

RACE BRIEFING

PNSW Marathon Series #4 Lane Cove River - Sun 30 March 2025



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 all future cultural knowledge holders.

Welcome to Lane Cove River Kayakers hosting of Race 4. This year LCRK offers an interesting 7.5km course starting upstream in a mangrove lined stretch of the Lane Cove River and paddling down to the mansions of Linley Point, with fleeting 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 carpool if possible.
- Big BBQ, Catering and Coffee are provided – cash/efpos facilities available.
- Toilets/showers/change rooms are available on site.
- Taps and a boat wash zone are available for boat washing.
- High tide of 1.8m will be around 9:45am. There is no portaging for the 2025 event

On Arrival

- Follow instructions of Parking attendants.
- Unload your boat as instructed for your division and park your car. 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 (otherwise 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 to render assistance to paddlers in difficulty.
- 3 x safety boats will be deployed. At top turn, 5km turn 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 – keep clear of the marked mudbank towards the bottom of the 7.5km course (marked by striped hazard buoys).
- River is not closed. It's unlikely there will be any traffic. Follow Maritime rules.
- Stay sun smart. Slip, slop, slap, seek shade. Remember to hydrate.

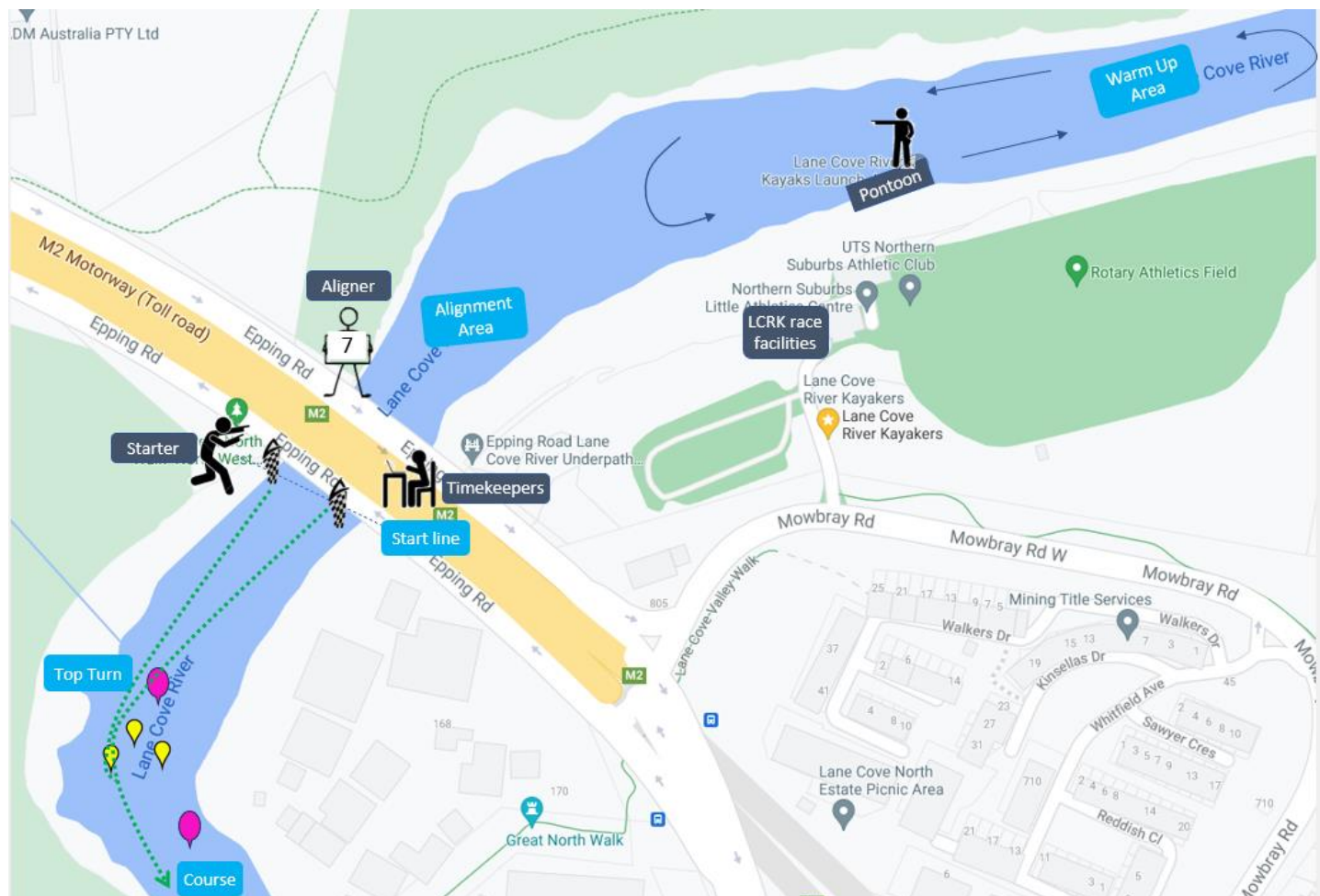
The Course

- The 7.5km laps starts downstream of Epping Rd Bridge.
- Link to course map is [here](#).
- 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.
- RMS navigation markers do not form part of the course.
- 2 chequered buoys denote start/finish line.
- 3 x Yellow buoys at the Top and 7.5km turns. 3 x Yellows for the 5km lap (at @2.5km distance) are marked with a '5'.
- 20km paddlers complete 2 x 7.5km and 1 x 5km lap.
- 15km paddlers complete 2 x 7.5km laps
- 10km paddlers complete 2 x 5km laps.



The Start

- Start times reflect revised PNSW 2025 approach as trialled at Wagga .
 - Div 7 start at 9:30am, Div 6 9:35, Div 5 9:45, Div 4 and SUP B 9:50, Div 3, 9:55 and Div 2 10:00
 - Div 1,8,9,10,11,12 and SUP C,13 approximately 2 minute intervals thereafter.
- Paddlers will be called to the pontoon in Division 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.
- Results announcements will be after the completion of the event.
- Results will be online and emailed.

Further Information?

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

Lane Cove River Kayakers

LCRK Marathon



Separation Buoy



Hazard Buoy
(part of course)



Turn Buoy

