

# BNCC Cue Sheet - Mike Bate Imperial Century 160

BriefingTime: 6:45am Briefing Location : Wahroonga Park (Millewa Ave/Coonanbarra Rd)

Cumulative	Intermediate	Action	Location or notes.
0.00	-	<b>START</b>	Head south, towards Millewa Ave
0.09	0.09	Left	at Illoura Ave
0.27	0.18	Right	at the roundabout into Stewart
0.45	0.18	Left	at the roundabout into Cleveland
1.67	1.22	Right	at Eastern Rd
1.84	0.17	Left	at Tennyson Ave
2.51	0.67	Left	at The Chase Rd
2.82	0.31	Right	at Burns Rd
3.03	0.21	Left	at Bobbin Head Rd
5.69	2.66	Veer right	at Roundabout to stay on Bobbin Head Rd
10.81	5.12	Veer left	over bridge to stay on Bobbin Head Rd
10.95	0.14	<b>CHECKPOINT</b>	becomes Ku-Ring-Gai Chase Rd
17.98	7.03	Right	at Belmont Parade
18.19	0.21	Left	at Yirra Rd
18.27	0.08	Right	at Pacific Hwy
39.00	20.73	Straight	across Hawkesbury River Bridge
47.90	8.90	<b>CHECKPOINT</b>	U-turn 30m past the F3 Overbridge
50.00	2.10	<b>Straight</b>	<b>CAUTION</b> Long fast descent ahead.
55.63	5.63	Slight left	to stay on Pacific Hwy
57.00	1.37	Straight	across Hawkesbury River Bridge
69.47	12.47	Right	at Berowra Waters Road at Traffic Lights
69.70	0.23	Straight	at Berowra Oval on the right
70.08	0.38	Right	at the roundabout to stay on Berowra Waters Rd
71.50	1.42	Left	at the roundabout to stay on Berowra Waters Rd
71.70	0.20	Right	follow curve to stay on Berowra Waters Rd
72.00	0.30	Straight	<b>CAUTION</b> Narrow fast descent take care
75.70	3.70	FERRY	Cross River on Ferry. Bay Road <b>CAUTION</b> Narrow road
82.15	6.45	Follow road	Bay Road becomes Arcadia Rd
83.73	1.58	Right	to stay on Arcadia Rd
84.26	0.53	Right	to stay on Arcadia Rd
85.16	0.90	Left	to stay on Arcadia Rd
86.20	1.04	<b>CHECKPOINT</b>	Andys Cafe on the right
87.08	0.88	Left	to stay on Arcadia Rd
89.50	2.42	Left	Galston Rd at the roundabout
90.57	1.07	Right	to stay on Galston Rd (sign for Hornsby)
91.00	0.43	Straight	<b>CAUTION</b> steep fast descent
93.80	2.80	Follow road	<b>CAUTION</b> Wooden bridge
94.00	0.20	Follow road	<b>CAUTION</b> Steep narrow ascent, 6 hairpin bends
99.70	5.70	Right	at Pacific Hwy at traffic lights
100.80	1.10	Veer left	over railway stay on Pacific Hwy take middle lane
101.35	0.55	Right	to stay on Pacific Hwy at traffic lights
101.69	0.34	Left	at Leonard St
102.03	0.34	Left	at Alexandria Parade
102.10	0.07	Straight	at Roundabout
103.31	1.21	Continue	onto Millewa Ave
103.84	0.53	<b>CHECKPOINT</b>	at Wahroonga Park, where we started out
105.47	1.63	Right	Romsey St at the roundabout
105.55	0.08	Left	at Leonard St
105.66	0.11	Right	over driveway to Thomas St
105.90	0.24	Left	at Edgeworth David Ave
106.21	0.31	Right	at Pacific Hwy at traffic lights
106.31	0.10	Veer Left	to stay on Pacific Hwy over railway bridge
106.70	0.39	Veer right	to stay on Pacific Hwy
107.86	1.16	Left	at Galston Rd
111.00	3.14	Straight	<b>CAUTION</b> steep descent ahead 6 hairpin bends
113.90	2.90	Straight	<b>CAUTION</b> wooden bridge, steep narrow ascent ahead
117.10	3.20	Left	to stay on Galston Rd (sign for Pennant Hills)
118.15	1.05	Right	at Arcadia Rd at roundabout
120.59	2.44	Right	to stay on Arcadia Rd
122.51	1.92	Right	to stay on Arcadia Rd
123.41	0.90	Left	to stay on Arcadia Rd

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Cumulative	Intermediate	Action	Location or notes.
123.60	0.19	<b>CHECKPOINT</b>	Andys Cafe on the left
123.94	0.34	Left	to stay on Arcadia Rd
125.52	1.58	Straight	becomes Bay Rd
128.00	2.48	Straight	<b>CAUTION</b> steep descent ahead
131.81	3.81	FERRY	cross river on ferry.
132.01	0.20	Straight	onto Berowra Waters Rd <b>CAUTION</b> Narrow road ahead
136.02	4.01	Left	to stay on Berowra Waters Rd
136.16	0.14	Right	at the roundabout
137.58	1.42	Left	at the roundabout
138.00	0.42	Right	at Pacific Hwy at traffic lights
145.46	7.46	Left	at Yirra Rd at traffic lights
145.53	0.07	Right	at Belmont Parade
145.74	0.21	Left	at Ku-Ring-Gai Chase Rd at Give Way
148.00	2.26	CAUTION	<b>CAUTION</b> steep bumpy descent ahead
152.83	4.83	<b>CHECKPOINT</b>	Over bridge to Bobbin Head Rd
157.97	5.14	Veer Left	to stay on Bobbin Head Rd at roundabout
160.70	2.73	Right	at Burns Rd at traffic lights
160.91	0.21	Left	at The Chase Rd
161.22	0.31	Right	at Tennyson Ave
161.89	0.67	Right	at Eastern Rd
162.06	0.17	Left	at Billyard Ave
163.12	1.06	Right	at Cleveland St
163.27	0.15	Left	at Stuart St at roundabout
163.45	0.18	Left	at Iloura at roundabout
163.64	0.19	Right	at Millewa Ave
163.70	0.06	<b>CHECKPOINT</b>	in Park where this all started

## CHECKPOINTS FOR 160km

	TIME	COMMENTS
Wahroonga		
Bobbin Head		
Mt White		
Arcadia		
Wahroonga		
Arcadia		
Bobbin Head		
Wahroonga		

Organiser Mobile Phone : Doug Stewart 0439 619 230  
Take care and good luck.