

# BNCC 160km Cue Sheet - Mike Bate Imperial Century

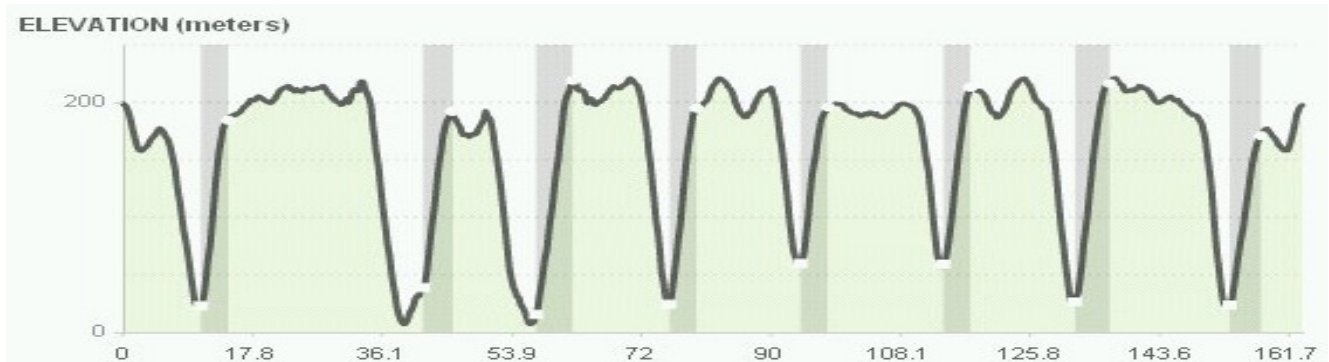
Start Location : Wahroonga Park (Millewa Ave/Coonanbarra Rd), Wahroonga

Cumul. distance	Interm. distance	Action	Caution	Location or notes.
0.00	-	<b>CHECKPOINT</b>		Head south east on Millewa Ave
0.05	0.05	Left		at Illoura Ave
0.24	0.19	Right		at the roundabout Into Stuart
0.45	0.26	Right		at the roundabout into Cleveland
0.61	0.16	Left		at Billyard Ave
1.67	1.06	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.
6.81	1.12	Straight	<b>CAUTION</b>	<b>Long fast bumpy descent ahead.</b>
10.81	4.00	Veer left		over bridge to stay on Bobbin Head Rd
10.95	0.14	Straight		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>	<b>Long fast descent ahead.</b>
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>	<b>Narrow fast descent take care</b>
75.70	3.70	FERRY	<b>CAUTION</b>	Cross River on Ferry. Bay Road. <b>Narrow road</b>
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>	<b>Steep fast descent. Take Care</b>
93.80	2.80	Follow road	<b>CAUTION</b>	<b>Wooden bridge, with metal bolts. Take Care.</b>
94.00	0.20	Follow road	<b>CAUTION</b>	<b>Steep narrow ascent, 6 hairpin bends</b>
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. U-turn and go back where you came
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>	<b>Long steep descent ahead 6 hairpin bends</b>
113.90	2.90	Straight	<b>CAUTION</b>	<b>Wooden bridge, Steep narrow ascent ahead</b>
117.10	3.20	Left		to stay on Galston Rd (sign for Pennant Hills)
118.15	1.05	Right		at Arcadia Rd at roundabout

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Start Location : Wahroonga Park (Millewa Ave/Coonanbarra Rd), Wahroonga

Cumul. distance	Interm. distance	Action	Caution	Location or notes.
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
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>	<b>Long steep descent</b> ahead
131.81	3.81	FERRY		cross river on ferry.
132.01	0.20	Straight	<b>CAUTION</b>	onto Berowra Waters Rd. <b>Narrow road ahead</b>
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>	<b>Long steep bumpy descent</b> 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>		Back at the starting location in the Park.



CHECKPOINT	TIME	COMMENTS
Wahroonga Out		
Mt White		
Arcadia		
Wahroonga In		
Wahroonga Out by 13:30		
Arcadia		
Bobbin Head		
Wahroonga In		