

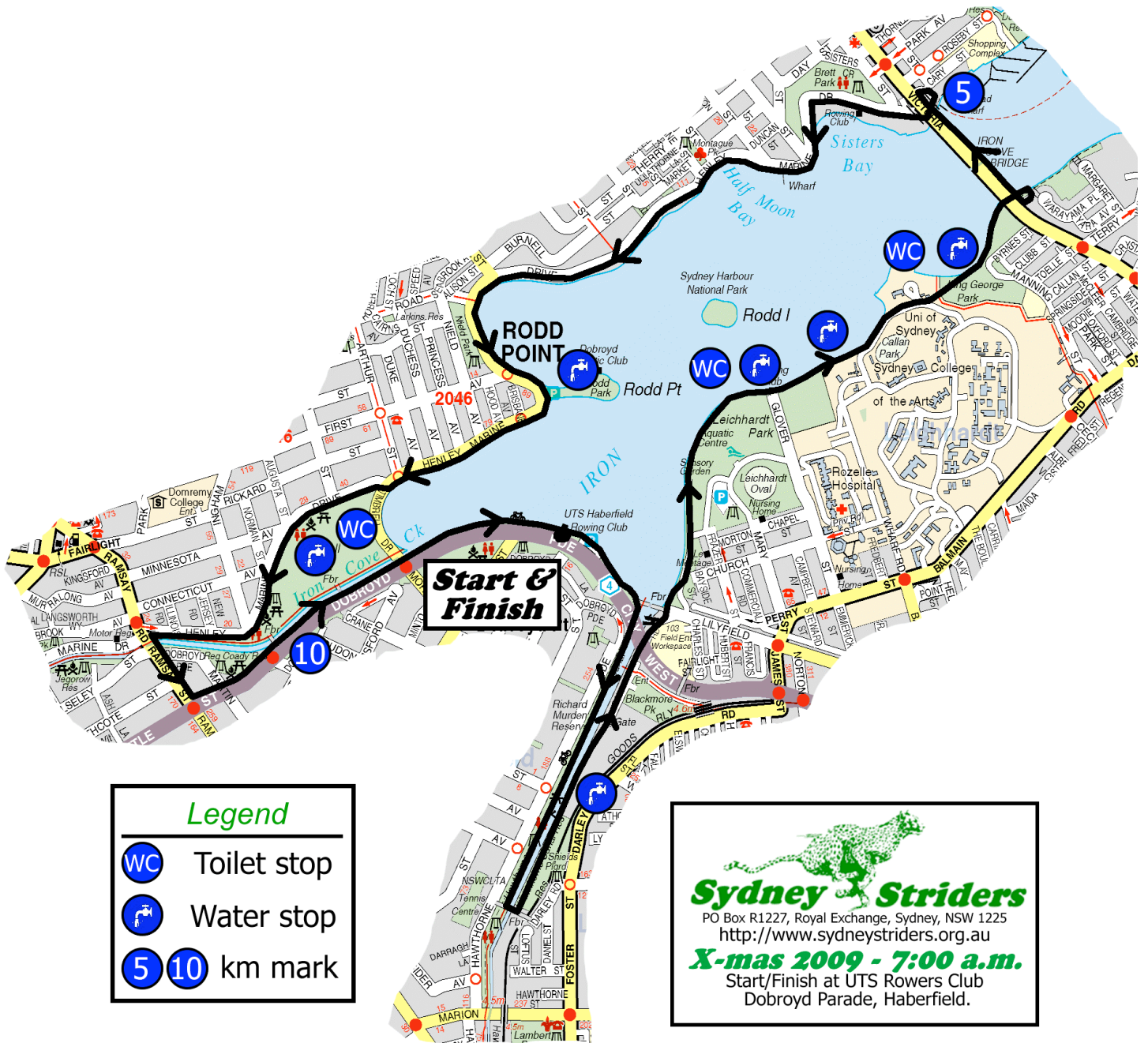
# X-Mas 2009 7.00AM







<b>START</b>		At UTS Rowers Club, Dobroyd Parade, Haberfield
0.0	L	On the Bay Run heading towards Iron Cove Bridge
0.2	R	path under bridge; cont. thru res. by canal
1.2	L	across footbridge
1.4	L	back along canal ( <b>W</b> at first gate)
2.4	follow	path under bridge into the Bay Run
3.6		Through rear of Rozelle Hospital and into King Georges Park ( <b>W,T</b> )
4.5		Under Iron Cove Bridge, up stairs onto the bridge, then across eastern footway
5.1	R	Off footway and R into Henley Marine Drive
8.1	follow	Henley Marine Dr away from the Bay, keeping Timbrell Pk on left ( <b>W,T</b> in park)
9.2	L	Ramsey Rd
9.5	L	Wattle Street, becomes Dobroyd Parade
11.0		<b>FINISH</b> at UTS Rowers Club, Dobroyd Parade, Haberfield

*Merry X-mas*





**Legend**

-  Toilet stop
-  Water stop
-   km mark

**Sydney Striders**  
 PO Box R1227, Royal Exchange, Sydney, NSW 1225  
<http://www.sydneystriders.org.au>  
**X-mas 2009 - 7:00 a.m.**  
 Start/Finish at UTS Rowers Club  
 Dobroyd Parade, Haberfield.