddlers complete 1 x 10km lap

The Start

- First start 9:40am for Div 7 & 20km SUP, 9:45 for Div 6 and 15km SUP, 9:50 for Div 5 and other SUP.
- Div 1 at 10am – then at Div 2,3,4,8,9,10,11,12,13 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.



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.
- Presentations to placegetters will be after the completion of the event.
- Results will be online and emailed.

Further Information?

For all venue or LCRK enquiries contact Duncan Johnstone 0433 133 206 or via email to committee@lcrk.org.au

Lane Cove River Kayakers

LCRK Marathon

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



Top Turn

5km Turn

10km
Bottom Turn