**10km Series - Lane Cove Course Description**

**Prepared and measured by Stephen Jackson**

**Start and Finish: Delhi Road Entrance -- no parking here.**

**Parking : River Road, off Delhi Road and walk UNDER the bridge to avoid getting killed on Delhi Road (delays the start). Or park in Lady Game Drive and walk across the weir.**

Situated in the beautiful Lane Cove National Park, the Lane Cove 10k winds it way from the Fuller's Bridge entrance to the park right up to the Ryde Road Entrance, visiting the Scribbly Gums Picnic area on the way out, and then comes all the way back again. The course is traffic free, shaded and bushy all the way, a good bitumen surface, quite twisty, and, I am afraid to say, quite hilly. Every kilometre is marked in yellow along with the distance. A single out-and-back loop into the Scribbly Gums picnic area is required on the outward leg only, not on the inward leg.

Despite being an undulating course (read: hilly), the good thing is that the start (and finish) are at the low point of the course, and the high point a few hundred metres past the 5k mark at the turn point at the Ryde Road entrance. From there it is nearly all downhill back to the start (there are two short climbs on the return leg).

Course Description

Start (and Finish). Just inside the entrance to the park (10 metres) is a large signpost on a sandstone base. The start and finish are located at the centre of that sign. There is a round head nail driven into the road surface at the edge nearest the sign. That is the exact start / finish line. Run into the park, following the road to left (do not cross weir). Use best running line - all of road was used when measuring course.

The 1km mark is on right hand side of road, 5m past a guard rail on the right. Continue along the road, the 2km mark is on right hand side of road,15m past Barakee 11 Picnic Area sign which is on the left hand side of the road. Soon after the 2km mark (about 135m) turn left (up) into the Scribbly Gums turnoff. Continue up Scribbly Gums road.

2,552m is the turn point. It is located 7m short of 2m sandstone pillars on either side of the road. Run back down Scribbly Gums road and turn left back onto the main road. This is the only time Scribbly Gums is visited.

The 3km mark is 41m after rejoining the main road from Scribbly Gums. It is marked on the left hand side of the road. 4km is marked on the right hand side of the road as it climbs a medium hill before dropping down to a stone bridge Continue along the road and enjoy the climb up to the rangers house.

Follow the road around the front of the house. The 5km mark which is at the "no parking" sign at the roundabout in front of the rangers house.

Head up the hill to the Ryde Road entrance. 5.368km is the turn right at the Ryde Road entrance gate. It is exactly at the end of the double white lines which is in line with the telegraph pole on the right hand side as you come up the hill. Turn and head back down the hill passing the 5k mark. The course is now straight back to the start - no detour up Scribbly Gums.

6km is marked on the left hand side of the road 264m past the 5km mark halfway down the hill after the rangers hut. 7km is marked on the left hand side of the road 200m before reaching the oversized traffic island passed on the way out (and 264m past the 4km mark. The 8km is also the 2km mark, 9km is also the 1km mark, and of course, the finish is at the start line.

MAP overleaf

