

BNCC 200km Cue Sheet - The Double Hundred

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

Cumul. distance	Interm. distance	Action	Caution	Location or notes.
0.00	-	CHECKPOINT		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	CAUTION	Long fast bumpy descent ahead.
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	CHECKPOINT		Straight past the F3 Overbridge
49.80	1.90	Straight		Morgan Road at Traffic Lights
53.75	3.95	Straight		Over the F3 at Overbridge
56.13	2.38	Right		Pacific Highway Interchange
56.38	0.25	Left		Peats Ridge Road
57.88	1.50	Merge	CAUTION	Merge with Peats Ridge Road
71.18	13.30	CHECKPOINT		Turn right into Peats Ridge Cafe. TURNAROUND
83.46	12.28	Merge Right	CAUTION	Take right lane to Calga
84.80	1.34	Straight		Under F3 Overbridge
85.29	0.49	Right		Onto Old Pacific Highway
85.55	0.26	Left		At Calga. Take Old Pacific Highway
88.00	2.45	Straight		Over the F3 at Overbridge
91.89	3.89	Straight		Traffic Lights Morgans Road
93.78	1.89	Straight		Under F3 Overbridge
95.88	2.10	Straight	CAUTION	Long fast descent ahead.
101.51	5.63	Slight left		to stay on Pacific Hwy
102.88	1.37	Straight		across Hawkesbury River Bridge
115.35	12.47	Right		at Berowra Waters Road at Traffic Lights
115.58	0.23	Straight		at Berowra Oval on the right
115.96	0.38	Right		at the roundabout to stay on Berowra Waters Rd
117.38	1.42	Left		at the roundabout to stay on Berowra Waters Rd
117.58	0.20	Right		follow curve to stay on Berowra Waters Rd
117.88	0.30	Straight	CAUTION	Narrow fast descent take care
121.58	3.70	FERRY	CAUTION	Cross River on Ferry. Bay Road. Narrow road
128.03	6.45	Follow road		Bay Road becomes Arcadia Rd
129.61	1.58	Right		to stay on Arcadia Rd
130.14	0.53	Right		to stay on Arcadia Rd
131.04	0.90	Left		to stay on Arcadia Rd
132.08	1.04	CHECKPOINT		Andys Cafe on the right
132.96	0.88	Left		to stay on Arcadia Rd
135.38	2.42	Left		Galston Rd at the roundabout
136.45	1.07	Right		to stay on Galston Rd (sign for Hornsby)
136.88	0.43	Straight	CAUTION	Steep fast descent. Take Care
139.68	2.80	Follow road	CAUTION	Wooden bridge, with metal bolts. Take Care.
139.88	0.20	Follow road	CAUTION	Steep narrow ascent, 6 hairpin bends
145.58	5.70	Right		at Pacific Hwy at traffic lights
146.68	1.10	Veer left		over railway stay on Pacific Hwy take middle lane
147.23	0.55	Right		to stay on Pacific Hwy at traffic lights
147.57	0.34	Left		at Leonard St
147.91	0.34	Left		at Alexandria Parade
147.98	0.07	Straight		at Roundabout
149.19	1.21	Continue		onto Millewa Ave
149.72	0.53	CHECKPOINT		at Wahroonga Park, where we started out

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151.35	1.63	Right		Romsey St at the roundabout
151.43	0.08	Left		at Leonard St
151.54	0.11	Right		over driveway to Thomas St
151.78	0.24	Left		at Edgeworth David Ave
152.09	0.31	Right		at Pacific Hwy at traffic lights
152.19	0.10	Veer Left		to stay on Pacific Hwy over railway bridge
152.58	0.39	Veer right		to stay on Pacific Hwy
153.74	1.16	Left		at Galston Rd
156.88	3.14	Straight	CAUTION	Long steep descent ahead 6 hairpin bends
159.78	2.90	Straight	CAUTION	Wooden bridge, Steep narrow ascent ahead
162.98	3.20	Left		to stay on Galston Rd (sign for Pennant Hills)
164.03	1.05	Right		at Arcadia Rd at roundabout
166.47	2.44	Right		to stay on Arcadia Rd
168.39	1.92	Right		to stay on Arcadia Rd
169.29	0.90	Left		to stay on Arcadia Rd
169.48	0.19	CHECKPOINT		Andys Cafe on the left
169.82	0.34	Left		to stay on Arcadia Rd
171.40	1.58	Straight		becomes Bay Rd
173.88	2.48	Straight	CAUTION	Long steep descent ahead
177.69	3.81	FERRY		cross river on ferry.
177.89	0.20	Straight	CAUTION	onto Berowra Waters Rd. Narrow road ahead
181.90	4.01	Left		to stay on Berowra Waters Rd
182.04	0.14	Right		at the roundabout
183.46	1.42	Left		at the roundabout
183.88	0.42	Right		at Pacific Hwy at traffic lights
191.34	7.46	Left		at Yirra Rd at traffic lights
191.41	0.07	Right		at Belmont Parade
191.62	0.21	Left		at Ku-Ring-Gai Chase Rd at Give Way
193.88	2.26	CAUTION	CAUTION	Long steep bumpy descent ahead
198.71	4.83	CHECKPOINT		Over bridge to Bobbin Head Rd
203.85	5.14	Veer Left		to stay on Bobbin Head Rd at roundabout
206.58	2.73	Right		at Burns Rd at traffic lights
206.79	0.21	Left		at The Chase Rd
207.10	0.31	Right		at Tennyson Ave
207.77	0.67	Right		at Eastern Rd
207.94	0.17	Left		at Billyard Ave
209.00	1.06	Right		at Cleveland St
209.15	0.15	Left		at Stuart St at roundabout
209.33	0.18	Left		at Iloura at roundabout
209.52	0.19	Right		at Millewa Ave
209.58	0.06	CHECKPOINT		Back at the starting location in the Park.

ELEVATION (meters)



CHECKPOINT	TIME	CHECKPOINT	TIME	CHECKPOINT	TIME
Wahroonga Out		Wahroonga In		Bobbin Head	
Peats Ridge		Wahroonga Out by 14:00		Wahroonga In	
Arcadia		Arcadia			