

Sunday, 25 July 2021

NOY 6 Ryhope

Directions

From the junction of the M1 at head east towards Toronto (Palmer's Road). Entry to the event is via The Lake Maquarie Memorial Park (Crematorium) 500m along this road. Participants are welcome to park in the car parking spaces provided but **please do not drive or park on the grass!**

From Toronto head west from the traffic lights at the junction of The Boulevard and Carey Streets along Awaba / Cessnock road. Turn into the Lake Maquarie Memorial Park approx 8kms. Follow instructions as above.

The assembly area is a 200m walk from the western carpark.

Map

"Heart Rate Hills" 1:10000, 5m contours. Very Easy and Easy courses will be printed on a 1:7500 scale map.

Special symbols: Tree roots above 1m are marked with a green cross. Black crosses show car wrecks. Black circles indicate man made rubbish or features. Brown triangles show termite mounds.

One leg on the Very Easy course has blue and white taped section to follow to their next control. This is not mapped on other courses. The Very Easy and Easy courses use watercourses as their "hand rails" one leg (V. Easy) and two legs (Easy). The Hard Long course has a pivot control which must be punched on each visit.

The vegetation has become generally more open following fires a few years ago. Some of the previous darker greener areas have been downgraded. A number of previous minor tracks have been removed and others downgraded. A number of new tree roots have been added as well as some new motor bike tracks. Trail bike riders are active in this area so there may be some new unmarked tracks. The main ridge fire roads have been recently graded by National Parks, so please do not rely on mounds or road drainage detail along these ridge roads for navigation.

Terrain

As the map name suggests expect some hills, spurs and gullies. Most of the undulating bush is open with occasional patches of slow run and intricate detail along the watercourses. There is an extensive track network. Expect to enjoy good open running and plenty of route choice especially on the harder courses.

Safety

There are a number of patches of mine subsidence that are shown on the map with purple dots. Steep sided ridges can be slippery especially with the amount of dry leaf litter around and loose gravel. Courses have been set to avoid these hazards as much as possible. There are some derelict barbed wire fences marked on the map and the longer courses will cross passable fences. Leg protection is recommended. **If you hear or see motorbikes move off your track and let them pass.**

The safety bearing is north to the fences and then either east or west to the assembly or crematorium.

Event telephone for the day: 0490 686 207

Start

100m west from the assembly area for all classes.

Time

Starts between 9.30 and 11.30am. Course closure at 1.00pm.

Control descriptions

Control descriptions will be printed on the front of the map for all courses. They will also be available to

download and self print from the website.

Water

No water is provided on the courses or at the assembly area - please carry your own.

Courses

Course	Distance	Climb*(guide)	Controls
Very Easy	2.2 km	70 m	12
Easy	2.3 km	95 m	15
Moderate Short	2.6 km	100 m	12
Moderate Long	3.2 km	130 m	14
Hard Short	3.1 km	130 m	11
Hard Medium	4.7 km	190 m	16
Hard Long	6.1 km	200 m	18 (1 pivot control)

Acknowledgements

Planner: Steven Roberts

Vetting: Shane Trotter

Access and parking: Lake Macquarie Memorial Park