

NORTHERN SUBURBS TRIATHLON CLUB

NSTC



2016 Great Northern Beaches Aquathlon

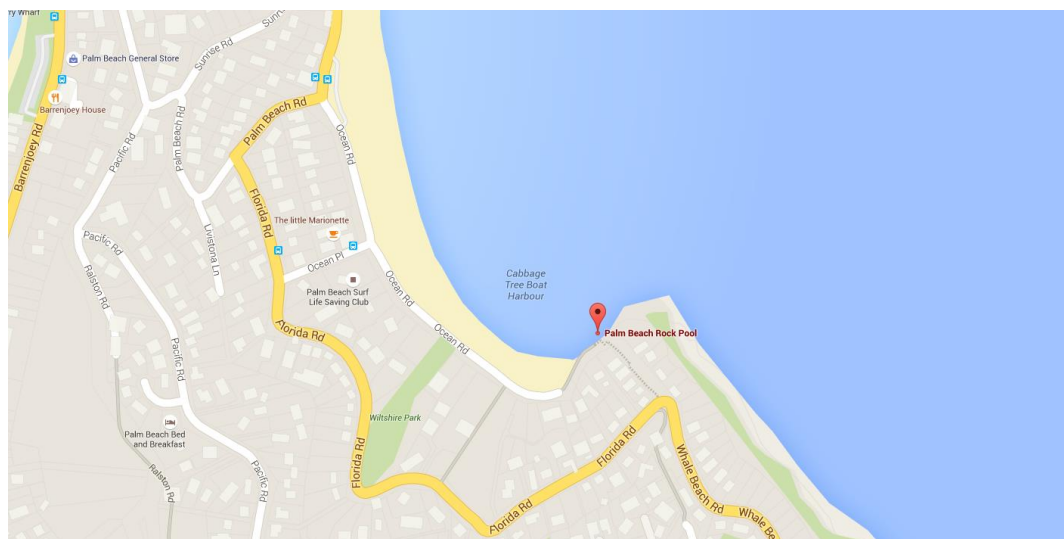
Sunday 18th December 2016

Back in late 2013 a suggestion was made that a pre-Christmas run from Palm Beach to Manly would be fun and to keep us cool we could have a dip in a few of the ocean pools along the way. This then evolved into the idea of swimming at all the pools along the way and the Great Northern Beaches Aquathlon was born !

2016 will be the fourth running and the plan is to make it bigger and better than ever ! Last years target of doubling the number of finishers each year was surpassed with 10 full course finishers (18 starting at Palm beach and 4 more joining in along the way). So, how much fun are we going to have with this event in 2016 !

When and Where ?

Sunday 18th December 2016 commencing at 6:30am with the first swim at Palm Beach rock pool at the southern end of Ocean Rd:



Major Change – Bus Transport !

We all know that it's hard work to run and swim from Palm Beach to Manly but if you ask any of the dedicated people in the photo below you'll agree that providing logistics and support is just as exhausting so we have a new plan to manage this in 2016.



This year we will be providing a bus service to pick up, accompany and drop off participants who are unable to organise their own transport and support.

This will also cater for people who do not wish to do the full course but may choose to run some sections and jump on the bus for others.

The plan for this will therefore be:

- First pickup from St Ives (corner Mawson St and Mona Vale Rd) 5:30am
- Second pickup from Mona Vale (corner Darley St and Barrenjoey Rd) 5:50am
- Arrive Palm Beach pool 6:20am
- People who have arrived at Palm Beach by their own means can choose to put their bags in the bus if they don't have someone providing personal support.
- The bus will then follow us to each pool where you can collect your bag OR choose to get on the bus to skip sections of the run if you choose. **Note however that the bus will be on a tight schedule departing each pool to allow time to arrive at the next pool before the first group of runners arrive.**
- Children over 7 years can travel on the bus using the standard seats however children under 7 years will require a car seat which you will need to provide. **All children will however need to be accompanied by a supervising adult** (other than the bus driver).
- After the completion of the event at Shelly beach the bus will then transport us back to Mona Vale and St Ives

If you wish to use the bus service please reply on the Facebook notifications/event or send a text to Andrew Smith on 0412 522 047 to reserve your spot. Seats will be limited and allocated on a first come first served basis to those who reserve a spot so please do not arrive at one of the pick-up locations if you have not reserved a seat.

The charge for providing this service will be free for registered club members, \$15 for adult non-members and \$5 for children.

The Honour Role

2013 Finishers (left to right): Andrew Smith, Simon Borrill



2014 Finishers (left to right): Andrew Smith, Steve McKay, Simon Borrill, Roy Edwards,



2015 Starters (left to right): Glenn Evans, Renae Watkins, Ana Mullins, Andrew Smith, Belinda Balkema, Craig Prior, Ben Mildren, Kylie Mildren, Roy Edwards, Wynton Brown, Gary Mullins, Jack, Francis Edwards, Simon Borrill, Len Groen, Courtney Bicknell, Steve Raltson, Roisin Deane



2015 Mid Point (left to right): Matt Reid, Courtney Bicknell, Lauren Reid, Angela Borrill, Renae Watkins, Jack, Kylie Mildren, Ben Mildren, Craig Prior, Steve Ralston, Simon Borrill, Wynton Brown, Glenn Evans, Andrew Smith, Roisin Deane, Len Groen, Mark Kee, Penny Kee



2015 Finishers (full course all swims/runs in gold) left to right: Simon Borrill, Angela Borrill, Belinda Balkema, Craig Prior, Steve Ralston, Ben Mildren, Gary Mullins, Jack, Ana Mullins, Wynton Brown, Lauren Reid, Matt Reid, Roisin Deane (honourable mention !), Andrew Smith, Glenn Evans, Kylie Mildren, Courtney Bicknell,



Who can join in ?

This is not a sanctioned event or registered race but is simply a social training session so NSTC members, friends, family (and any new friends we make along the way) are welcome to join us for all or part of the course. Anyone wishing to ride instead of run are welcome to join in however note that sections of the run course we will be doing is off road so you will need to take a few detours along the way.

Where can you join in ?

If you do not wish to do the full distance (36km run/4km swim) you are more than welcome to join in and pull out at any point along the way. You may also choose to use the bus service to transport you over sections you do not wish to run. Keep in mind, when you choose where to join in, that the longer runs between pools are in the first half of the course (Palm Beach to Narrabeen with only 3 swims) and the majority of the swim legs are on the back half of the course (Narrabeen to Manly with 6 swims)

If you wish to join us along the way there are estimated times of arrival at each pool in the course details below.

What to bring ?

It's a pretty long day with lots of stops along the way so it is highly recommended that you bring the following items along with you:

- A backpack to carry your items in
- Swim suit, triathlon suit or knicks to run and swim in
- A couple of running shirts
- A couple of towels
- Running shoes
- A couple of pairs of socks (they will get wet after a while !)
- Swim goggles
- Running cap/peak and sun glasses
- Lots of sun block !
- Your own hydration and nutrition
- Identification and money (just in case !)
- A change of clothes for afterwards

Optional items:

- Swimming aids (wetsuits, fins, pull buoys etc)
- Swimming cap
- Spare pair of shoes

The Course

The full course details can be found at MapMyRun:

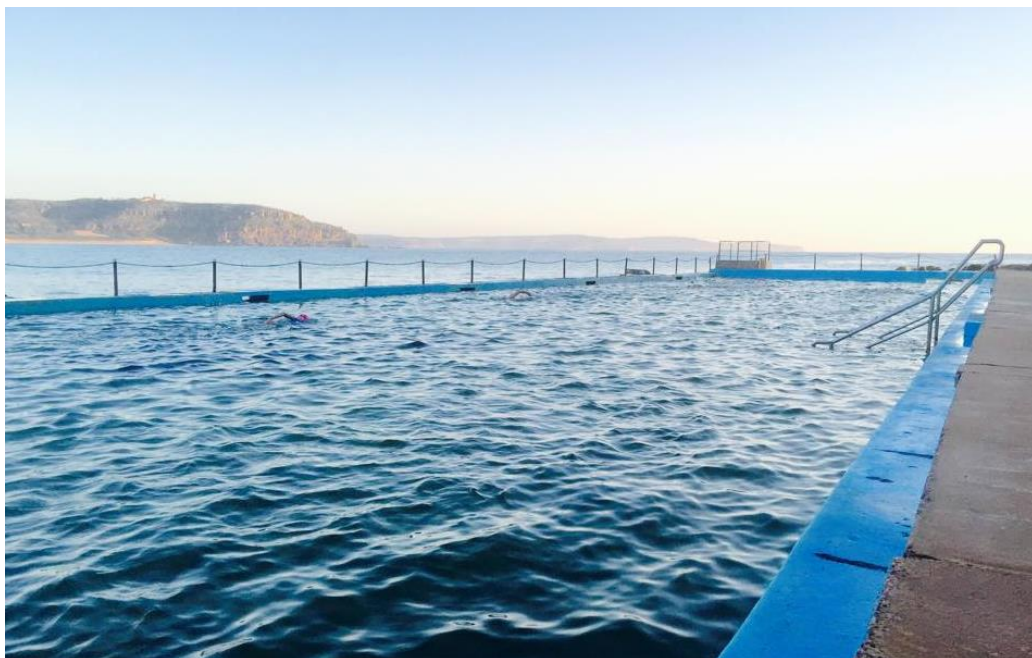
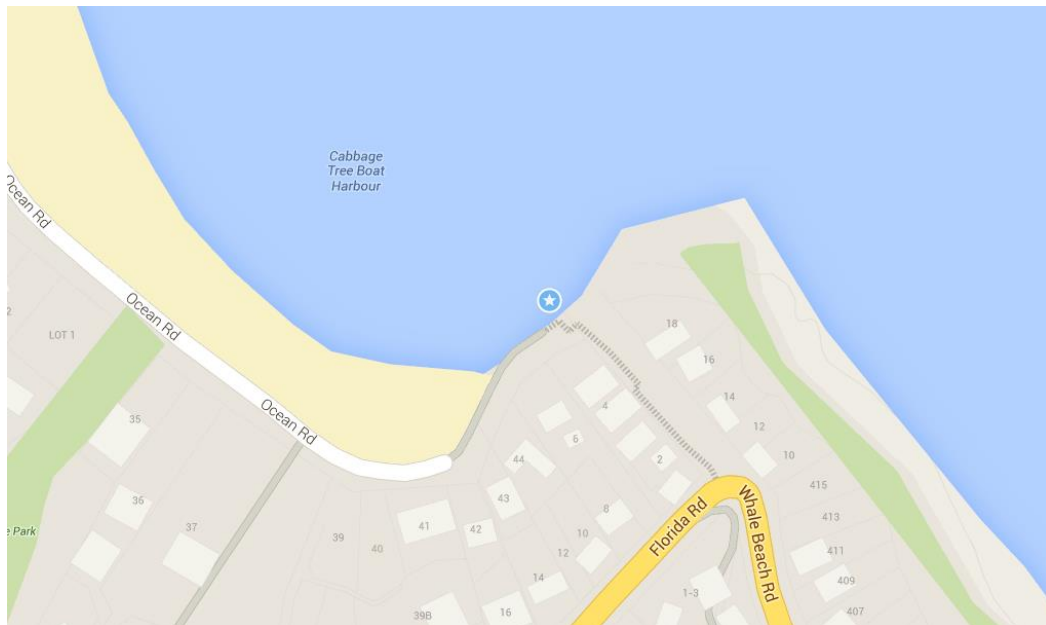
<http://www.mapmyrun.com/routes/fullscreen/329053495/>

Swim 1: Palm Beach

Start Time: 6:30am

Distance: 400m (8 laps)

Details: A nice early morning start for a swim which most people will be used to but if you wish to bring along a wetsuit for this swim you're most welcome to !



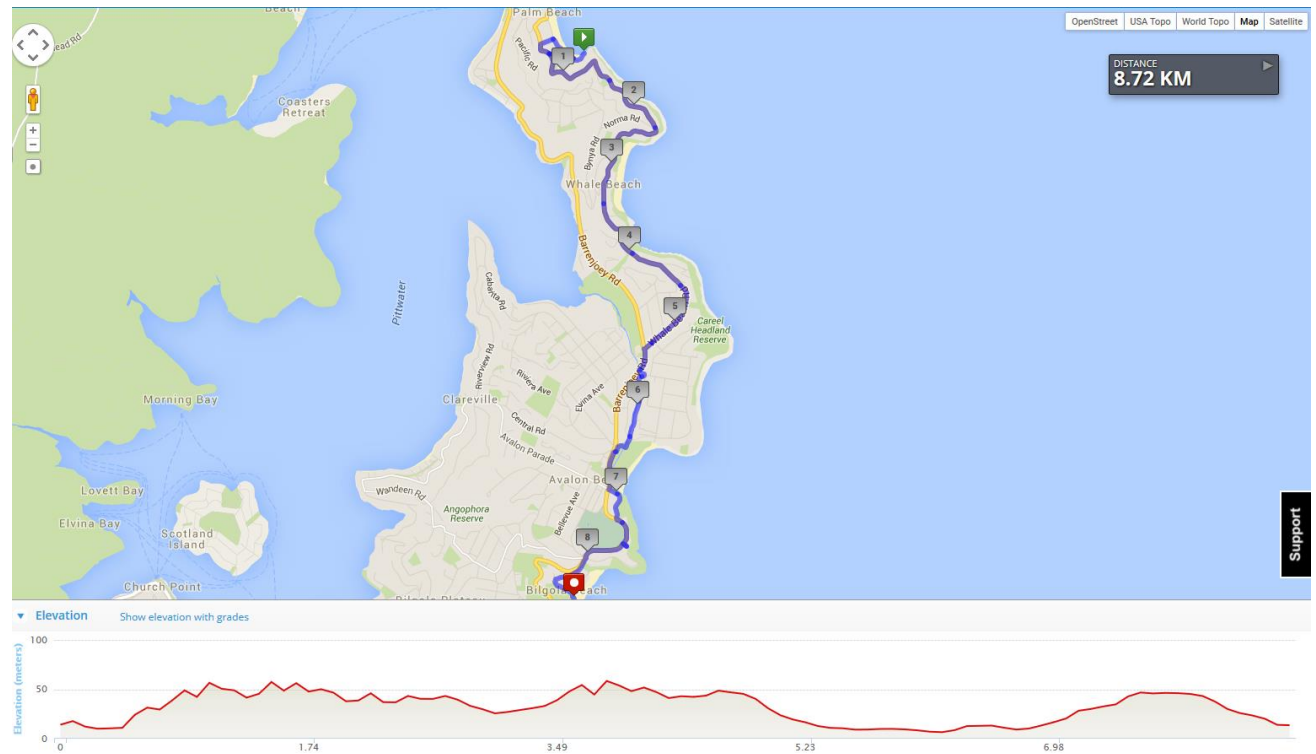
Run 1: Palm Beach to Bilgola Beach

Estimated Start Time: 6:50am

Distance: 8.7km

Elevation gain: 175m

Details: A good long and hilly run to get the legs warmed up ! Mostly backstreets following the headland around past Whale beach and then down to Barrenjoey Rd where we deviate onto the path adjacent to Careel Creek to Avalon beach. We do not stop for a swim here but continue up Surfside Ave to Barrenjoey Rd for a short and narrow section before returning to the peace and quiet of the backstreets down the Serpentine to Bilgola beach

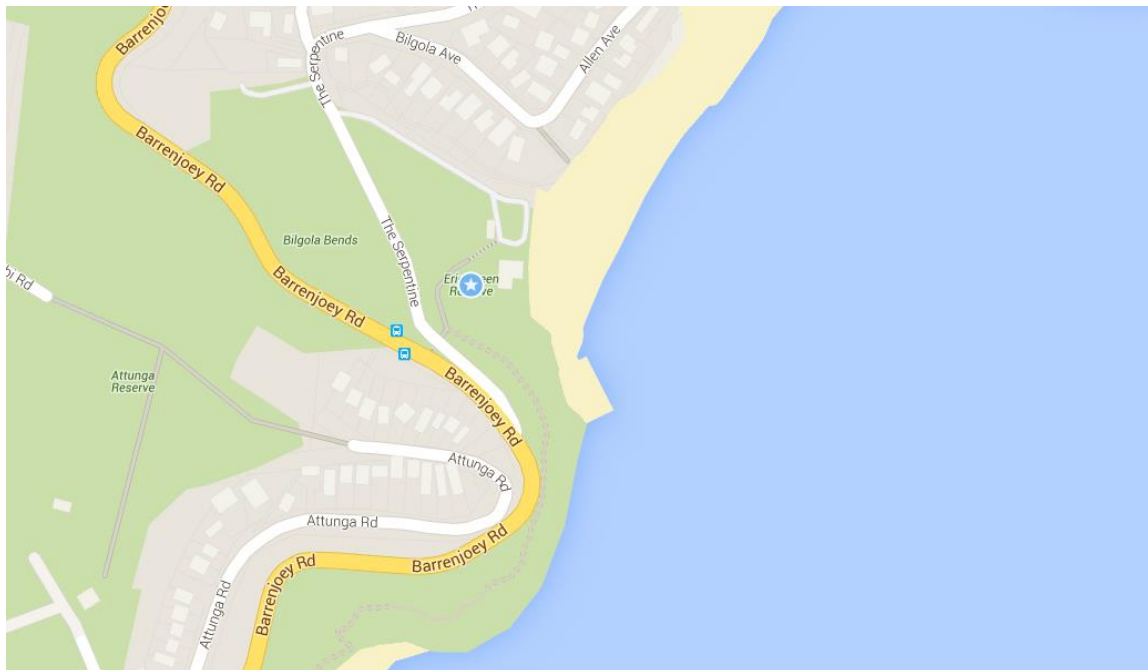


Swim 2: Bilgola Beach

Estimated Arrival Time: 7:40am

Distance: 400m (8 laps)

Details: Bilgola beach is our next swim stop (the only pools we do are the full 50m ones) and a good one to pace yourself and let the legs recover after the long and hilly start to the running !



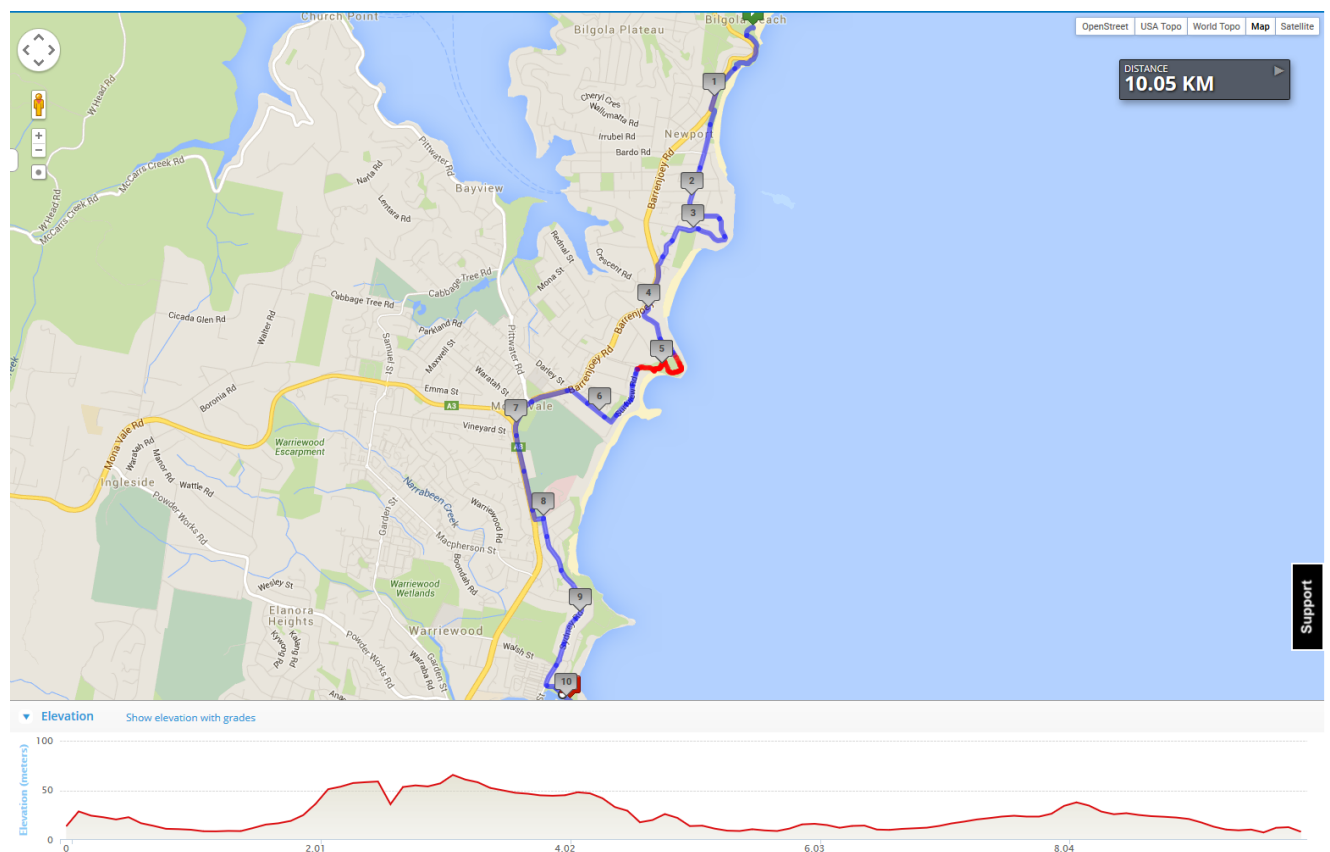
Run 2: Bilgola Beach to North Narrabeen

Estimated Start Time: 8:00am

Distance: 10.0km

Elevation gain: 165m

Details: If you enjoy a few trail runs then this is the section for you ! This is also the longest run of the day. After leaving Bilgola pool it's up a set of stairs to the scenic trail around the headland to Newport Beach where we bypass the pool there (we took a vote after the first year and elected to remove this one from the course). From Newport Beach we take the long climb up Myola Rd and near the top you have the option of challenging yourself with the very steep but short climb straight over the top or you can turn left onto Bungan Head Rd for the flatter, longer and more scenic option. We then continue back onto Barrenjoey Rd for a short distance before turning onto Hillcrest Ave and then some more headland trails before popping out at Mona Vale beach. The running continues (Mona Vale is not a 50m pool) to Darley St and then back onto Barrenjoey Rd again for the long haul to Mona Vale hospital (stopping not an option !) and up Melbourne Ave to Sydney Rd until we hit North Narrabeen beach to mark the half way point of the journey !

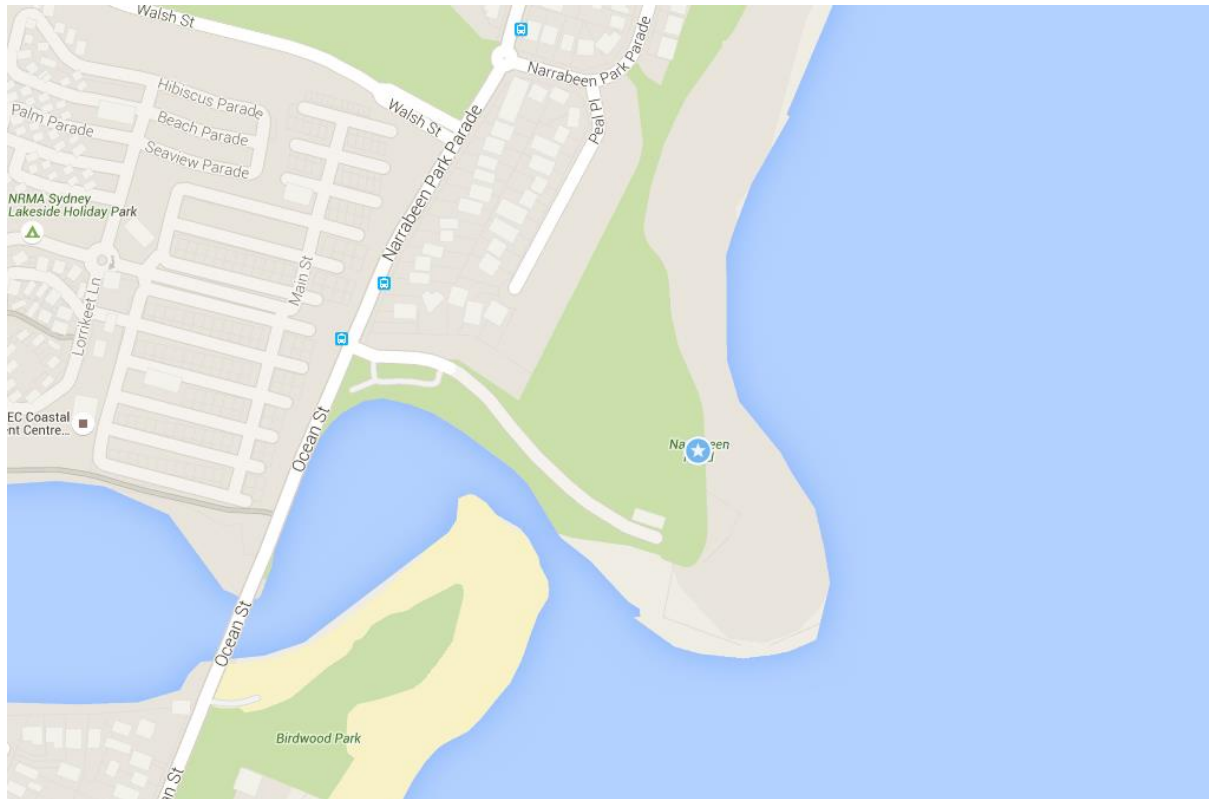


Swim 3: North Narrabeen Beach

Estimated Arrival Time: 9:15am

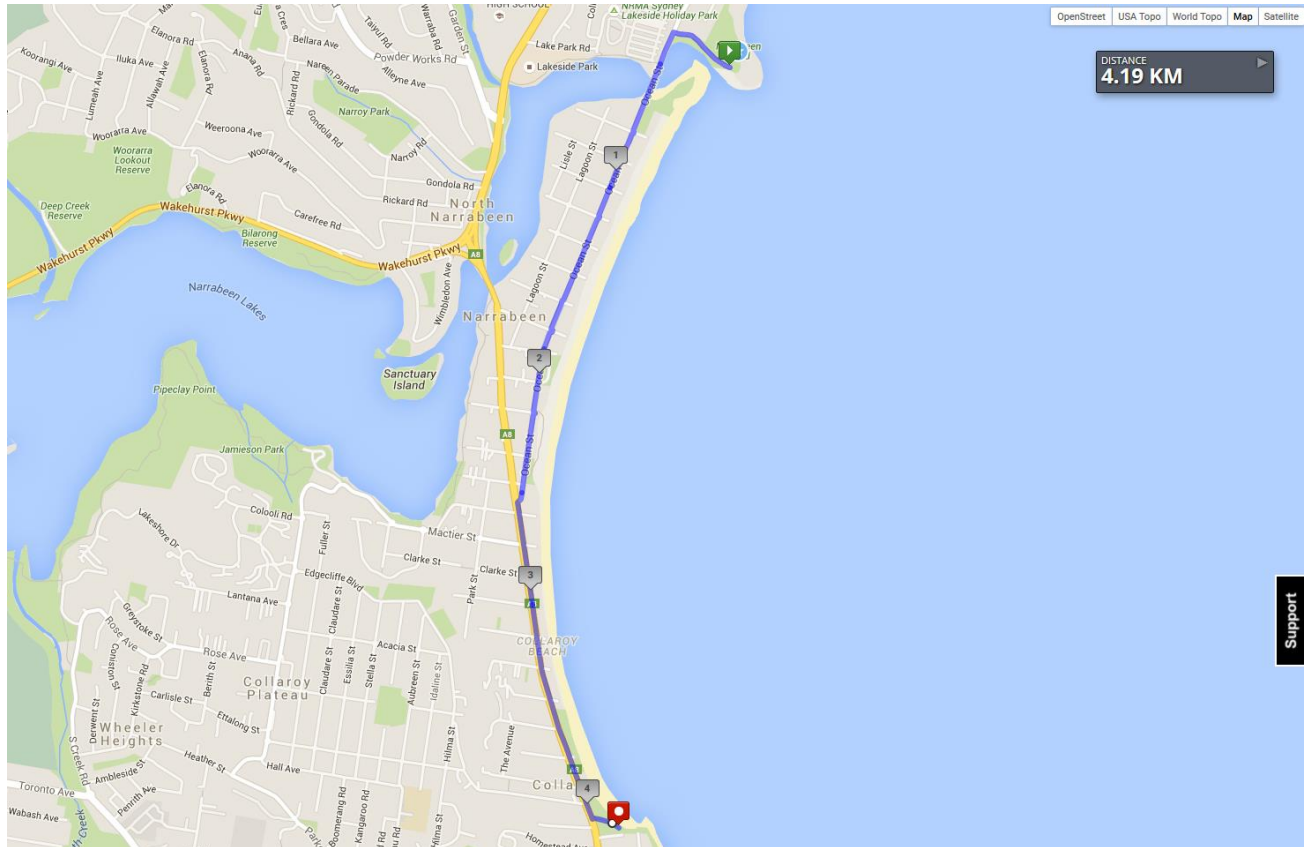
Distance: 400m (8 laps)

Details: By now you're starting to warm up from the running and the heat of the day so the swims are a very welcome relief. Extra time is allowed here to meet up and farewell people taking the half options.



Run 3: North Narrabeen to Collaroy
Estimated Start Time: 9:45am (extra time for photos !)
Distance: 4.2km
Elevation gain: 24m

Details: The flattest and straightest run of the day so if you've made it this far there's very little chance of getting lost ! From North Narrabeen pool it's straight down Ocean Street until you hit Pittwater Rd and then straight down Pittwater Rd until you see the Collaroy surf lifesaving club.

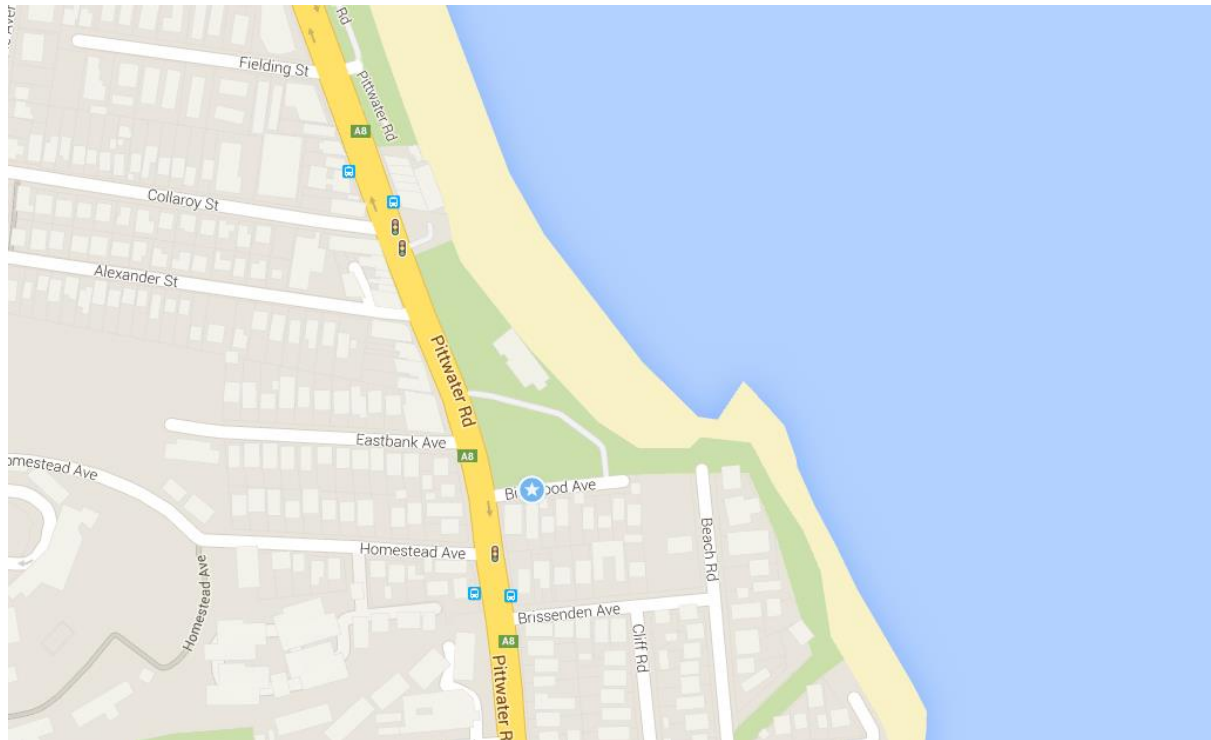


Swim 4: Collaroy Beach

Estimated Arrival Time: 10:10am

Distance: 400m (8 laps)

Details: By this time of the day the beaches are starting to get busy and the pools are getting a little crowded so a little bit more care needs to be taken when swimming laps, particularly at Collaroy, to avoid collisions with inflatable craft and leisure swimmers.



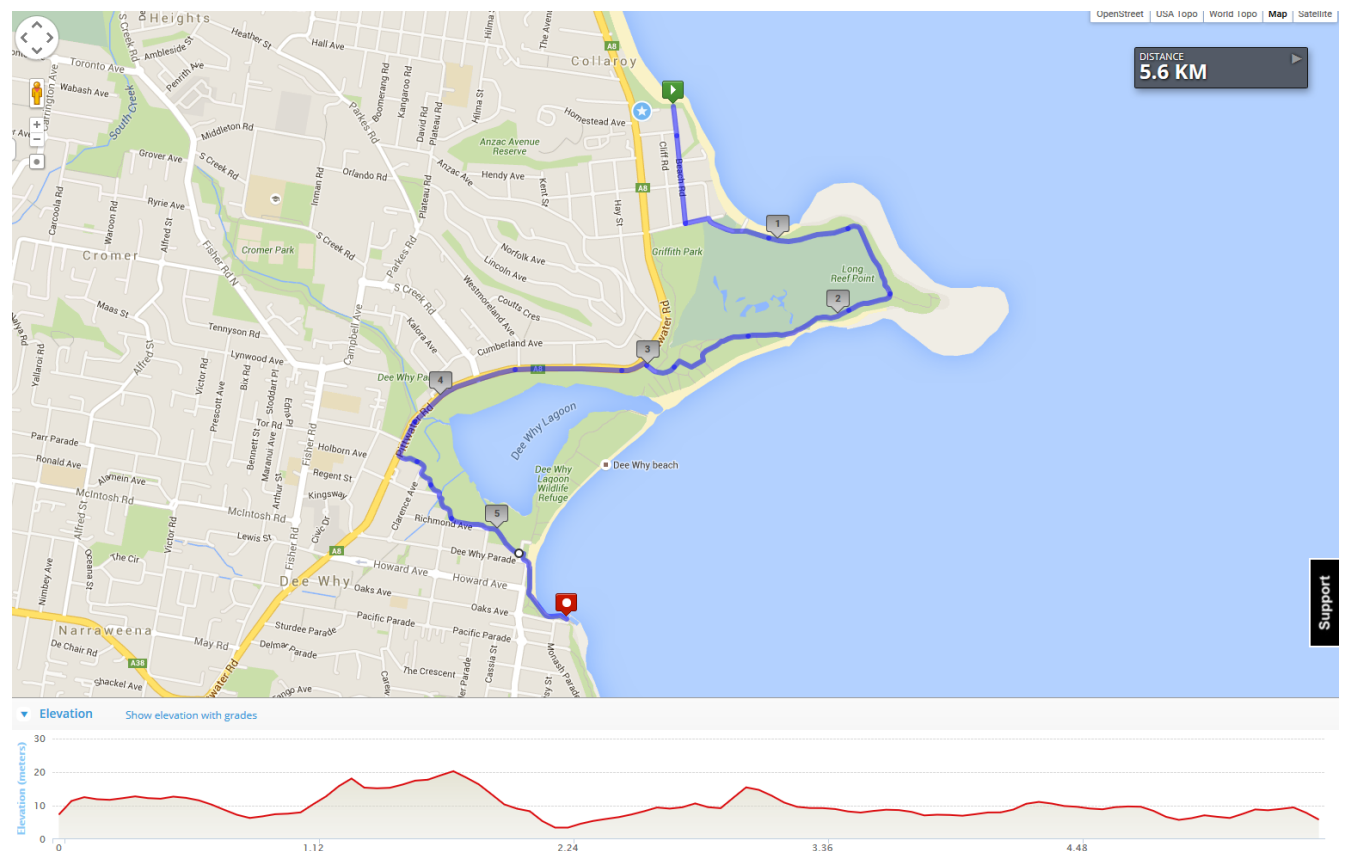
Run 4: Collaroy to Dee Why

Estimated Start Time: 10:30am

Distance: 5.6km

Elevation gain: 40m

Details: This will be our only chance to see where we have come from and where we are going to when you reach the lookout at Long Reef Point. From Collaroy beach we take the stairs up to Beach Rd and follow this to Anzac Ave and then head up the hill to the Long Reef Point lookout. We then follow the walking path back down to Long Reef beach and then onto Pittwater rd. From there we can either stay on the left side of the road and run along the edge where there is no footpath and the surface is rough and narrow or cross over the road to the footpath. After passing Dee Why lagoon we turn left onto the walking path just after the Lismore Ave intersection and follow this until we hit Dee Why beach.

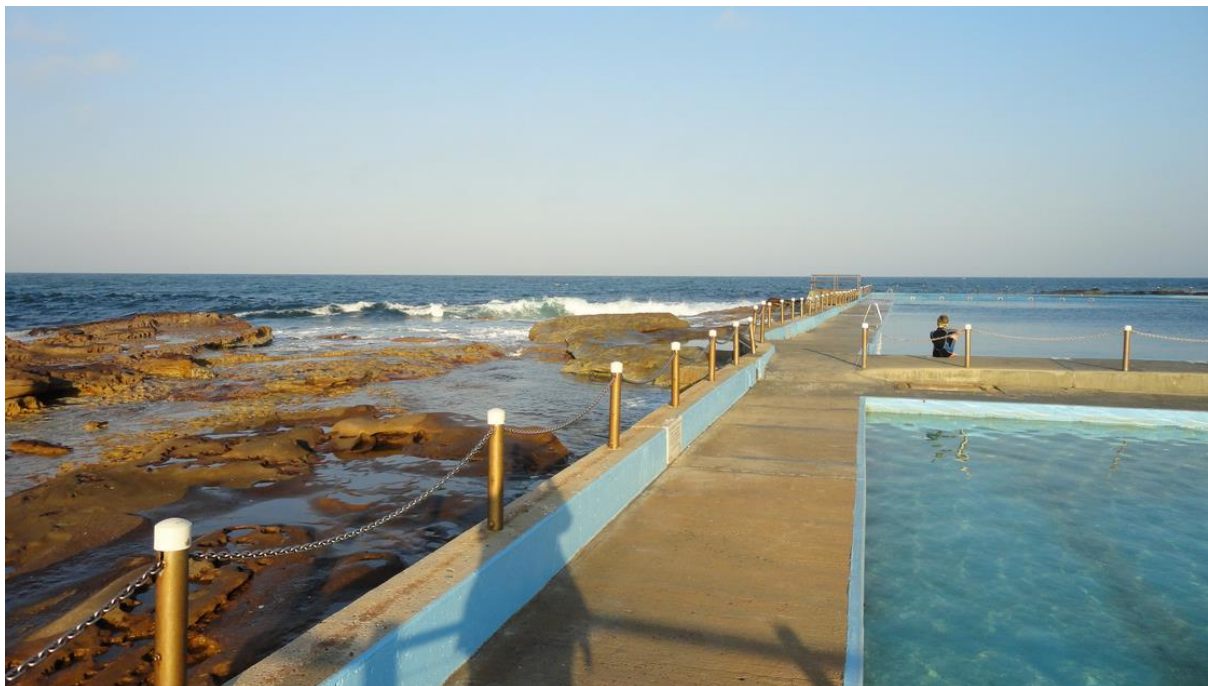
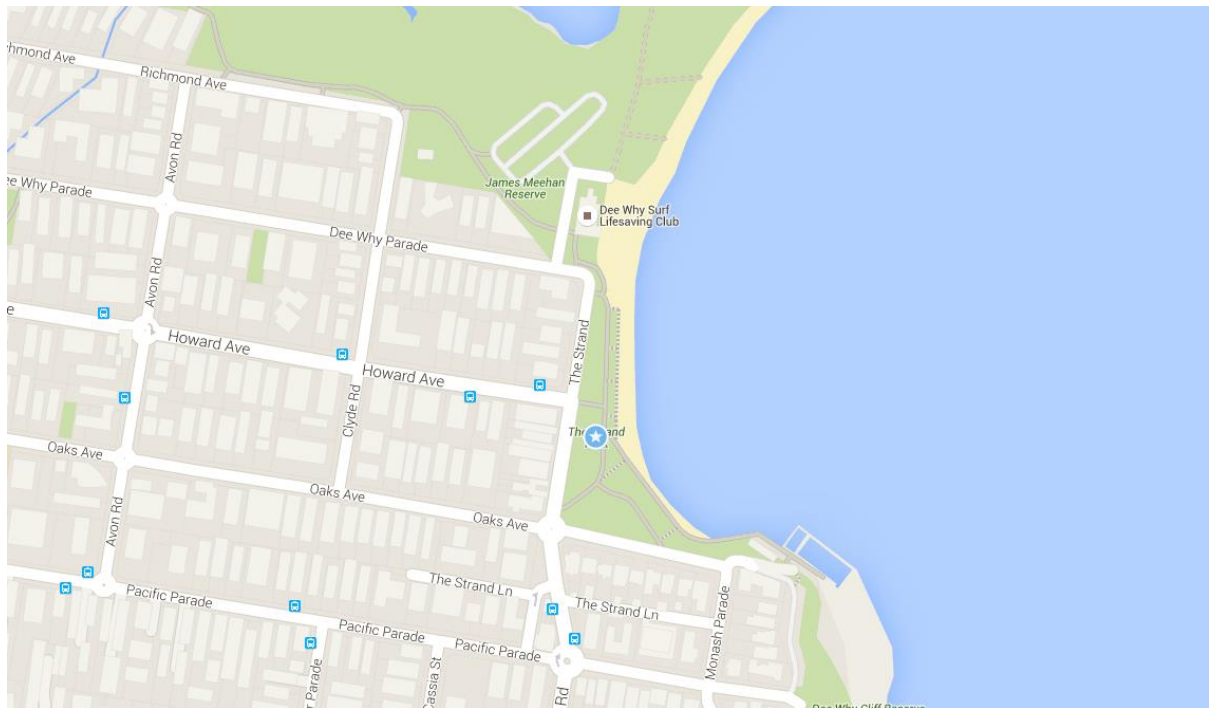


Swim 5: Dee Why Beach

Estimated Arrival Time: 11:10am

Distance: 400m (8 laps)

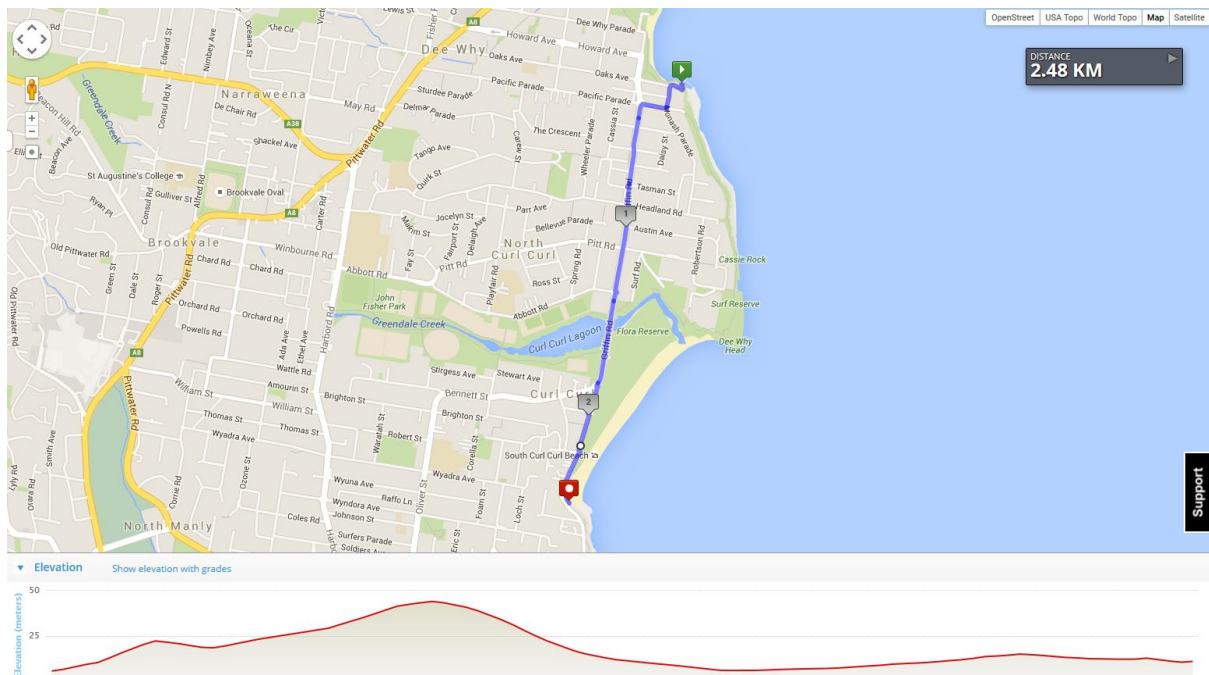
Details: In both previous years there have been swimming events held at this pool limiting the number of lanes available so there's a good chance we may get the same again here.



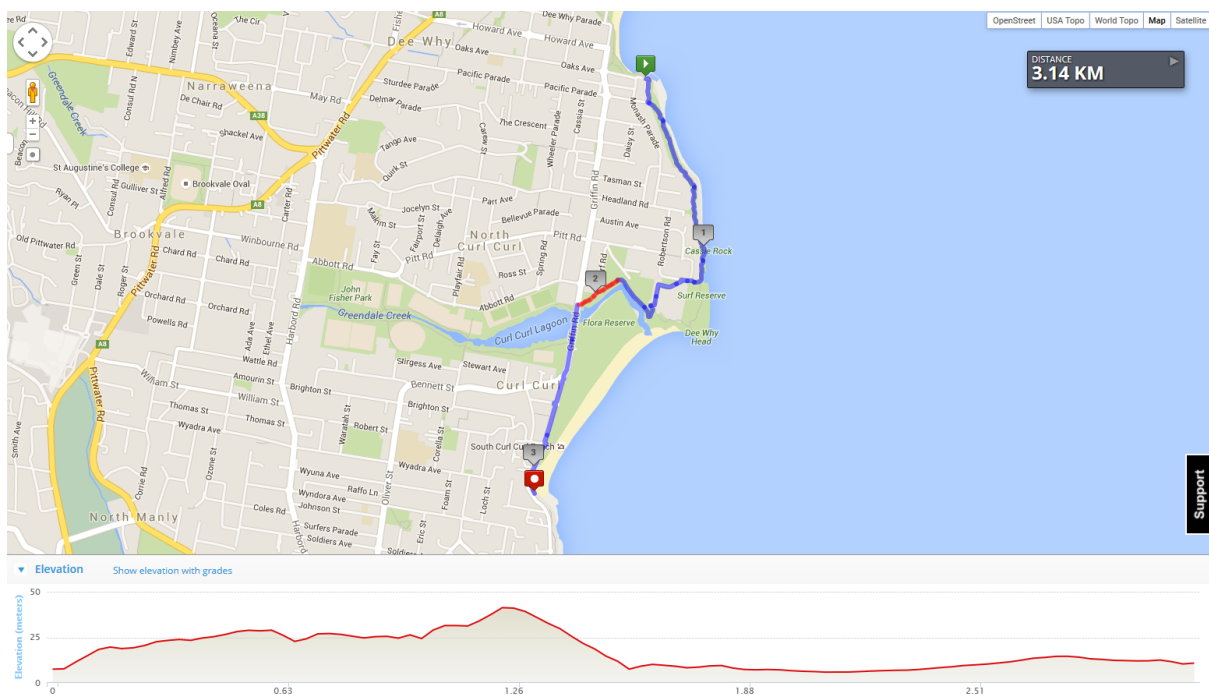
Run 5:
Estimated Start Time: 11:30am
Distance: 2.5km (road) or 3.2km (trail)
Elevation gain: 65m

Details: The standard option will be to run straight along Griffith Rd to Curl Curl but there is also the option of taking a very narrow but exciting headland trail that starts off the end of Pacific Parade. Votes will be taken on the day which way to go !

Road option:

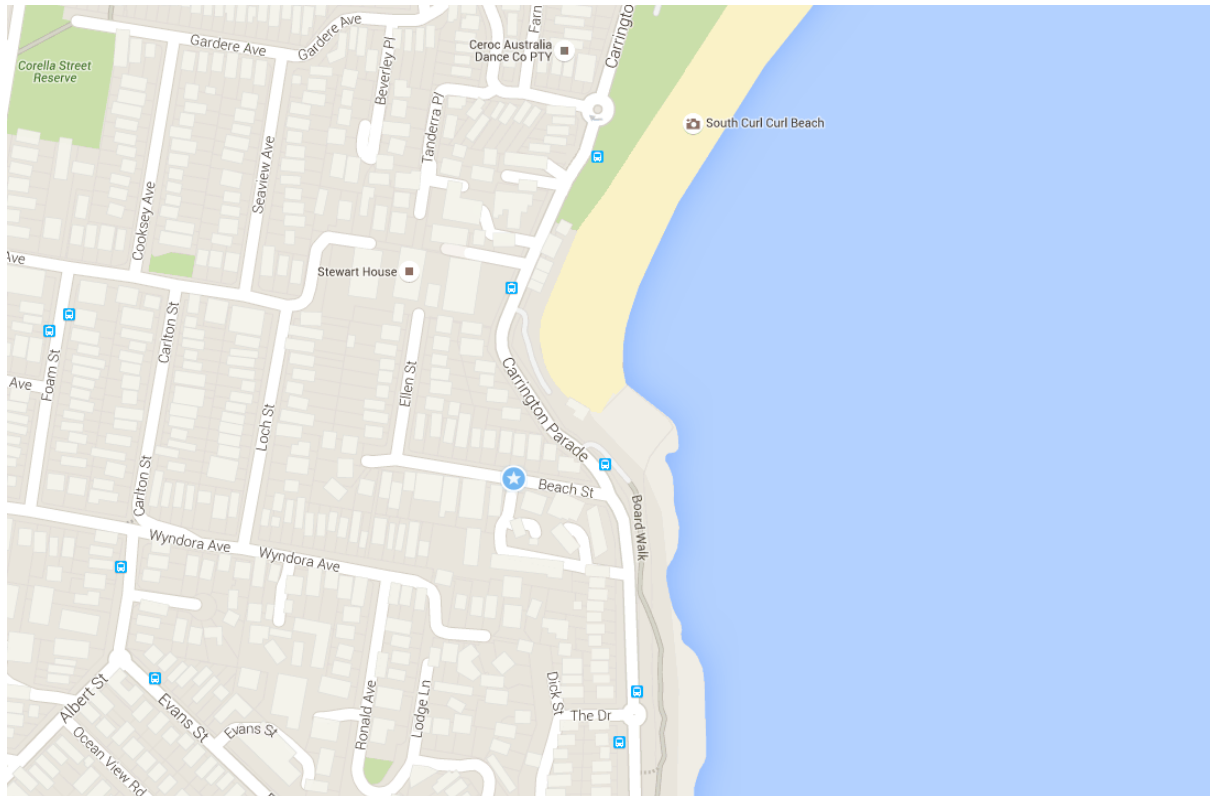


Trail option:



Swim 6: **Sth Curl Curl Beach**
Estimated Arrival Time: 11:45am (if Road route taken)
Distance: 400m (8 laps)

Details: This is a great pool to swim laps on a busy day as most of the leisure swimmers stick to the larger shallow section of the pool.



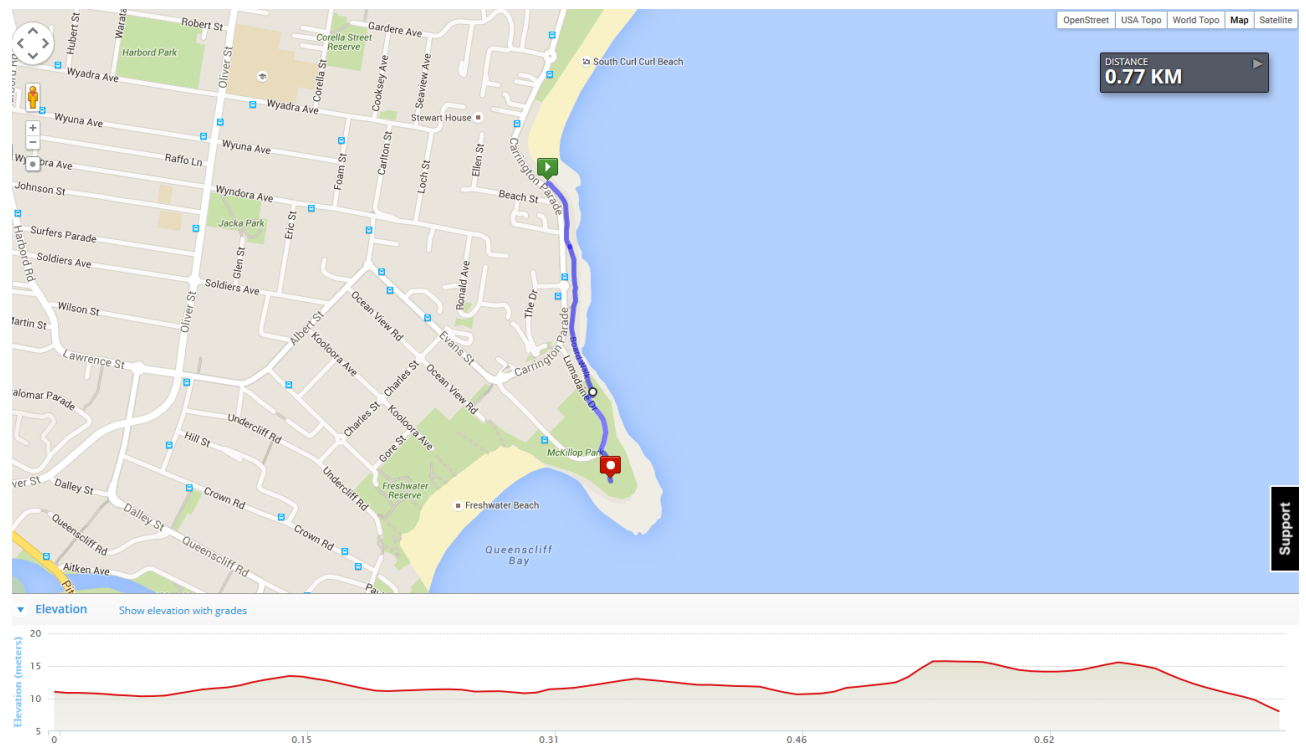
Run 6: Sth Curl Curl to Freshwater

Estimated Start Time: 12:10pm

Distance: 0.8km

Elevation gain: 7m

Details: The run that everyone looks forward to ! This is the shortest run of the day at less than 1km and simply follows the boardwalk from Sth Curl Curl past Harbord Diggers to Freshwater.

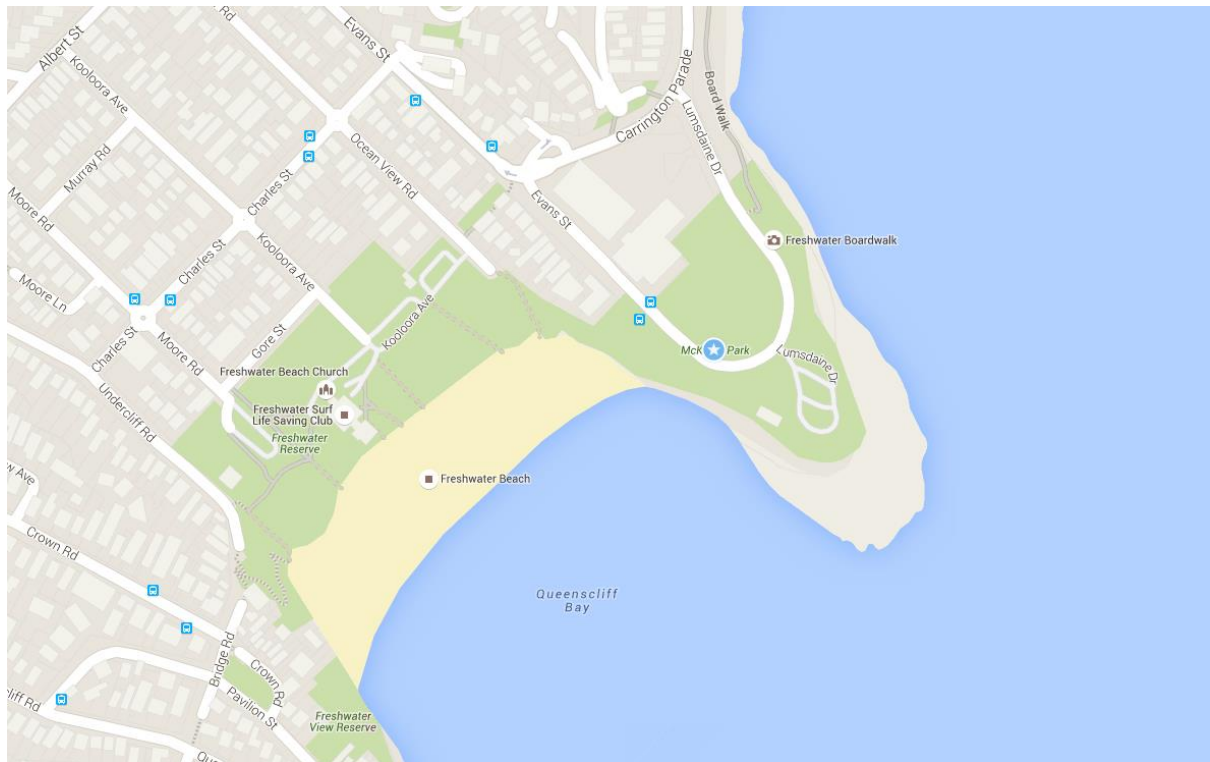


Swim 7: Freshwater Beach

Estimated Arrival Time: 12:20pm

Distance: 400m (8 laps)

Details: Arguably the best maintained pool on the northern beaches and a good one to do as the body gets tired and your sense of direction suffers as it's one of the few pools on the course with the lanes marked out !



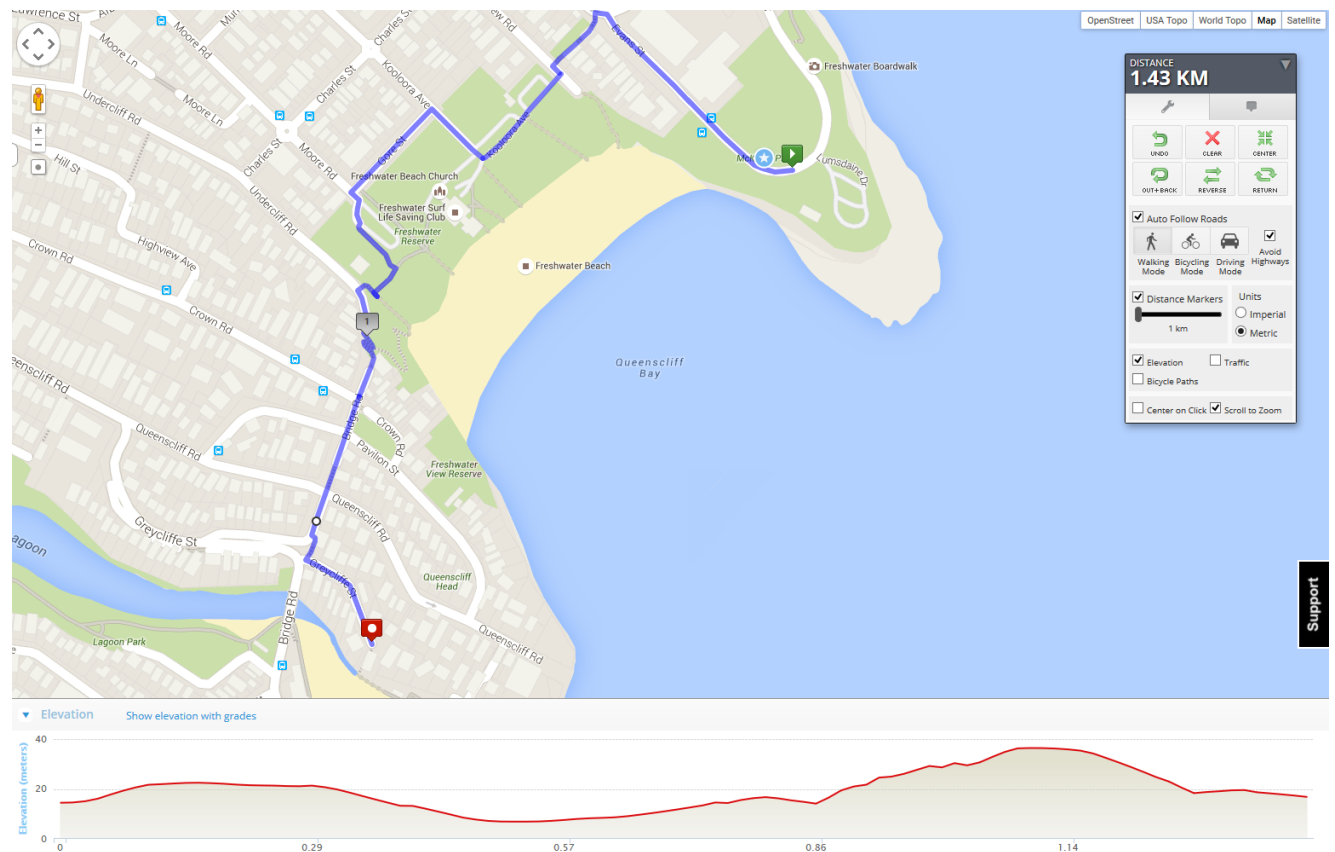
Run 7: Freshwater to Queenscliff

Estimated Start Time: 12:40pm

Distance: 1.4km

Elevation gain: 47m

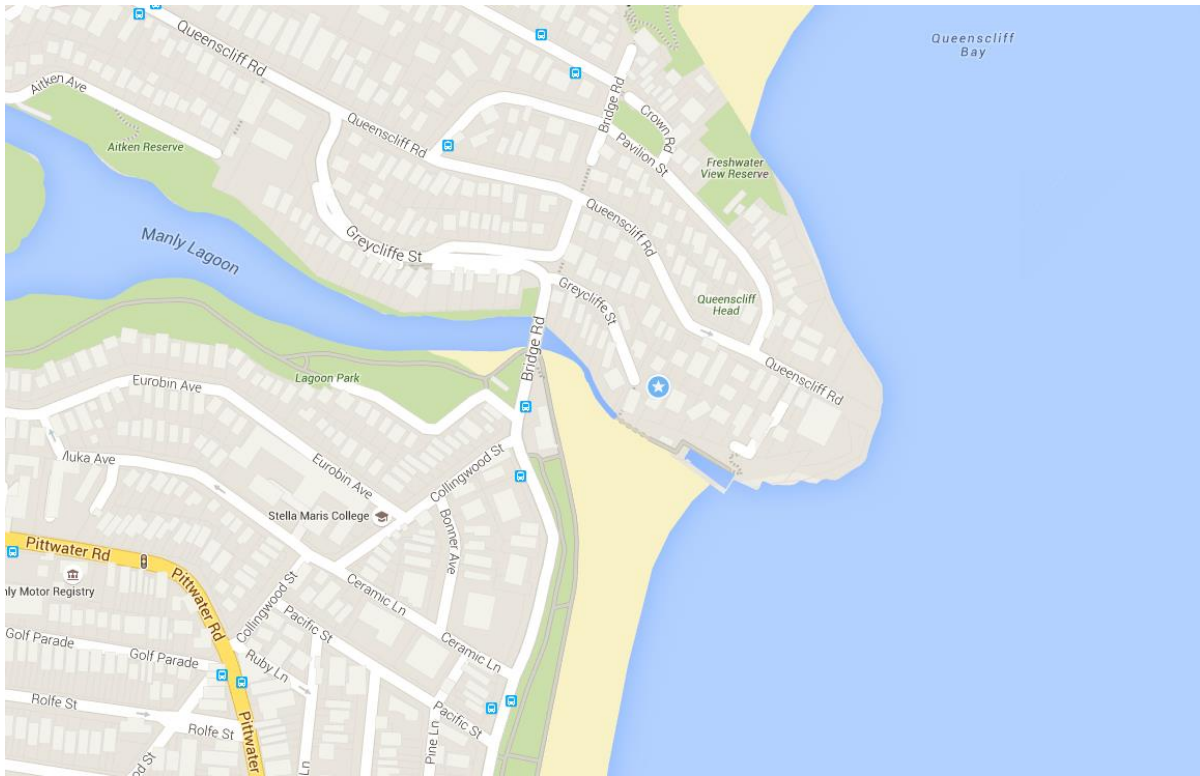
Details: Another short run but with lots of ups and downs including some steep stairs. From Freshwater pool we head back up to Evans Street but take the footpath just after the Carrington parade intersection down to Freshwater beach and then cut through the car park and up to Undercliff Rd where we take the narrow pathway steps up to Bridge Rd and then follow this down to Greycliffe Street and Queenscliff pool.



Swim 8:
Estimated Arrival Time: 12:55pm
Distance: 400m (8 laps)

Queenscliff

Details: The last of our pool swims for the course and a good one to survey the finish line from.



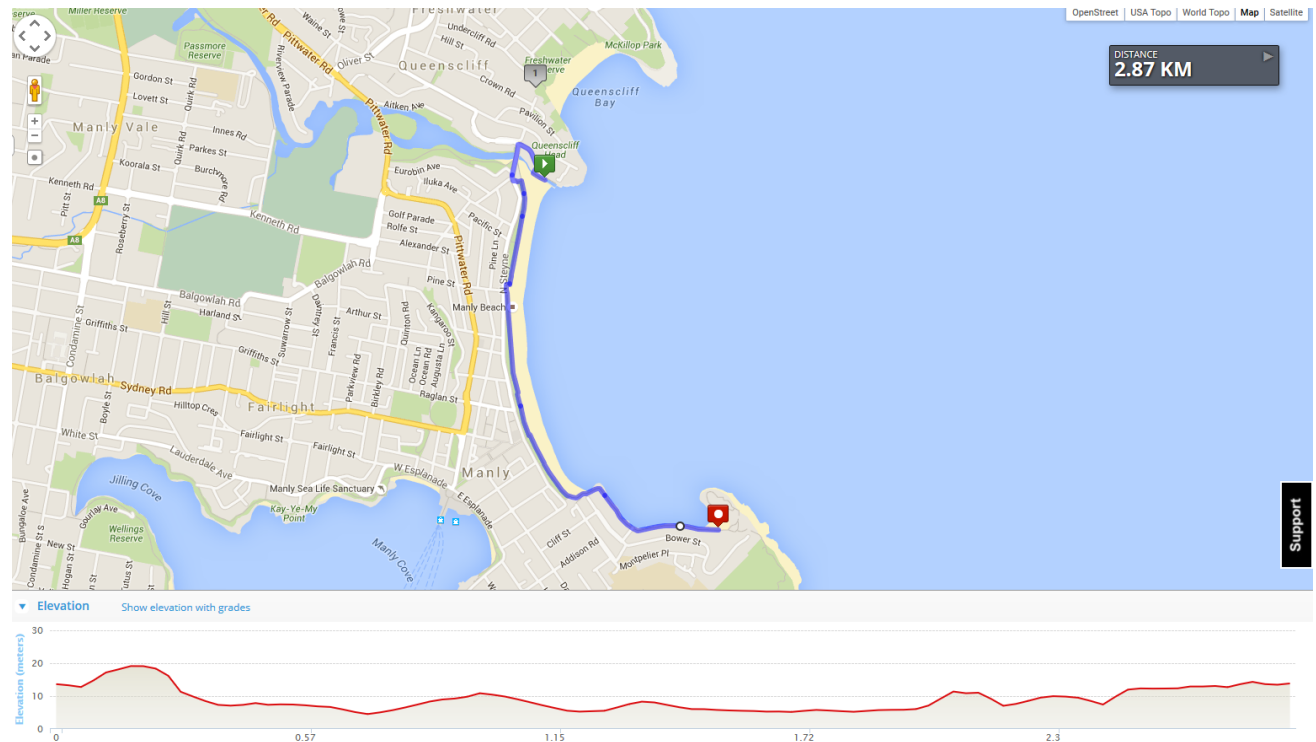
Run 8: Queenscliff to Shelly Beach

Estimated Start Time: 1:15pm

Distance: 2.8km

Elevation gain: 16m

Details: There's nothing like leaving the best run until last. From Queenscliff pool we can either do a short beach run over to the footpath or head around Greycliffe St and over the bridge to the beachfront path. From her we simply head down to the southern end of Manly beach and continue around the Marine Parade footpath to Shelly beach.



Swim 9:

Estimated Arrival Time:

Shelly Beach

1:30pm

Distance:

800m (400m out and back)

Details: Celebrations and congratulations happen out in the water !. From Shelly beach we head out for 400m and then after a few pats on the back we then turn back to complete the swim and bring the distance up to an even 4km for the day.

