

PNSW Marathon Series #4 Lane Cove River



(incorporating State Doubles Championship) - Sunday 14 April 2019

Welcome to Lane Cove River Kayakers hosting of race 4 in the PNSW Marathon Series. Many paddlers would recall the fun we had at the 2018 LCRK Doubles Round with 70 doubles, 75 singles and 215 paddlers! Well it's on again - this year incorporating the State Doubles Championship. We 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.

Racing Format

This is a Divisional Racing round with Divisions 1 – 13 per the normal Marathon Series format we're used to. Some subtle differences though to accommodate this as a Doubles Round and State Doubles Championships:-

- Regular Doubles combos should enter their regular Division
- New Doubles combos are *not* required to complete a ranking race. New Doubles combos should enter one Division faster than the fastest ranked paddler (eg if a Div 3 paddler pairs with a Div 4, they should enter Div 2 for this round)
- Entries will be reviewed by the Marathon Committee and 'Fair Play' adjustments may be applied
- Distances of 5/10/15/20/25km will be offered. Division 1 will race 25km (self-promote if you wish)

A mandatory portage is included for Division 1. Portage is a mid-river sandbar at Fig Tree Bridge (Burns Bay Rd) on the return from bottom turn (2 x portages for 25km distance). Any exceptions (eg injury), 'no advantage' rules apply.

Points

Marathon Series Individual Points

- **Singles paddlers** (in a single) will earn points based on finishing position in their Division (50 points for 1st etc).
- **Regular doubles combos** will similarly earn points based on their finishing position.
- As will **New doubles combos**...
- Additionally, **Regular singles paddlers** who paddle a Double will earn a flat 46 points to their **regular** Division.

Marathon Series Brian Norman Club Trophy Points

- Per usual, Club points will be earned based on the best 2 boat performances per Club in each division.
- In addition, each Double gets **50 Club bonus points** (per finishing boat). Paddlers must nominate same Club.

Marathon Series ICF Trophy Points

- Awarded to finishing ICF boats who nominate their boat as ICF.

State Doubles Championship Placings

- Those nominating State Doubles Championship participation with their Webscorer entry will have their result determined by backcount – based on average boat speed for selected distance.

General Arrangements

- Lifejackets are compulsory for this event and a condition of the Aquatic License
- Entries are not accepted on the day – you must enter online beforehand. You can use this [this](#) link to enter.
- Race briefing 10am
- First start 10:45am – then at approximately 2 minute intervals thereafter.
- Boat marshalling will be provided to manage traffic at Pontoon launch.
- Toilets are available on site – including showers/change rooms
- Big BBQ, Catering and Coffee is provided.
- Taps are available for boat washing.



The Course

At right is the approximate 10km course using the 5km of the Lane Cove River below the Epping Bridge. A 'flyover' of the course can be viewed [here](#) (Youtube). Buoys:

- 2 blue buoys at start/finish line.
- 3 yellow buoys at the Top/5km/10km turns.
- Pink buoys & PNSW orange buoys to identify path and maintain separation – keep these to your LEFT.
- White striped buoys will identify any hazards and are PART OF THE COURSE. Do not go shore-side of these.
- RMS navigation markers do not form part of the course.

The Lane Cove River is tidal and RMS tide chart is at right – the low tide booked in for the day suits portaging arrangements.

How to get there

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

- For your GPS, the closest *street* address is further up the hill (759 Mowbray Road, Lane Cove North). Entry gates to Rotary Athletics Field are clearly visible at bottom of 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. 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

Further Information?

For all venue or LCRK enquiries contact Tracey Hansford 0416 242 281 or via email to committee@lcrk.org.au

Lane Cove River Kayakers

