

# Sun 16 Jun: Bush (NOY4) – Ryhope

**SUNDAY 16th June 2019 – NOY4**

**Ryhope**

**WARNINGS:** This event is in the Sugarloaf State Conservation Area. The event area has a large number of subsidence cracks and you may encounter leeches and ticks. Some subsidence cracks are marked with red/white tape. A particular danger is star pickets on subsidence survey lines which have been left with ~400mm protruding above the ground. Most of these have white PVC tubing around them to mark them and reduce the danger, but some may be naked.

**Location:** Parking for the event will be in the Lake Macquarie Memorial Park, 405 Cessnock Road, Ryhope. From Toronto travel west on The Boulevard / Awaba Road / Cessnock Road for 9 km. 400 m before the freeway turn left into the Lake Macquarie Memorial Park and follow signs to parking in the main car park. The assembly area is through the fence 200 m to the south. Please be respectful of the nature of the Memorial Park and of others visiting it.

Start and finish are adjacent to the Assembly area.

**Start times:** 9.30-11.30am

**Map:** Heart Rate Hills 1:10 000, revised 2019. The area is undulating to steep spur gully with extensive track and road network and thicker vegetation in places.

**Courses (provisional):**

VERY EASY	2.1 km	45 m climb	13 Controls
EASY	2.3 km	55 m climb	11 Controls
MODERATE SHORT	2.3 km	110 m climb	8 Controls
MODERATE LONG	3.2 km	150 m climb	12 Controls
HARD SHORT	2.9 km	150 m climb	9 Controls
HARD MEDIUM	4.5 km	235 m climb	15 Controls
HARD LONG	6.6 km	285 m climb	22 Controls

**Course closure:** 1pm

**Safety Bearing:** North to Lake Macquarie Memorial Park or Cessnock Road.

**Planner:** Jim Lee

**Vetter:** Sam Howe