

Map to Training Venue: Gosford Quarries Training Site, Anambah



From Newcastle/Port Stephens

Drive through Maitland, along New England Highway. At Rutherford, go straight ahead through the roundabout (you will see McDonald and Bradford Hotel)
At the next roundabout (near the Harvey Norman) turn right in to Anambah Rd. Drive 2km up Anambah Rd.
You will see a sign pointing into a gate on the right. There is a large sign on the gate that says TRAINING.

From the Hunter Valley

Drive along the New England Highway, through Lochinvar, past the airstrip, towards Rutherford.
After the Joyce Mayne Warehouse, you will come to a roundabout – Harvey Norman is on the right.
Turn left into Anambah Rd, Drive 2km up Anambah Rd. You will see a sign pointing into a gate on the right.
There is a large sign on the gate that says TRAINING.

If you need further help finding
the quarry, call Ken (trainer) on
0411110474