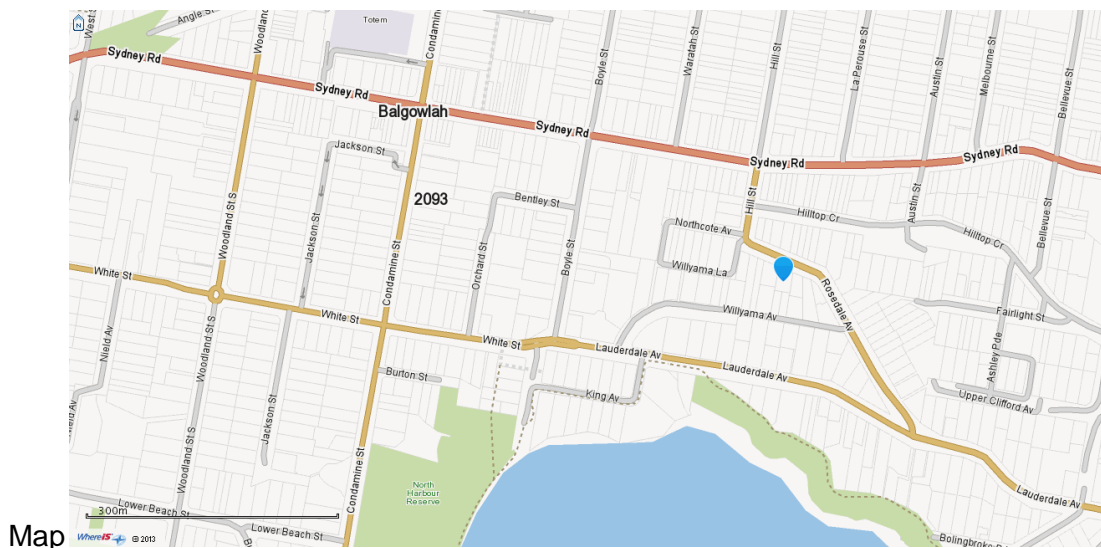


There and Back 100km – Sunday 2nd December 2018

- Organiser:** Dave Hart
9 Rosedale Ave, Fairlight, 2094
Mob: 0401 610 944 email: daveandmaureen@optushome.com.au
- Start Time:** 7:00am. Please **arrive by 6:45am for the 7:00am start**. This will allow time for admin.
- Start Location:** 9 Rosedale Ave, Fairlight. There is usually car parking nearby in Rosedale Ave or Hilltop Ave
- Finish Location:** Fairlight, 9 Rosedale Ave or corner shop Sydney Rd & Hill St



- Lighting:** *Please remember that Australian road rules require that in hazardous weather conditions causing reduced visibility, you must display:*
- (a) *a flashing or steady white light that is clearly visible for at least 200 metres from the front of the bicycle; and*
 - (b) *a flashing or steady red light that is clearly visible for at least 200 metres from the rear of the bicycle; and*
 - (c) *a red reflector that is clearly visible for at least 50 metres from the rear of the bicycle when light is projected onto it by a vehicle's headlight on low-beam.*

- Entry Fees:** Audax or Cycling Australia members \$6 (CA members please bring your membership card). Non-members \$16 (includes a temporary membership surcharge which is required for insurance purposes).
- Cancellation:** If you cannot make the ride after entering, please contact me before the ride date and a credit note will be issued for a future ride. No credit note will be issued if I am not contacted beforehand.
- Post Ride:** Your brevet card will be processed after the ride and then sent back to you. Leave it with me or drop it in our letterbox (no 9) .

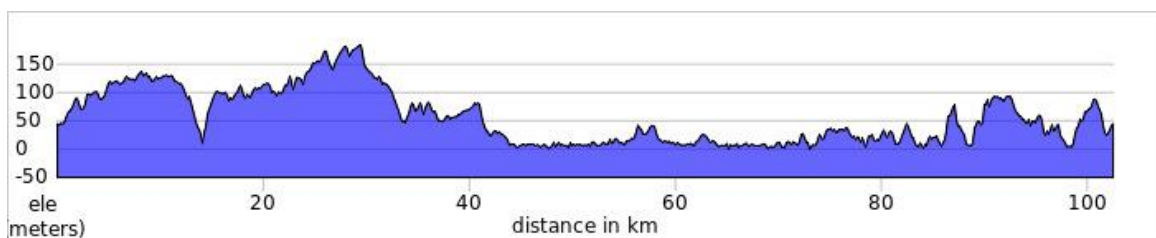
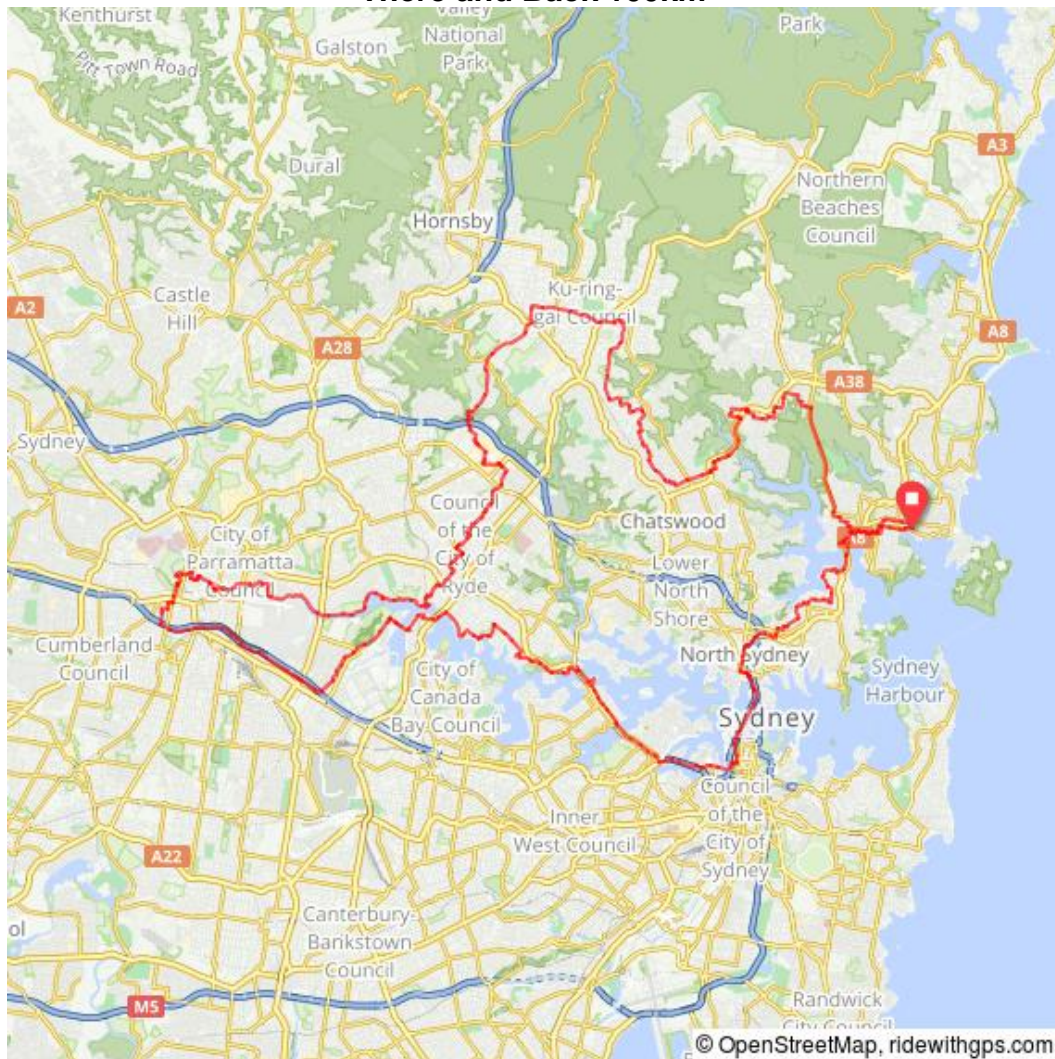
There and Back 100km

Control Locations: Parramatta – 54km
Fairlight – 102km

Route Map: The route is mapped on Ride with GPS:
<https://ridewithgps.com/routes/28330984>

Food/water: This ride is unsupported however food and water are readily available along the route.

There and Back 100km



| Leg | Total | Notes |
|------------|--------------|------------------------------------|
| | 0.1 | R Hill St |
| 0.1 | 0.2 | L Sydney Rd |
| 0.9 | 1.1 | L Seaview St |
| 0.5 | 1.5 | R Upper Beach St |
| 0.3 | 1.9 | L Maretimo St |
| 0.0 | 1.9 | RB2 Ethel St |
| 0.5 | 2.4 | RB1 Ponsonby Parade |
| 0.0 | 2.4 | R Ross St |
| 0.3 | 2.7 | R Panorama Pde |
| 0.2 | 2.9 | L Ellery Pde |
| 0.1 | 3.0 | R Reid St |
| 0.1 | 3.1 | L Peacock St |
| 0.3 | 3.4 | R Redman St |
| 0.1 | 3.5 | L MacMillan St |
| 0.3 | 3.8 | R Dalwood Ave |
| 0.1 | 3.8 | L Clontarf St |
| 0.4 | 4.3 | CO Wakehurst Pkwy |
| 3.4 | 7.7 | L path at bus stop |
| 0.1 | 7.8 | CO Yarraman Ave |
| 0.4 | 8.1 | L Kanya St |
| 0.1 | 8.3 | Slight R Parni Pl |
| 0.7 | 9.0 | L Maxwell Pde |
| 0.5 | 9.5 | R Currie Rd |
| 0.3 | 9.7 | L Warringah Rd or use footpath 30m |
| 0.1 | 9.8 | L Cook St |
| 0.3 | 10.1 | RB2 Nicholas Ave |
| 0.3 | 10.4 | L Starkey St |
| 0.1 | 10.5 | R Violet Ave |
| 0.2 | 10.7 | CO Bushland Ave |
| 0.2 | 11.0 | R Melwood Ave |
| 0.1 | 11.1 | L Riverhill Ave |
| 0.2 | 11.3 | R Forestville Ave |
| 0.1 | 11.4 | L overpass |
| 0.2 | 11.6 | L Forestville Ave |
| 0.0 | 11.6 | L Arthur St |

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| 0.5 | 12.1 | L Duke St |
| 0.3 | 12.4 | L Ryrie Ave |
| 0.4 | 12.8 | R shared footpath |
| 1.5 | 14.3 | R |
| 0.2 | 14.5 | R Babbage Rd |
| 0.5 | 15.0 | L across grass Warrane Rd |
| 0.2 | 15.3 | R Allan St |
| 0.2 | 15.5 | L to lights |
| 0.0 | 15.5 | X at lights; CO Addison Ave |
| 0.8 | 16.3 | R Archbold Rd |
| 0.0 | 16.4 | L Bancroft Ave |
| 0.5 | 16.8 | R Glencroft Rd |
| 0.2 | 17.0 | L Lord St |
| 0.1 | 17.1 | R Martin Ln |
| 0.1 | 17.2 | L Roseville Ave |
| 0.1 | 17.3 | R Trafalgar Ave |
| 1.0 | 18.3 | R Russell Ln |
| 0.1 | 18.4 | R Tryon Ln |
| 0.1 | 18.5 | L Nelson Rd |
| 1.0 | 19.5 | R Stanhope Rd |
| 0.1 | 19.6 | L Redgum Ave |
| 0.3 | 20.0 | R Springdale Rd |
| 0.3 | 20.2 | L Rosebery Rd |
| 0.3 | 20.5 | RB1 Wattle St |
| 0.4 | 20.9 | R Kylie Ave |
| 0.6 | 21.5 | R Arthur St |
| 0.3 | 21.8 | L McIntosh St |
| 0.3 | 22.1 | R Rosedale Rd |
| 0.5 | 22.6 | R Rosedale Rd |
| 1.6 | 24.2 | L Lynbara Ave |
| 1.0 | 25.2 | L Shinfield Ave |
| 0.2 | 25.4 | L Rosedale Rd |
| 0.1 | 25.5 | R Putarri Ave |
| 0.4 | 25.9 | L Mona Vale Rd - right lane |
| 0.1 | 26.0 | R Pentecost Ave |
| 1.6 | 27.6 | R then L Boomerang St |

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| 0.7 | 28.3 | R then L Brentwood Ave |
| 0.2 | 28.5 | RB1 Eastern Rd |
| 0.4 | 29.0 | L Rohini St |
| 0.2 | 29.2 | R Pacific Hwy |
| 0.2 | 29.3 | L Kissing Point Rd |
| 4.2 | 33.5 | R Lane Cove Valley Walk |
| 0.0 | 33.5 | L Browns Waterhole Track |
| 0.4 | 33.9 | R Browns Waterhole Track |
| 0.3 | 34.2 | R Browns Waterhole Track |
| 0.1 | 34.3 | CO Vimiera Rd |
| 0.2 | 34.5 | L cycle path |
| 0.6 | 35.1 | L Waterloo Rd |
| 0.1 | 35.1 | RB2 Culloden Rd |
| 0.1 | 35.2 | L Gymnasium Rd |
| 0.4 | 35.6 | R |
| 0.4 | 35.9 | R Macquarie Walk |
| 0.1 | 36.0 | L University Ave |
| 0.6 | 36.6 | X to right footpath |
| 0.1 | 36.7 | X Waterloo Rd at lights |
| 0.2 | 37.0 | R shared path |
| 0.3 | 37.3 | L |
| 0.6 | 37.9 | Slight L |
| 0.2 | 38.1 | L bridge then R |
| 0.6 | 38.7 | R Ford St |
| 0.1 | 38.8 | CO path |
| 0.0 | 38.8 | L |
| 0.1 | 39.0 | L after bridge |
| 0.8 | 39.8 | X Quarry Rd to shared path |
| 0.2 | 39.9 | R Heath St |
| 0.5 | 40.4 | L Reservoir Ln |
| 0.2 | 40.6 | X Blaxland Rd to cycle path |
| 0.3 | 40.9 | R Melville St |
| 0.6 | 41.6 | RB1 Parkes St |
| 0.2 | 41.8 | RB2 Bowden St |
| 0.7 | 42.5 | R MacPherson St |
| 0.1 | 42.7 | L See St |

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| 0.3 | 42.9 | Slight L Angas St |
| 0.3 | 43.2 | R Underdale Ln |
| 0.1 | 43.3 | L Bay Drive |
| 0.4 | 43.7 | RB2 Bowden St |
| 0.3 | 44.0 | CO Parramatta Valley Cycleway |
| 0.9 | 44.9 | L Cycleway |
| 0.1 | 45.0 | L Lancaster Ave |
| 0.4 | 45.4 | L Cycleway |
| 0.2 | 45.6 | R Wharf Rd |
| 0.1 | 45.7 | L Cycleway |
| 0.2 | 45.9 | L Cycleway |
| 0.7 | 46.6 | L Cycleway |
| 3.0 | 49.6 | Slight L |
| 0.6 | 50.1 | CO Cycleway |
| 0.9 | 51.0 | L |
| 0.9 | 51.9 | Slight L |
| 1.1 | 53.1 | X Macarthur St; L cycle path |
| 0.3 | 53.3 | L Cycleway |
| 0.3 | 53.6 | L |
| 0.5 | 54.1 | L car park |
| 0.1 | 54.2 | R Phillip St |
| 0.1 | 54.3 | L |
| 0.0 | 54.4 | CHECKPOINT: Parramatta - Coco Cubana cafe |
| 0.0 | 54.4 | L Phillip St |
| 0.1 | 54.5 | R Marsden St |
| 0.2 | 54.7 | L car park |
| 0.0 | 54.7 | R |
| 0.6 | 55.3 | L bridge |
| 0.1 | 55.4 | L |
| 0.4 | 55.8 | L |
| 0.0 | 55.8 | R to shared footpath |
| 0.0 | 55.9 | L |
| 0.6 | 56.5 | R O'Reilly St |
| 0.2 | 56.7 | L Steele Street |
| 0.2 | 56.9 | R Banks St |

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| 0.2 | 57.1 | L path through park |
| 0.1 | 57.2 | X Lansdowne St to Franklin St |
| 0.3 | 57.6 | X Auburn St to bridge |
| 0.1 | 57.7 | R |
| 0.0 | 57.7 | Sharp R |
| 1.7 | 59.4 | Slight R |
| 1.9 | 61.3 | Slight R |
| 0.7 | 62.0 | CO Adderley St W |
| 1.4 | 63.4 | X Silverwater Rd |
| 0.1 | 63.4 | CO Adderley St E |
| 1.0 | 64.4 | CO Louise Sauvage Pathway |
| 0.7 | 65.1 | L Louise Sauvage Pathway |
| 0.0 | 65.1 | R Louise Sauvage Pathway |
| 0.6 | 65.7 | Slight R |
| 1.3 | 67.0 | Slight R |
| 0.2 | 67.1 | R |
| 0.1 | 67.3 | Slight R |
| 0.8 | 68.0 | R |
| 0.0 | 68.0 | CO Footbridge Bvd |
| 0.8 | 68.8 | Sharp L |
| 0.1 | 68.9 | R |
| 0.8 | 69.7 | R Blaxland Rd |
| 0.1 | 69.8 | L Leeds St |
| 0.3 | 70.1 | CO path under bridge |
| 0.2 | 70.3 | R |
| 0.1 | 70.4 | Sharp R |
| 0.5 | 70.9 | R Waterview St |
| 1.1 | 72.0 | CO Delange Rd |
| 0.3 | 72.3 | R Pellisier Rd |
| 0.5 | 72.8 | L Jetty Rd |
| 0.1 | 72.9 | R shared path |
| 0.7 | 73.6 | R Morrison Rd |
| 1.4 | 75.0 | RB2 Meriton St |
| 0.3 | 75.3 | RB1 Ashburn PI |
| 0.5 | 75.8 | R Punt Rd |
| 0.1 | 75.9 | L Plunkett St (hosp entrance) |

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| 0.1 | 76.0 | Slight L |
| 0.3 | 76.3 | Slight L |
| 0.0 | 76.3 | L |
| 0.2 | 76.5 | L |
| 0.0 | 76.6 | R |
| 0.3 | 76.8 | R Crown St |
| 0.0 | 76.9 | L path |
| 0.5 | 77.3 | R Huntleys Point Rd |
| 0.1 | 77.5 | RB1 Huntleys Point Rd |
| 0.6 | 78.1 | L stairs through tunnel |
| 0.0 | 78.1 | R |
| 0.9 | 79.0 | Sharp L |
| 0.1 | 79.1 | R Drummoyne Ave |
| 0.2 | 79.4 | R Wrights Rd |
| 0.7 | 80.1 | CO Wrights Rd |
| 0.2 | 80.3 | L busway |
| 0.1 | 80.3 | CO Renwick St |
| 0.7 | 81.1 | R then L Renwick St |
| 0.1 | 81.2 | RB3 Roseby St |
| 0.1 | 81.2 | L shared path to bridge |
| 0.9 | 82.1 | Use shared footpath or bus lane |
| 1.1 | 83.3 | L shared footpath |
| 0.1 | 83.3 | L Anzac Bridge |
| 1.4 | 84.7 | L Quarry Master Dr |
| 0.0 | 84.7 | R Saunders St |
| 0.2 | 85.0 | L Miller St |
| 0.2 | 85.2 | CO Union St |
| 0.3 | 85.5 | L Pymont Bridge Rd |
| 0.1 | 85.6 | CO Pymont Bridge |
| 0.5 | 86.0 | L |
| 0.3 | 86.3 | CO King St cycleway |
| 0.2 | 86.5 | L Clarence St |
| 0.5 | 87.0 | Slight L |
| 0.1 | 87.1 | Slight R |
| 0.2 | 87.3 | L shared path |
| 0.1 | 87.4 | R Upper Fort St |

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|-----|------|----------------------------|
| 0.2 | 87.6 | R Harbour Bridge Cycleway |
| 1.5 | 89.2 | CO Bridge Stairs |
| 0.0 | 89.2 | L Burton St |
| 0.0 | 89.3 | R Alfred St S |
| 0.3 | 89.6 | RB2 Middlemiss St |
| 0.2 | 89.8 | R Arthur St |
| 0.0 | 89.8 | L Pacific Hwy shared path |
| 0.2 | 90.0 | L Blue St |
| 0.2 | 90.2 | R Miller St |
| 0.9 | 91.1 | R St Leonards Park |
| 0.1 | 91.2 | R around oval |
| 0.5 | 91.7 | R to lights |
| 0.0 | 91.7 | X Falcon St to overpass |
| 0.3 | 92.0 | CO Merlin St |
| 0.1 | 92.1 | CO Military Rd |
| 0.4 | 92.4 | L Ben Boyd Rd |
| 0.4 | 92.8 | R Sutherland St |
| 0.2 | 93.0 | L Young St |
| 0.1 | 93.1 | R Grasmere Rd |
| 0.1 | 93.2 | L Benelong Rd |
| 0.2 | 93.4 | CO Brightmore St |
| 0.4 | 93.7 | L Tobruk Avenue |
| 0.5 | 94.2 | CO Samora Ave |
| 0.1 | 94.3 | L Ryries Pde |
| 0.2 | 94.5 | R Lodge Rd |
| 0.1 | 94.6 | L through park Ellalong Rd |
| 0.3 | 94.9 | Slight R Wyong Rd |
| 0.7 | 95.5 | L Killarney St |
| 0.0 | 95.6 | L Glen St |
| 0.2 | 95.7 | R Bay St |
| 0.7 | 96.4 | L shared path |
| 0.4 | 96.8 | Slight L |
| 0.2 | 97.0 | CO Beauty Point Rd |
| 0.3 | 97.3 | CO Pearl Bay Ave |
| 0.2 | 97.5 | L Figtree Ln |
| 0.9 | 98.4 | L bridge shared footpath |

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|-----|-------|-------------------|
| 0.5 | 98.8 | L Battle Bvd |
| 0.4 | 99.3 | R Palmerston Pce |
| 0.1 | 99.3 | R Edgecliffe Esp |
| 0.4 | 99.7 | L Panorama Pde |
| 0.1 | 99.8 | R Ponsonby Pde |
| 0.3 | 100.2 | RB3 Ethel St |
| 0.5 | 100.6 | RB1 Maretimo St |
| 0.1 | 100.7 | R Upper Beach St |
| 0.2 | 100.9 | RB1 Wanganella St |
| 0.3 | 101.2 | R White St |
| 0.8 | 102.0 | CO Lauderdale Ave |
| 0.1 | 102.1 | L Willyama Ave |
| 0.3 | 102.4 | L Rosedale Ave |

Finding your way: If the length of the Cue Sheet seems daunting, you should be aware that much of this ride follows marked cycle routes:-

- A marked cycle route from Roseville to St Ives
- Shrimptons Creek cycle path from Macquarie Uni to Meadowbank
- Parramatta Valley Cycleway from Meadowbank to Parramatta
- M4 and Duck Ck Cycleways back to Homebush
- A well used cycle route from Gladesville to Pyrmont
- A well used cycle route from the city to Seaforth