

PaddleNSW - Woronora River Marathon Race Briefing
Saturday 24th June 2023, 9:30am
Hosted by the Sutherland Shire Canoe Club (SSCC)



The Inaugural PaddleNSW First Nations Round
Race 1 of the 'New to Paddling' Junior Series

Sutherland Shire Canoe Club acknowledges the Dharawal speaking people of the Gweagal and Norongerragal clans as the traditional custodians of the land of Sutherland Shire. We recognise their continuing connection to land, waterways and culture. We pay our respects to their Elders past, present and emerging.

PaddleNSW, through its Reconciliation Action Plan (RAP), is committed to greater promotion and opportunities for Aboriginal and Torres Strait Islander peoples within the sport of paddling. PaddleNSW is proud and delighted that this race, the Woronora Marathon, is the inaugural First Nations Round of the Marathon Series. The race is conducted in the park named in honour of Aboriginal actor, writer and activist, Burnum Burnum. The course is held on the Woronora River, a waterway of significance to the Dharawal speaking people. PNSW hopes that it is an opportunity for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

For more information about PNSW's RAP visit: <https://nsw.paddle.org.au/indigenous-resources>



salt water blood line by Indigenous Artist Kate Forbes-Walker

Race Location - Burnum Burnum Sanctuary, Washington Drive, Woronora.

COVID 19 Guidelines – Please do not attend if; you are unwell and/or display cold or flu-like symptoms (fever, coughing, sore throat, shortness of breath, loss of sense of smell), or you have been in contact with someone who is unwell or awaiting results of a COVID test.

Parking - is available in the public parking area of the reserve and also through the far gate (club driveway) in the carpark, between the carpark and the club house as overflow parking. SSCC club members on duty will provide guidance. **Please drive slowly and be wary of all pedestrians, particularly children. Pedestrians have right of way at all times.**

Pre-Race – there will be a pre-race briefing at 9am, however please read this notice carefully taking particular note of the course maps.

Presentation – there will be a presentation after the ceremony. The results will also be available on Webscorer following the race,

Boat Setup - Please use the grassed park areas for setup and leave the car park for parking.

Food and Beverages – The club will be operating a BBQ and drinks will also be available. A coffee van will also be in attendance adjacent to the club building. You can use your card or pay cash to purchase something at the BBQ or the coffee van.

Weather – The weather may be cool so please dress appropriately

Support Boats - There will be three support boats including SES volunteers on the course, however please provide assistance if you are near someone in need of help.

First Aid – The first aid tent and officer(s) will be adjacent the start finish line.

Life Jackets Are Compulsory - Under the terms of our Aquatic License for all paddlers.

Tide – High at 1:44pm, 1.28m. So the tide will be coming in towards the bridge for the duration of the race.

Portage - There is no portage for this race.

Launching - Launch from the boat ramp in the car park, from the adjacent grass area and bank or from the beach in front of the club house.

Marshalling Area - Please remain on the side of the river nearest the boat ramp and towards the bridges whilst warming up. Crossing the river will put you in the path of racers who have already started

Registration – Check-in opens at 8:15am at the SSCC club building and closes at 9:25am. There are no on the day entries. All paddlers must have checked in and collected their race numbers before the closing time, no exceptions. [If you ordered a commemorative PNSW First Nations Cap you can pick it up when you check-in.](#)

Start Times –

9:30am for Division 7

9:40am for Division 6

9:50am for Division 5

10:00am for Divisions 1 through to 4 and 8 through to 13 in approximately 2 minute intervals. 2 minutes after Div 13 - junior race

Course – We are using a NEW COURSE this year so please pay special attention to the course maps and details below.

We recommend you view the course map videos on the SSCC club website. The links are below.

<https://shirekayaking.paddle.org.au/2021/06/17/woronora-marathon-course-videos-5km-lap/>

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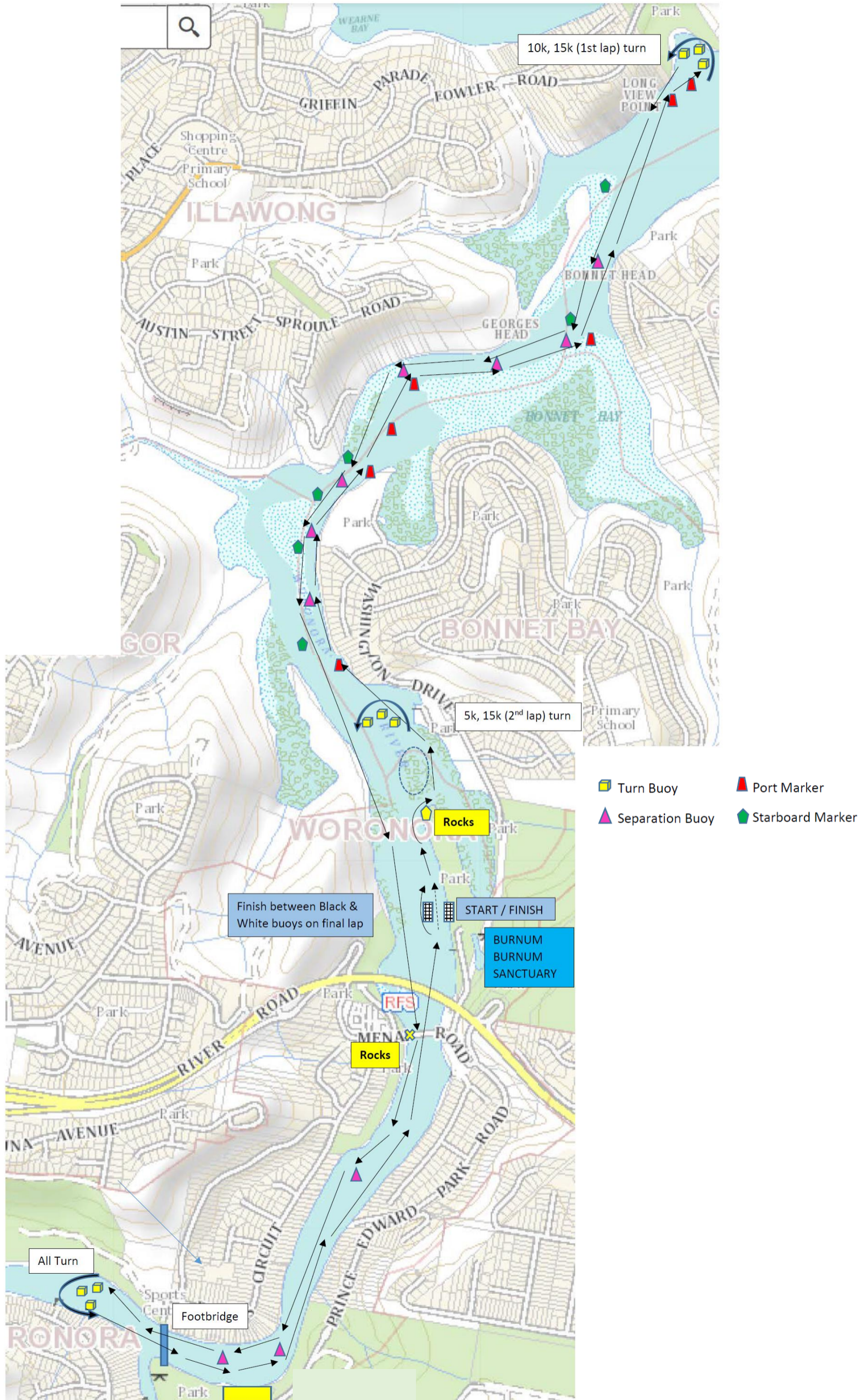
Hazards on the courses are also summarized here;

<https://shirekayaking.paddle.org.au/club-activities/#woronora-river-hazards-road-bridges:-:text=Woronora%20River%20Hazards>

If you have any questions please email us on committee@shirekayaking.info.

- Please note the race direction is counter-clockwise.

Woronora Marathon Course Map



Woronora Marathon 10km Loop

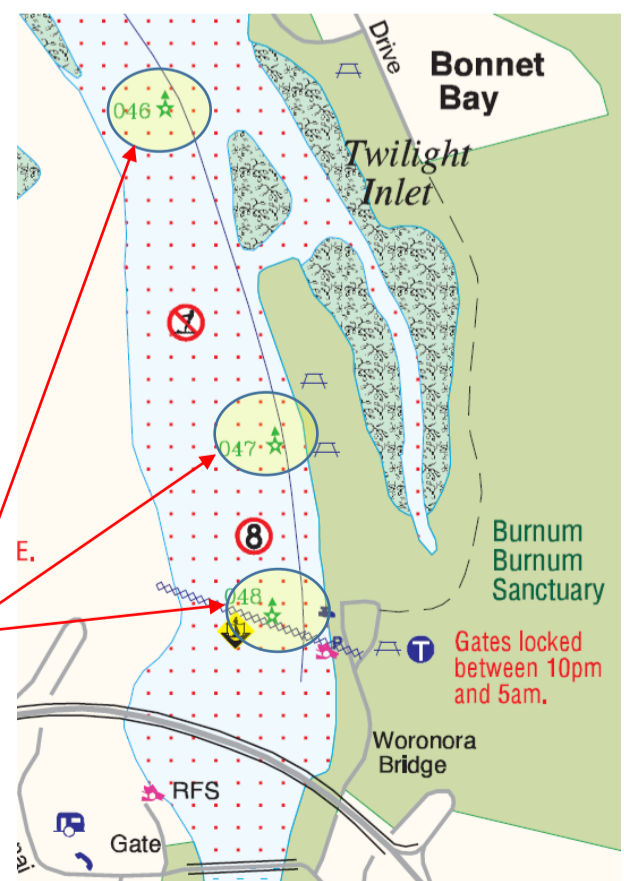


Woronora Marathon 5km Loop



Notes:

- 20km course is 2 laps of 10km loop
- 15km course is 1 lap of 10km loop and 1 lap of 5km loop
- 10km course is one lap of 10km loop
- 5km course is one lap of 5km loop
- All turns will be marked by 3 yellow cube shaped buoys
- The upstream turn for the 10km loop is just before the floating pontoon on Prince Edward Pk Drive. Approx. 250m after you paddle under the footbridge.
- The downstream turn for 10km loop is in Thompson's Bay Illawong (orange boat on mooring in the Bay)
- Separation buoys (pink) to be kept on your left
- There will be arrows on the bridges to mark the span you should use.
- Rocks hazards will be marked with a single yellow buoy – stay clear
- Red and green permanent channel markers form the course stay within (except for three greens adjacent start/finish line). Red on left upstream and right downstream. Green on right upstream and left downstream. You will commence the course downstream.



'New To Paddling' Junior Course

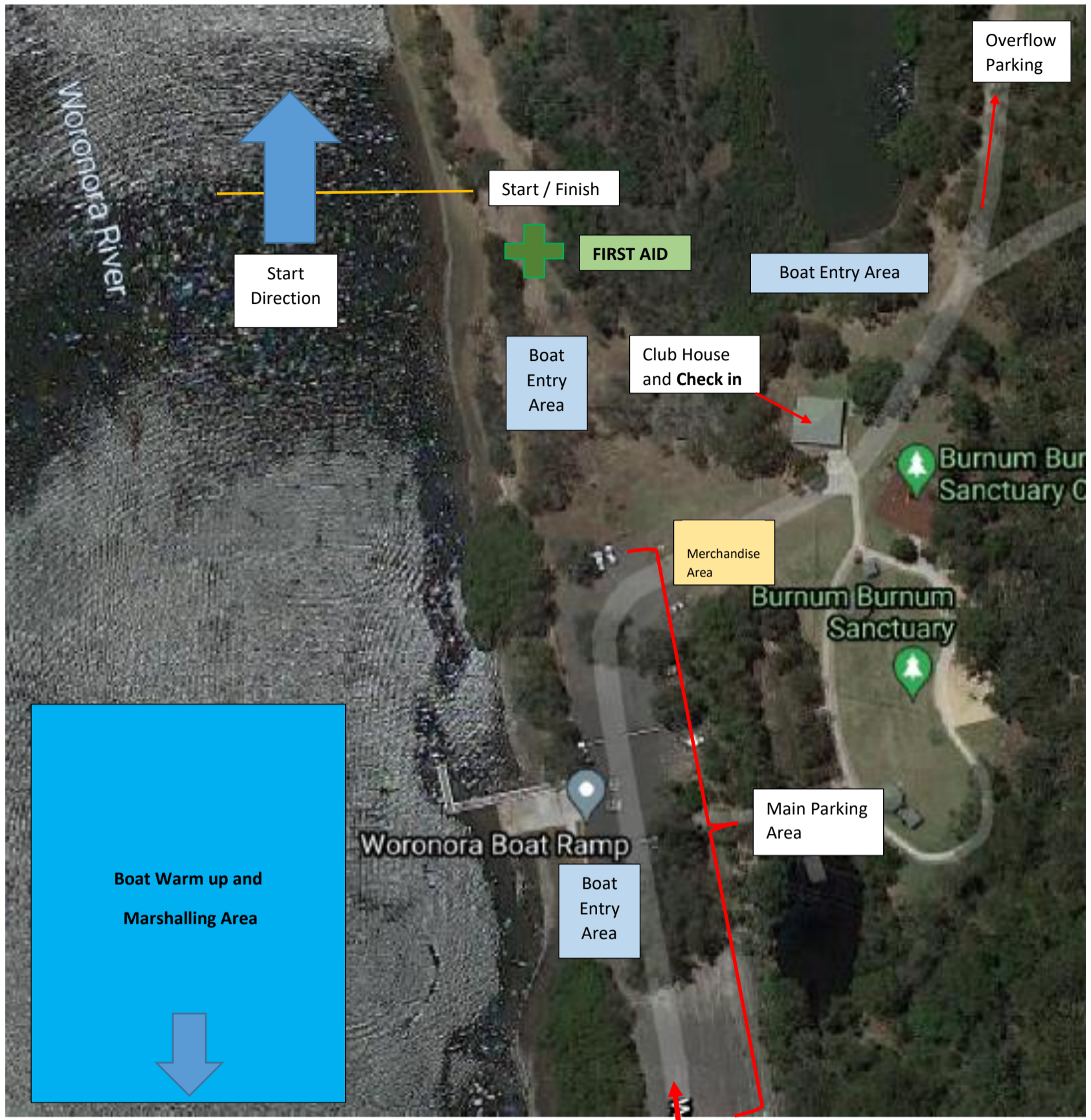
"New to Paddling" Juniors will paddle a course of 2 or 3 x 1km laps (depending on their age). Just as for the main Series, paddlers will earn and accumulate points from each race, with Series Winners being recognised at the final race of the Series. Juniors are welcome to paddle in whatever craft they're comfortable in, and doubles entries are also strongly encouraged.

Distances:

- U/10: 2km (2 x 1km laps). All U/10 paddlers are required to paddle with an accompanying adult.
- U/12, U/14, U16 and U18: 3km (3 x 1km laps)



Woronora Marathon – Detail Map



**CAR PARK
ENTRY**

ENTRY OFF MENAI ROAD

