

# The Queen Stage

## 100, 200 & 300 Audax Rides - Saturday 7<sup>th</sup> July 2018

A challenging course including most of the big climbs through Northern Sydney before heading north towards Yarramalong and returning via Wisemans Ferry. The Course features 11 categorised climbs including the two brutal ascents of Mangrove Road and Bumble Hill. 2013 saw the introduction of a 100km and 200km option. Don't be deceived by the shorter distances however, both rides pack a serious punch with plenty of climbing!

### Organiser Contact Details:

Tim Emslie  
1/22 Herbert Street, West Ryde, NSW, 2114  
Mob: 0417 467 814  
Email: [timemslie@gmail.com](mailto:timemslie@gmail.com)

### Entry Fees:

- Audax or Cycling Australia members: \$6 (please bring your membership card).
- Nonmembers: \$16 (includes a \$10 temporary membership surcharge which is required for insurance purposes).

### Registration:

Online entry is available at: <https://www.audax.org.au/portal/rides/register-calendar/908-the-queen-stage-2018>

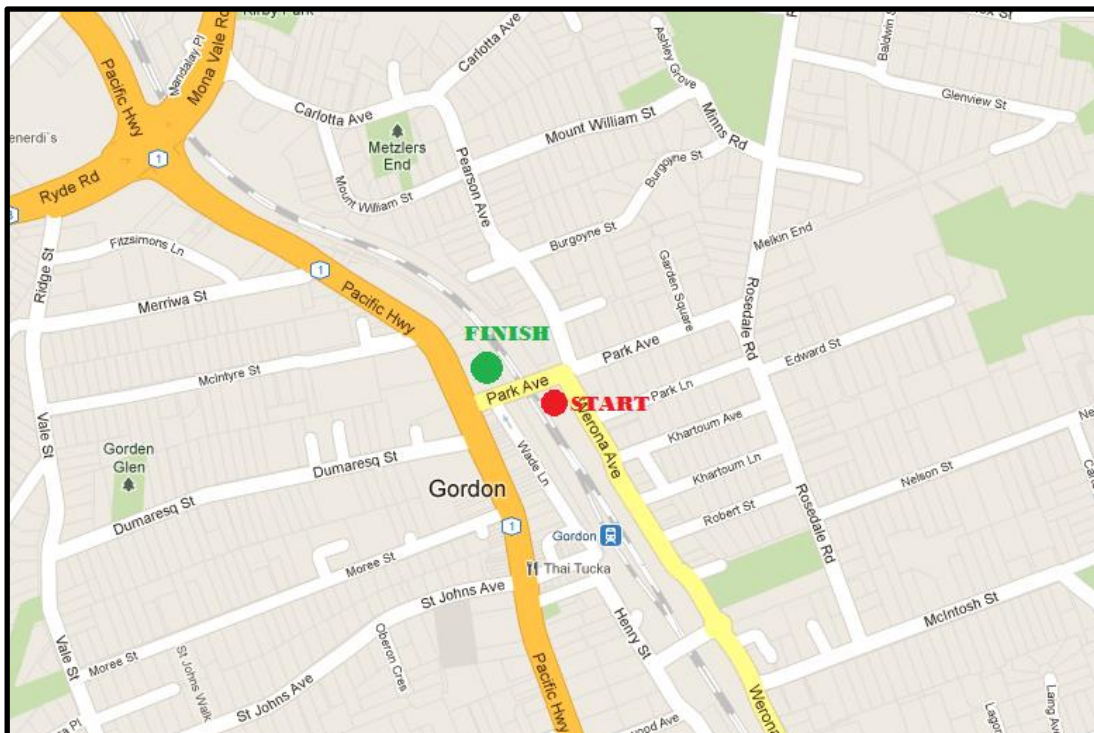
**Entries close at 12:00pm on Friday 6<sup>th</sup> July 2018**

### Start Location:

Gordon Railway Station Carpark – Corner of Park Avenue & Werona Avenue.

### Finish Location:

Gordon Police Station – Corner of Pacific Highway & Park Avenue



**Start Time:**

The ride starts at 6:00am sharp. Please **arrive by 5:45am** for admin and light check. The rides start before dawn, so please arrive with lights attached and reflective vest on.

**Lighting:**

The maximum ride time for **all rides** is outside daylight hours, therefore **Audax lighting rules do apply**. Lighting rules can be viewed on the Audax website (follow the links below). **There will be an inspection prior to commencing the ride.**

**Lighting:**

<http://audax.org.au/public/images/stories/Documents/lightingrequirements.pdf>

**Reflective Vest:**

<http://audax.org.au/public/images/stories/Documents/reflectivegarments.pdf>

**Food/water:**

This ride is unsupported however food and water is readily available along the route and at the control locations. Public toilets are available at the control locations.

**Cancellation:**

**Should you have to cancel at the last minute, please send me a text message before the ride start.** My mobile number is at the top of this document. A credit note for the full entry fee will be issued to you if you cancel any time prior to the ride start.

**Post Ride:**

Your brevet cards will be processed after the ride and then sent back to you. Therefore, when you have finished you may send the brevet card in the post (address is at the top of the document). In the event that we finish at the same time then of course you may hand the card straight to me.

## The Squire's Stage - 100km Route

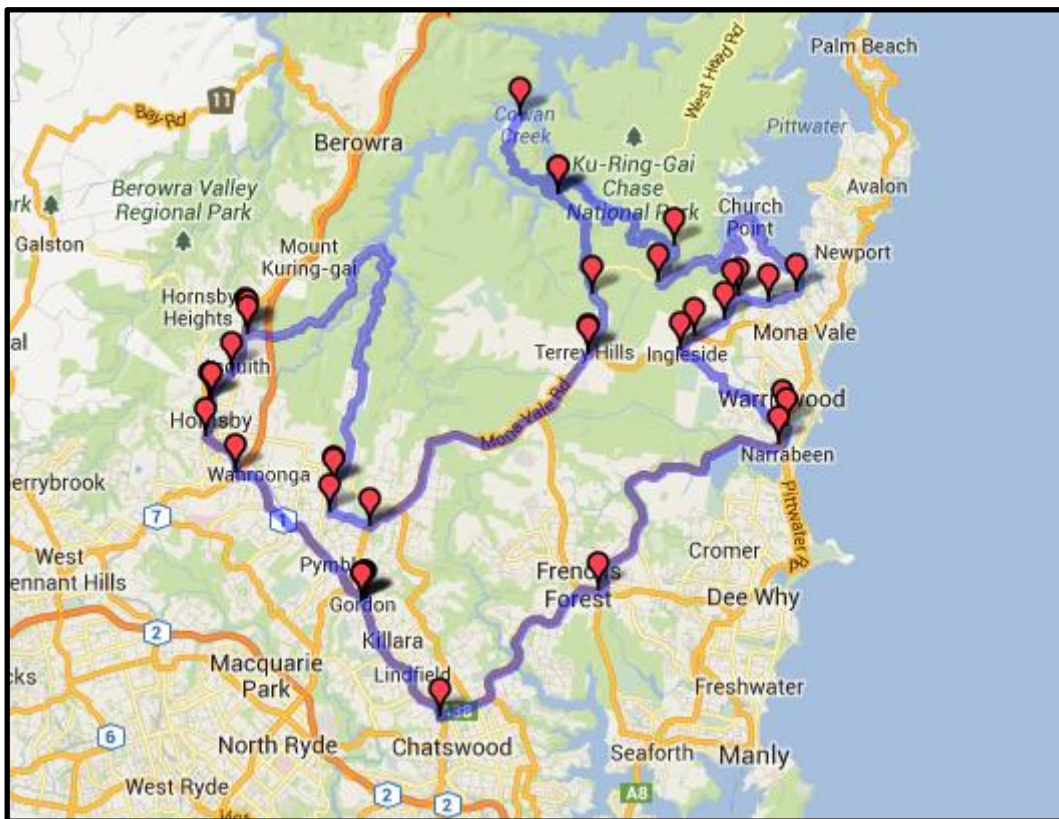
### Checkpoint Locations:

Checkpoint	Distance Covered	Opening Times
Gordon Railway Station Carpark	0 kilometres	6:00
Cottage Point	54.5 kilometres	7:48 to 9:36
Gordon	103.9 kilometres	9:28 to 12:40

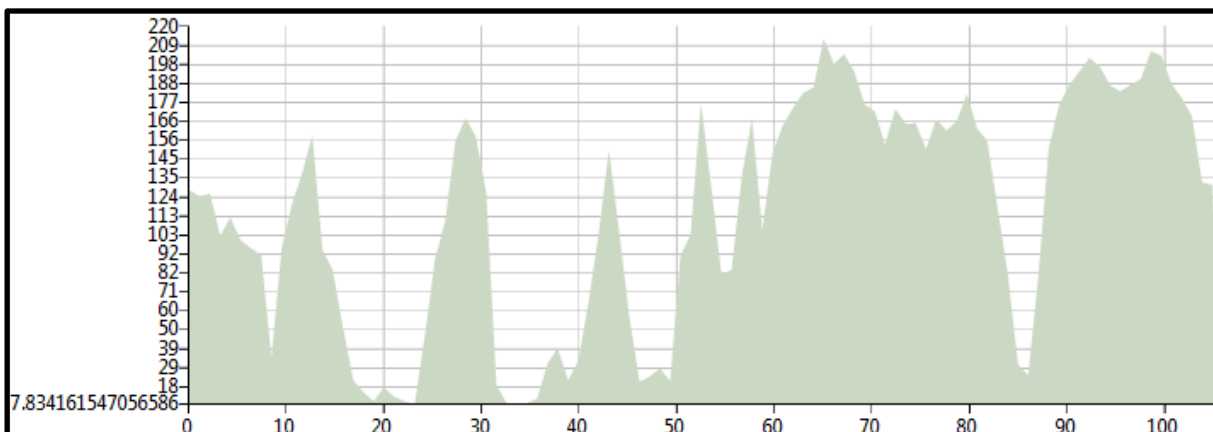
### Overview Map:

The course has been mapped on Ride With GPS and can be found on the link provided below. From here you can download the .tcx file to be uploaded to your garmin

<https://ridewithgps.com/routes/27574999>



### Elevation Profile:



## Cue Sheet:

<b>The Squire's Stage - 100km Audax Ride</b>		
Directions	Leg (km)	Total (km)
<b>START: GORDON RAILWAY STATION CARPARK - Corner of Park Avenue &amp; Werona Avenue</b>	<b>0</b>	<b>0</b>
L @ Pacific Hwy	0.12	0.12
L @ Boundary St (dir: Dee Why)	4.83	4.95
L @ Wakehurst Parkway (dir: Narrabeen)	7.55	12.5
L @ Pittwater Rd (dir: Mona Vale)	9.8	22.3
L @ Garden St	0.65	22.94
L @ Powder Works Rd	0.3	23.25
R @ Mona Vale Rd (dir: Mona Vale)	4.23	27.48
L @ Lane Cove Rd	0.62	28.1
L @ Walter Rd	1.09	29.2
R @ Cabbage Tree Rd	0.78	29.98
Warning: STEEP Descent followed by T-Intersection	0.23	30.21
L @ Cabbage Tree Rd	0.98	31.19
L @ Pittwater Rd	1.07	32.26
R @ West Head Rd (dir: Akuna Bay)	8.69	40.95
L @ Liberator General San Martin Drive (dir: Akuna Bay)	1.47	42.42
R @ Cottage Point Rd (dir: Cottage Point)	8.1	50.52
<b>CHECKPOINT: COTTAGE POINT - Cottage Point Kiosk (Upon Leaving return up the hill the way you came)</b>	<b>4.02</b>	<b>54.54</b>
R @ Liberator General San Martin Drive	4.02	58.56
Straight @ McCarrs Creek Rd	3.76	62.33
L @ Roundabout (dir: Pymble)	2.1	64.42
R @ Mona Vale Rd (dir: Pymble)	0.07	64.5
R @ Pentecost Ave	9.93	74.43
R @ Bannockburn Rd	1.4	75.82
L @ The Mall	0.88	76.7
R @ Bobbin Head Rd	0.03	76.73
R @ Belmont Parade	15.17	91.9
L @ Yirra Rd	0.21	92.11
L @ Pacific Hwy (dir: Hornsby)	0.07	92.18
Straight @ Jersey St North (dir: Hornsby)	1.48	93.66
L @ Bridge Rd (dir: Hornsby)	1.2	94.86
R @ George St (dir: Hornsby)	0.06	94.92
L @ Pacific Hwy (dir: Parra)	1.19	96.11
L @ Pacific Hwy (dir: Sydney)	1.6	97.71
L @ Park Ave	6.2	103.91
<b>FINISH: GORDON (Card can be signed at any cafe or Police Station)</b>	<b>0.03</b>	<b>103.94</b>

# The Princess Stage - 200km Route

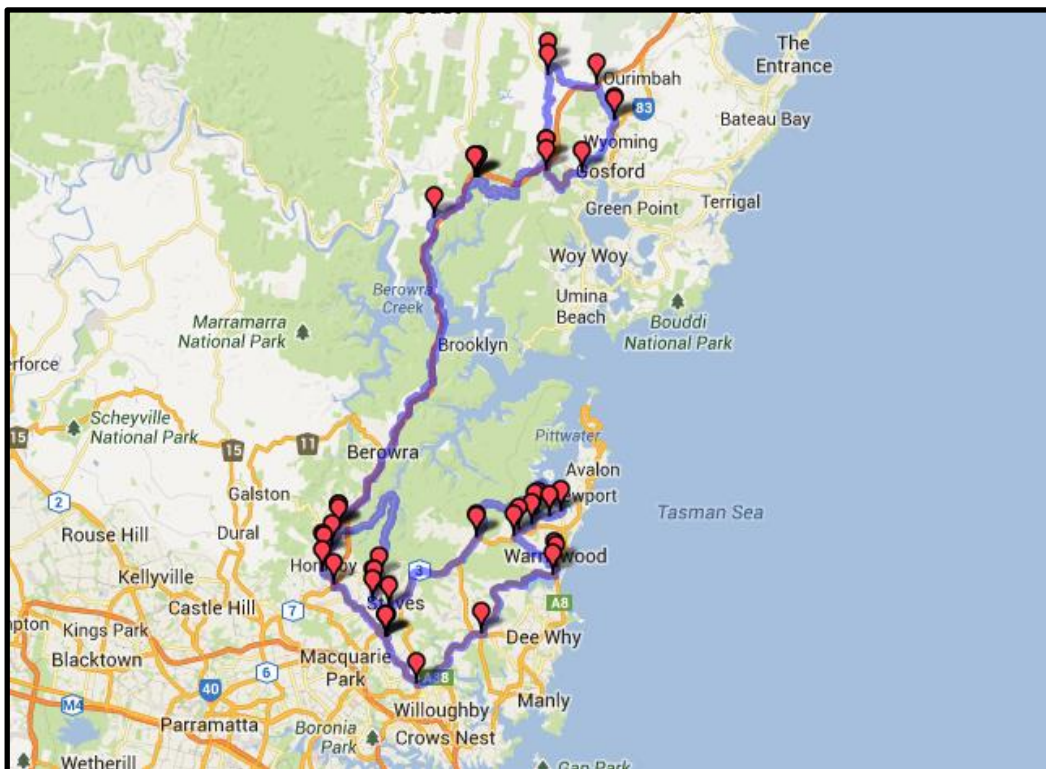
## Checkpoint Locations:

Checkpoint	Distance Covered	Opening Times
Gordon Railway Station Carpark	0 kilometres	6:00
Turrumurra	59.3 kilometres	7:58 to 9:56
Mount White	105.1 kilometres	9:30 to 13:00
Somersby	142.3 kilometres	10:44 to 15:28
Gordon	209.9 kilometres	12:58 to 19:30

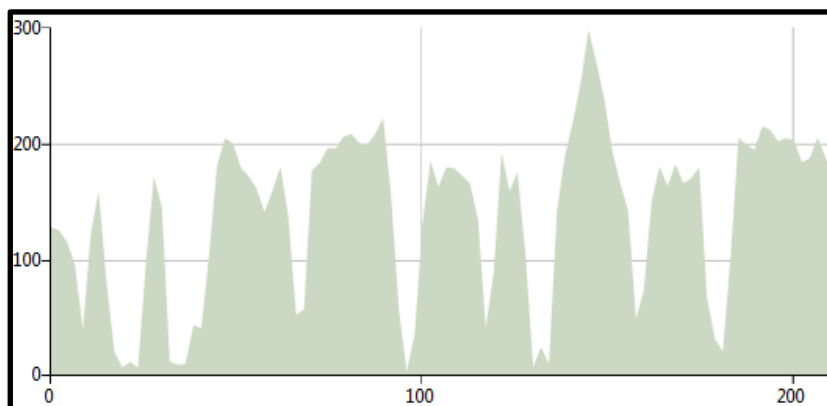
## Overview Map:

The course has been mapped on Ride With GPS and can be found on the link provided below. From here you can download the .tcx file to be uploaded to your garmin

<https://ridewithgps.com/routes/27575016>



## Elevation Profile:



## Cue Sheet:

<b>The Princess Stage - 200km Audax Ride</b>		
<b>Directions</b>	<b>Leg (km)</b>	<b>Total (km)</b>
<b>START: GORDON RAILWAY STATION CARPARK - Corner of Park Avenue &amp; Werona Avenue</b>	<b>0</b>	<b>0</b>
L @ Pacific Hwy	0.12	0.12
L @ Boundary St (dir: Dee Why)	4.83	4.95
L @ Wakehurst Parkway (dir: Narrabeen)	7.55	12.5
L @ Pittwater Rd (dir: Mona Vale)	9.82	22.33
L @ Garden St	0.65	22.97
L @ Powder Works Rd	0.3	23.28
R @ Mona Vale Rd (dir: Mona Vale)	4.23	27.51
L @ Lane Cove Rd	0.62	28.13
L @ onto Walter Rd	1.09	29.23
R @ Cabbage Tree Rd	0.78	30.01
Warning: STEEP Descent followed by T-Intersection	0.23	30.24
L @ Cabbage Tree Rd	0.98	31.21
L @ Pittwater Rd	1.07	32.28
L @ Roundabout (dir: Pymble)	13.62	45.91
R @ Mona Vale Rd (dir: Pymble)	0.07	45.98
R @ Pentecost Ave	9.93	55.91
R @ Bannockburn Rd	1.4	57.31
L @ The Mall	0.87	58.18
R @ Bobbin Head Rd	0.03	58.21
<b>CHECKPOINT: TURRAMURRA (Upon leaving continue along Bobbin Head Rd)</b>	<b>1.08</b>	<b>59.3</b>
R @ Belmont Parade	14.08	73.38
L @ Yirra Rd	0.21	73.59
R @ Pacific Hwy (dir: Mt Colah)	0.07	73.66
<b>CHECKPOINT: ROAD WARRIORS CAFE (Upon leaving continue along Pacific Hwy)</b>	<b>31.46</b>	<b>105.13</b>
R @ Pacific Hwy (dir: Gosford)	6.13	111.25
R @ Old Pacific Hwy (dir: Gosford)	0.24	111.49
R @ Wisemans Ferry Rd (dir: Gosford)	10.5	121.99
L @ Central Coast Hwy (dir: Gosford)	0.8	122.8
L @ Manns Rd	4.72	127.51
L @ Mangrove Rd	5.57	133.09
L @ Mangrove Rd	0.17	133.25
L @ Dog Trap Rd	3.27	136.52
L @ Wisemans Ferry Rd	4.88	141.4
<b>CHECKPOINT: SOMERSBY (Upon leaving continue along Wisemans Ferry Rd)</b>	<b>0.89</b>	<b>142.29</b>
R @ Old Pacific Hwy	7.6	149.89
L @ Pacific Hwy (dir: Brooklyn)	10.49	160.38
L @ Pacific Hwy (dir: Brooklyn)	0.25	160.63
Straight @ Jersey St North (dir: Hornsby)	39.1	199.73
L @ Bridge Rd (dir: Hornsby)	1.1	200.83
R @ George St (dir: Hornsby)	0.06	200.89

<b>Directions</b>	<b>Leg (km)</b>	<b>Total (km)</b>
L @ Pacific Hwy (dir: Parramatta)	1.19	202.08
L @ Pacific Hwy (dir: Sydney)	1.6	203.68
L @ Park Ave	6.2	209.88
<b>FINISH: GORDON (Card can be signed at any cafe or Police Station)</b>	<b>0.02</b>	<b>209.91</b>

# The Queen Stage - 300km Route

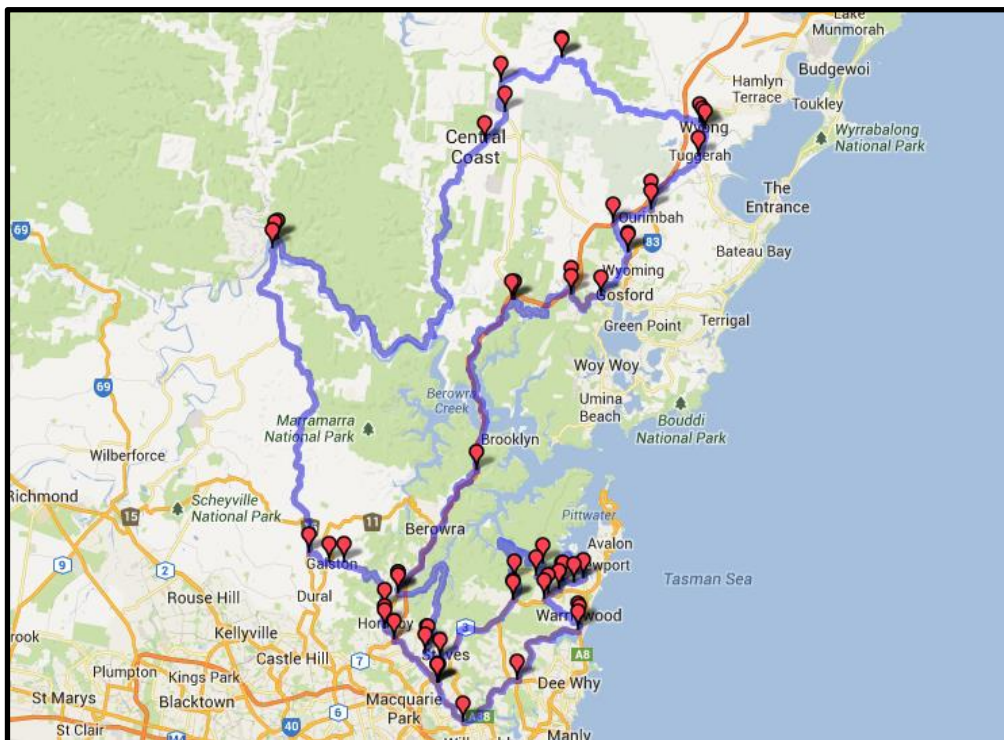
## Checkpoint Locations:

Checkpoint	Distance Covered	Opening Times
Gordon Railway Station Carpark	0 kilometres	6:00
Pie in the Sky	99.6 kilometres	9:18 to 12:36
Yarramalong	180.6 kilometres	12:00 to 18:00
Wisemans Ferry	245.2 kilometres	14:10 to 22:20
Gordon	304.1 kilometres	16:00 to 2:00 (July 8 <sup>th</sup> )

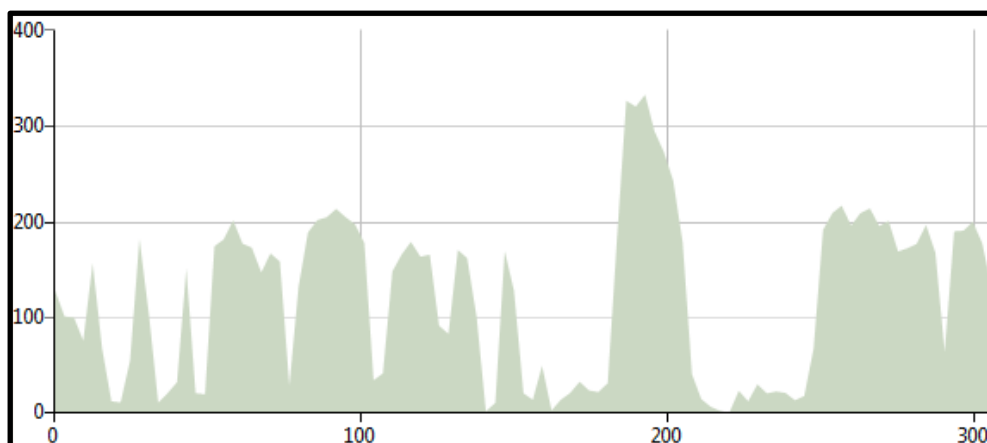
## Overview Map:

The course has been mapped on Ride With GPS and can be found on the link provided below. From here you can download the .tcx file to be uploaded to your garmin

<https://ridewithgps.com/routes/27575026>



## Elevation Profile:





## Cue Sheet:

<b>The Queen Stage - 300km Audax Ride</b>		
Directions	Leg (km)	Total (km)
<b>START: GORDON RAILWAY STATION CARPARK - Corner of Park Avenue &amp; Werona Avenue</b>	<b>0</b>	<b>0</b>
L @ Pacific Hwy	0.13	0.13
L @ Boundary St (dir: Dee Why)	4.83	4.95
L @ Wakehurst Parkway (dir: Narrabeen)	7.55	12.51
L @ Pittwater Rd (dir: Mona Vale)	9.97	22.48
L @ Garden St	0.47	22.95
L @ Powder Works Rd	0.3	23.26
R @ Mona Vale Rd (dir: Mona Vale)	4.23	27.49
L @ Lane Cove Rd	0.62	28.11
L @ Walter Rd	1.09	29.21
R @ Cabbage Tree Rd	0.78	29.99
Warning: STEEP Descent followed by T-Intersection	0.1	30.09
L @ Cabbage Tree Rd	1.1	31.19
L @ Pittwater Rd	1.07	32.26
R @ West Head Rd (dir: Akuna Bay)	8.69	40.95
L @ Liberator General San Martin Drive (dir: Akuna Bay)	1.47	42.42
Straight @ McCarrs Creek Rd	11.86	54.29
L @ Roundabout (dir: Pymble)	2.1	56.38
R @ Mona Vale Rd (dir: Pymble)	0.07	56.46
R @ Pentecost Ave	9.93	66.39
R @ Bannockburn Rd	1.41	67.8
L @ The Mall	0.86	68.66
R @ Bobbin Head Rd	0.03	68.69
R @ Belmont Parade	15.17	83.86
L @ Yirra Rd	0.21	84.07
R @ Pacific Hwy (dir: Mt Colah)	0.07	84.14
<b>CHECKPOINT: PIE IN THE SKY - upon leaving continue along Old Pacific Hwy towards Brooklyn</b>	<b>15.49</b>	<b>99.64</b>
R @ Pacific Hwy (dir: Gosford)	22.08	121.72
R @ Old Pacific Hwy (dir: Gosford)	0.25	121.97
R @ Wisemans Ferry Rd (dir: Gosford)	10.5	132.47
L @ Central Coast Hwy (dir: Gosford)	0.81	133.28
L @ Manns Rd	4.72	138
L @ Mangrove Rd	5.57	143.57
L @ Mangrove Rd	0.17	143.73
R @ Dog Trap Rd	3.27	147
L @ Old Pacific Hwy	4.74	151.74
R @ Pacific Hwy (dir: Palmdale)	0.97	152.71
Continue Straight towards Wyong	6.63	159.34
L @ Church St	2.7	162.04
L @ Alison Rd	0.43	162.47
L @ Alison Rd	0.47	162.94

<b>Directions</b>	<b>Leg (km)</b>	<b>Total (km)</b>
<b>CHECKPOINT: YARRAMALONG (Yarramalong Store &amp; Cafe) upon leaving turn onto Bumble Hill Rd</b>	<b>17.66</b>	<b>180.6</b>
L @ Bumble Hill Rd	0.14	180.74
L @ George Downes Drive	7.62	188.37
R @ Bloodtree Rd	3.38	191.75
R @ Wisemans Ferry Rd (dir: Wisemans Ferry)	3.58	195.32
Cross the River on the Wisemans Ferry	49.56	244.88
<b>CHECKPOINT: WISEMANS FERRY - Kiosk on right OR continue up the road to shops</b>	<b>0.32</b>	<b>245.2</b>
Continue onto Old Northern Rd (dir: Windsor/Dural)	0.82	246.02
L @ Mid Dural Rd (dir: Galston)	35.29	281.31
L @ Galston Rd (dir: Galston/Hornsby)	2.25	283.56
R @ Galston Rd (dir: Hornsby)	1.52	285.08
R @ Pacific Hwy (dir: Hornsby)	9.22	294.3
R @ Pacific Hwy (dir: Parramatta/Sydney)	1.61	295.91
L @ Pacific Hwy (dir: Parramatta/Sydney)	0.39	296.3
L @ Pacific Hwy (dir: Sydney)	1.6	297.9
L @ Park Ave	6.2	304.1
<b>FINISH: Gordon Police Station</b>	<b>0.03</b>	<b>304.13</b>