



MARKS PARK AND COASTWALK LANDSCAPE WORKS

PROPOSED FURNITURE SUITE



Timber Seat with back

Replacing all existing seats and new seats placed at 65-75m spacing.

- New location
- Existing location retained



Standard WC 240l Bin Enclosure

Replacing all bin types, typically placed at entry path intersection with coast walk.

- New location
- Existing location retained

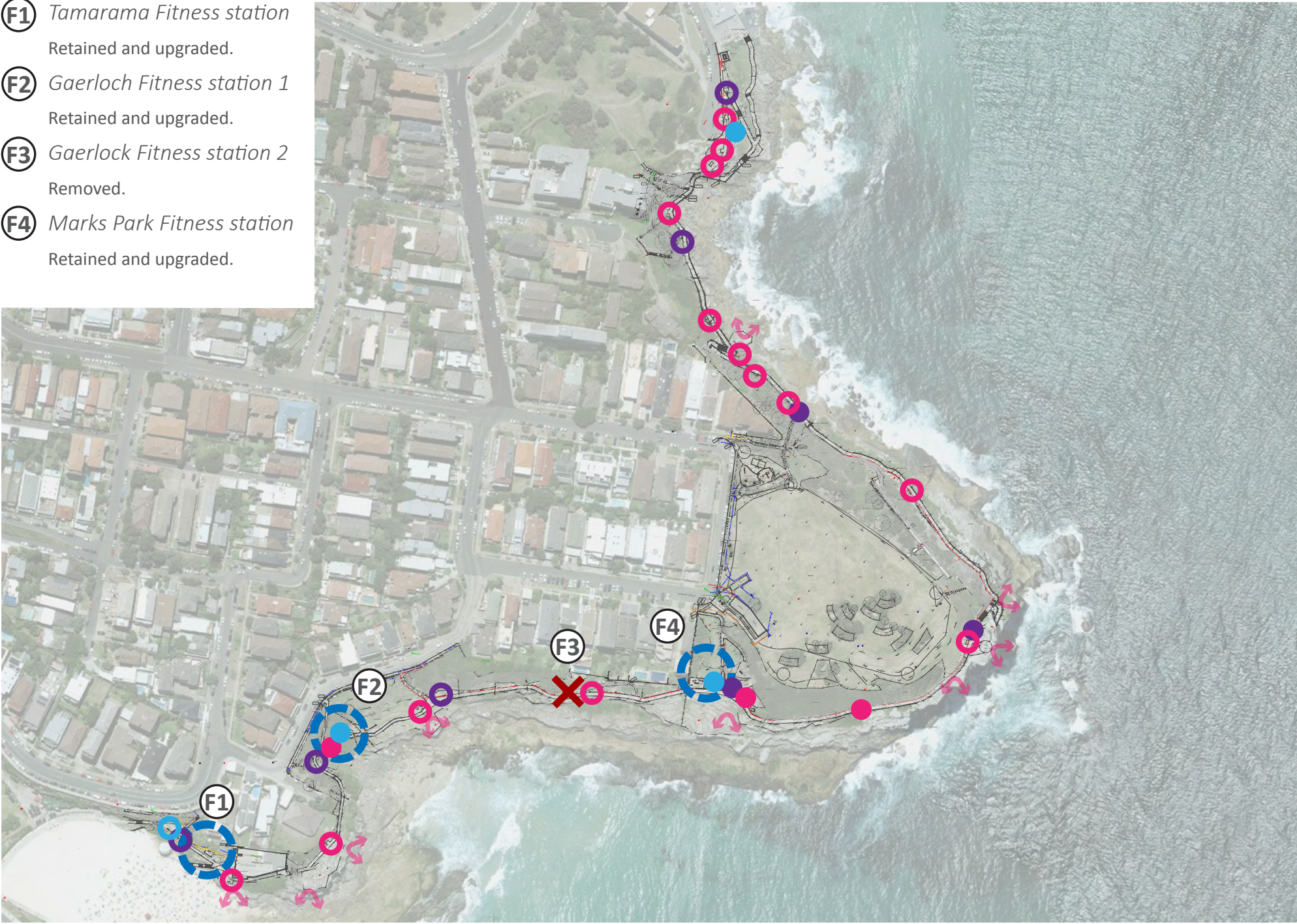


Drinking Fountain

New fountains placed typically every 250m if practicable.

- New location
- Existing location retained

- F1 Tamarama Fitness station
Retained and upgraded.
- F2 Gaerloch Fitness station 1
Retained and upgraded.
- F3 Gaerloch Fitness station 2
Removed.
- F4 Marks Park Fitness station
Retained and upgraded.



FITNESS STATION 1

F1 Tamara Beach Fitness station, consisting of two push up bars.
Level bench has been removed.
Activities: 1 (Previously 2)
Area: 18 sqm
Condition: Poor
Material: Hardwood timber edging, artificial turf surfacing, hardwood timber and stainless steel furniture.



Upper Body



PUSHUP BARS, EVIDENCE OF LEVEL BENCH BEHIND

FITNESS STATION 2

F2 Gaerlock Ave Fitness station, consisting of bench curl and seated dips.
Activities: 2
Area: 28 sqm
Condition: Poor
Material: Hardwood timber edging, artificial turf surfacing, hardwood timber and stainless steel furniture.



Upper Body

Lower Body



BENCH CURL BENCH



SEATED DIPS BENCH

FITNESS STATION 3

F3 Fitness station between Gaerloch Ave and Marks Park. Consisting of 3no. step up steppers and central pole.

Activities: 1

Area: 13 Sqm

Condition: Poor

Material: Hardwood timber edging, artificial turf surfacing, hardwood timber and stainless steel furniture.



Compound



VARIABLE HEIGHT STEPPERS WITH BALANCE POLE

FITNESS STATION 4

F4 Marks Park Fitness station, consisting of 4no. activities. body curl, chin up, hand walk, and leg stretching.

Activities: 4

Area: 60 Sqm

Condition: Poor

Material: Hardwood timber edging, artificial turf surfacing, hardwood timber and stainless steel furniture.



Upper Body

Lower Body



PARALLEL BARS INFRONT, STRETCHING POSTS BEHIND



INCLINE BENCH INFRONT, PULL UP BAR BEHIND.

WAVERLEY COUNCIL FITNESS EQUIPMENT SUITE



Push up bar
Upper body
Activities: Push ups
Varying degrees of difficulty provided by different heights of bars.



Pull up bars
Upper body
Activities: Pull ups



Level bench with post and bars
Upper body and Lower body
Activities: Push ups, Squats, Dips, Supermans, stretching



Level bench with push up bars
Upper body
Activities: Push ups, Dips, stretching
Varying degrees of difficulty provided by different distances from bench to bars.



Triple dip bars
Upper body
Activities: Dips, Hand walk



Incline bench
Lower body and Core
Activities: Sit ups, Back curls, Leg raises
Varying degrees of difficulty provided by different degrees of incline.



Chest height push up bars
Upper body
Activities: Push ups, Chin ups.



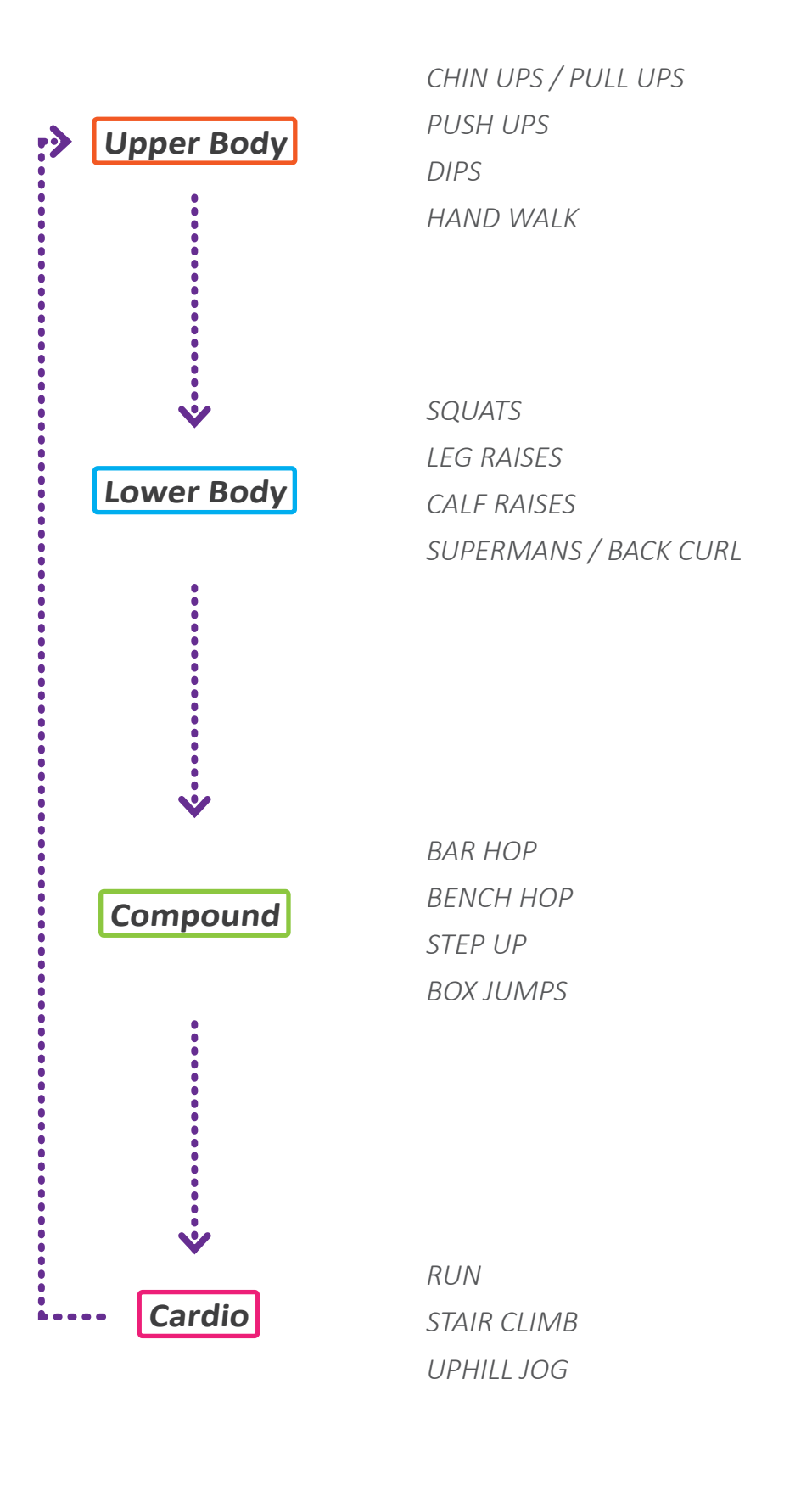
Post dips
Upper body
Activities: Dips



Hop bars
Compound exercise
Activities: Bar hopping

TYPICAL WORKOUT CIRCUIT

PROPOSED CIRCUIT WORKOUT



FITNESS STATION 1

UPPER BODY

CARDIO

LOWER BODY

COMPOUND

PULL UP BARS

PUSH UP BARS

ADDITIONAL STRETCHING SPACE

FITNESS STATION 2

LOWER BODY

CARDIO

MULTIPLE VARYING INCLINE BEN

HOP BARS

LEVEL BENCH WITH POST AND PUSH UP BAR

FITNESS STATION 3

COMPOUND

UPPER BODY

LOWER BODY

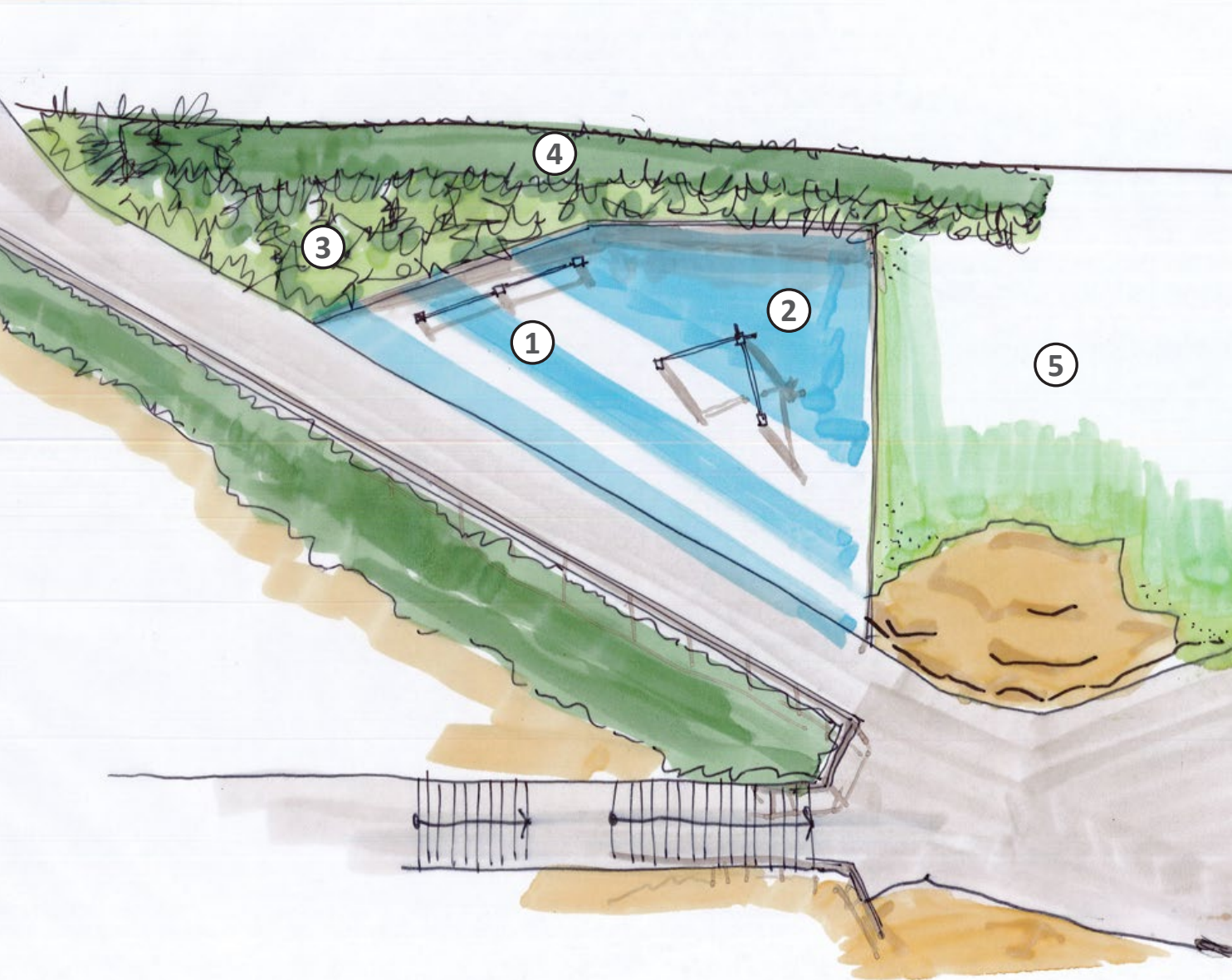
VARYING HEIGHT JUMPING BOXES

ADDITIONAL MONKEY BARS, AND STRETCHING SPACE.

TRIPLE DIP BARS

MULTIPLE VARYING INCLINE BENCHES

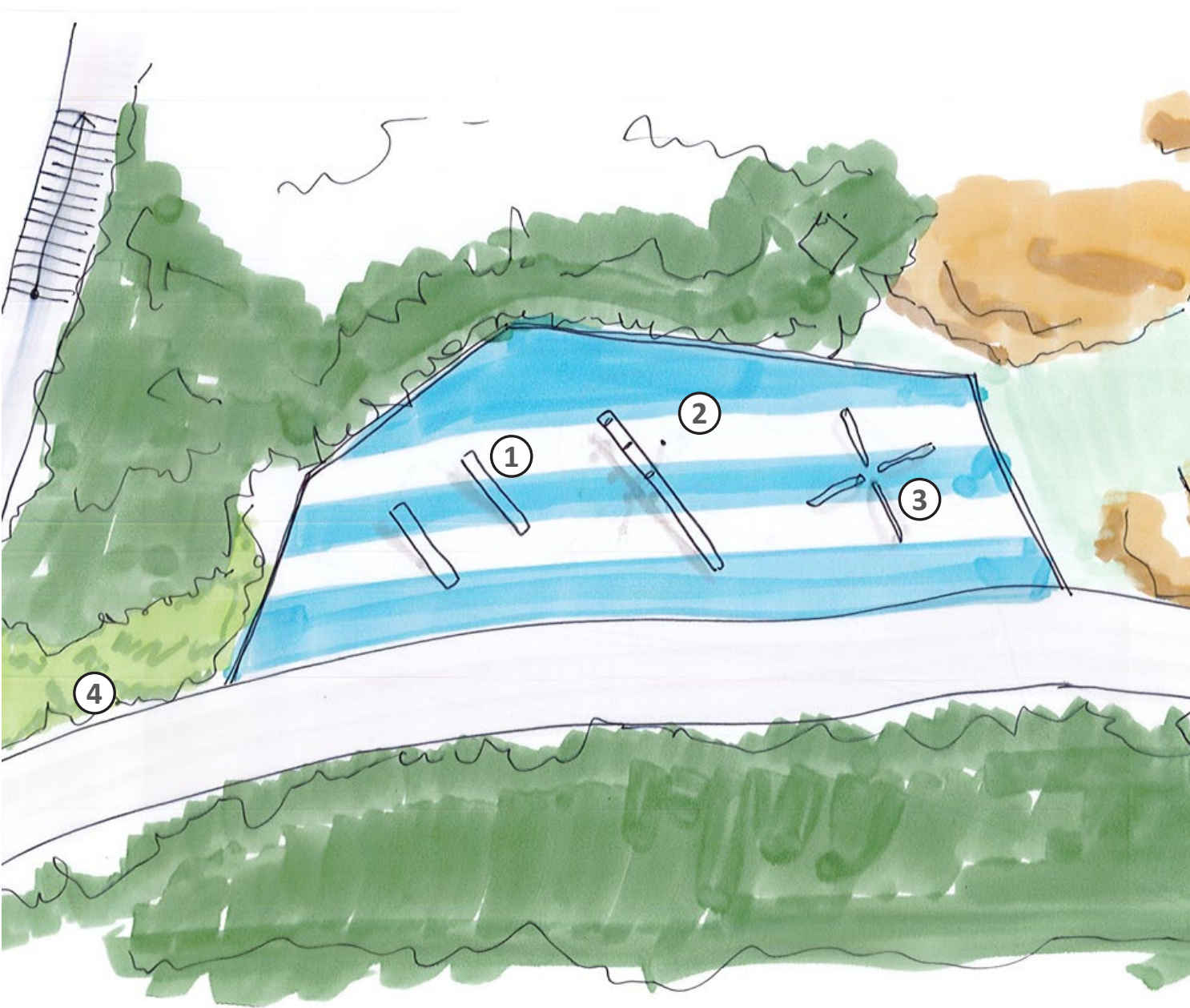
FITNESS STATION 1



- 1 Low push up bar or level bench.
- 2 Pull up bars
- 3 New low cover planting.
Replace removed / damaged planting from adjacent renovation works.
- 4 New medium height planting.

- 5 Max. 1.5m tall planting.
Lawn area retained.
Area retained for informal stretching /exercises.

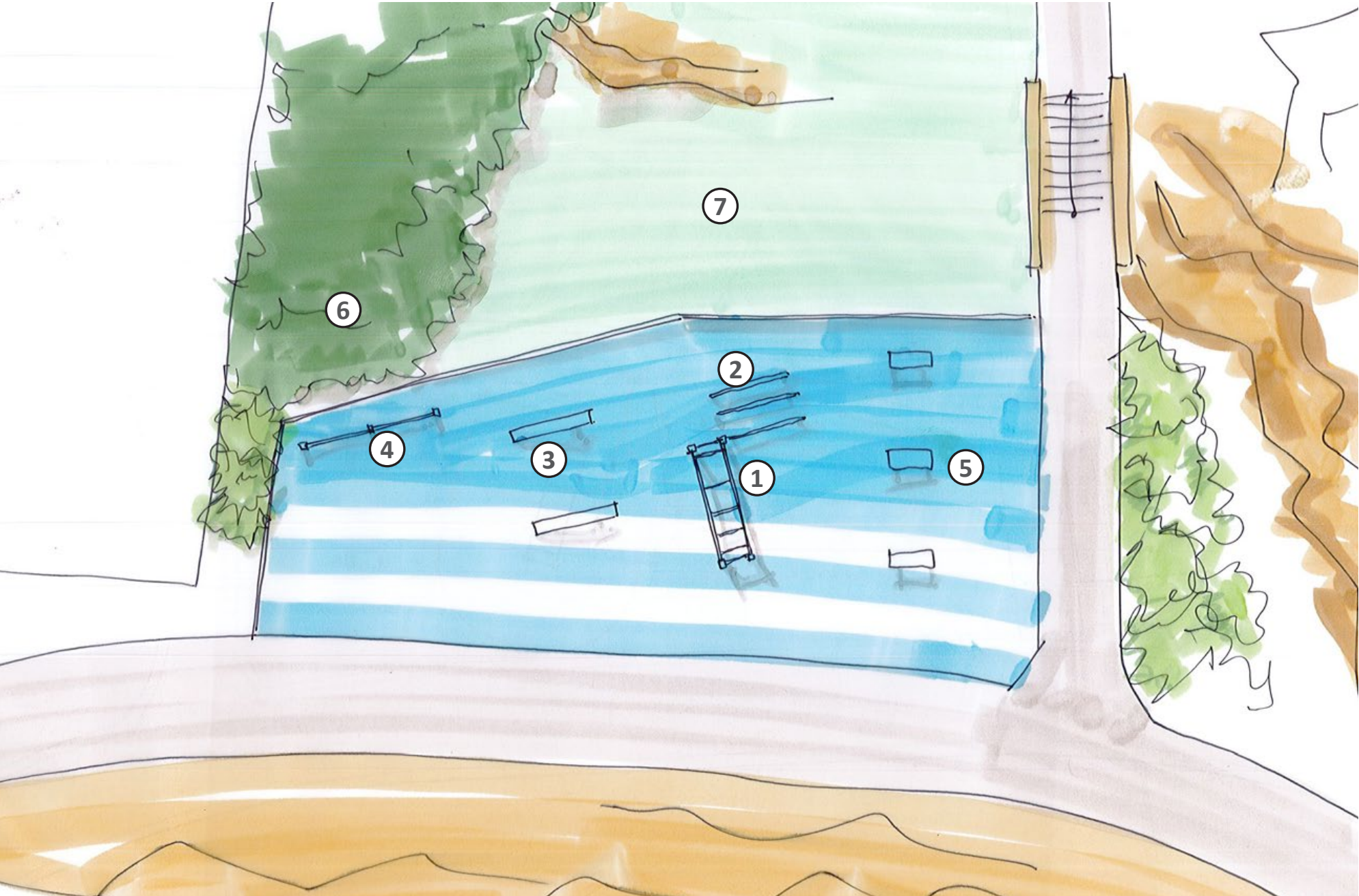
FITNESS STATION 2



- 1 Incline benches.
Varying height incline benches for lower body workouts.
- 2 Level bench with pole
Lower body workout with squats
- 3 Hop bar.
Hopping bars for compound workout.

- 4 New low cover planting.
Replant corner planting.

FITNESS STATION 4



- ① *Monkey bars*

② *Triple dip bars.*









③ *Incline benches.*
Varying height incline benches.

④ *Low push up bars.*

⑤ *Jump boxes.*
Plyometric exercises with varying height jump boxes and measured inground markings.
- ⑥ *Buffer planting.*
Shift fitness station away from property boundary, and plant inbetween.

⑦ *Lawn area.*
Retain lawn area behind, and improve sub-surface drainage behind edge of fitness station.



-  KEY NODE / ENTRY
-  PATH LOCATION
-  FUTURE PATH EXTENSION
-  NEW SEAT LOCATION
-  EXISTING SEAT LOCATION RETAINED
-  NEW BIN ENCLOSURE
-  NEW BOLLARDS
-  POSSIBLE TERRACE WALL
-  EXTEND PLANTING TO NEW PATH EDGE
-  NEW LOW COASTAL PLANTING

① New top park access path.

Create a formal hard paved footpath around the top park, providing a easily trafficable and durable surface.

② Improve access to Point Lookout

Create a formal access from the top park to the Coast walk and Point look out. Extending low native planting to assist in slope stabilisation.

③ New top park lookout.

Provide an accessible lookout providing a similar experience to the Point Lookout for all users of the park.

④ Entry Nodes.

Create formalised entry locations to the park and coagulate infrastructure (bins, bike racks, benches) at these nodes.

⑤ Future playground upgrade (2017-18)

Playground upgrade consultation and design will commence in 2017 to 2018.

⑥ Investigate Path Extension (2017-18)

Investigate potential path extension to create a circuit around Marks Park.

Project Title: **MARKS PARK AND COAST WALK WORKS**

Drawing Name: **MARKS PARK CONCEPT DIAGRAM**

Drawing No: **SK-013**

Date: 24.02.2017

Drawn by: AC

Scale: NTS



WAVERLEY
COUNCIL



1



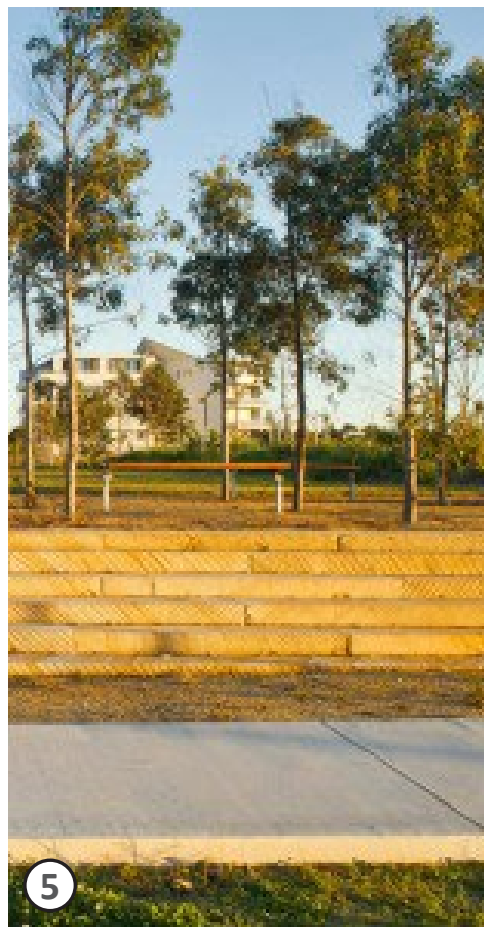
2



3



4



5



6



7



8

- 1 Standard stairs hardscaped stairs softened with planting in the stair treads.

Tangshan Geopark Museum, Hassell Studio, China.

- 2 Standard stairs integrated with adjacent planting beds.

Niushoushan Park, Hassell Studio, China.

- 3 Coast side retaining walls subtly integrated into the slope of the site, planted with native species. Providing slope stabilisation and stepped access.

Cap Roig, Michele & Miquel, Spain.

- 4 Wide terrace in sloped banks of river, with stone interface with water. Offers seating, viewing and access down the slope.

Riverside Luenen, WBP Landschaftsarchitekten, Germany.

- 5 Traditional sandstone block terrace addressing level change to a lower path.

Little Bay Cove, McGregor Coxall, Sydney.

- 6 Utilising local stone to create an interesting access stair up the side of a hill.

Governors Island, West8, USA.

- 7 Sandstone blocks to create the feeling and character of a cliff edge.

Barangaroo, PWP Landscape Architects, Sydney.

- 8 Irregular sandstone paving to maintain existing character and textures at lookout.

Mackenzies Point, Tamarama.

Project Title: **MARKS PARK AND COAST WALK WORKS**

Drawing Name: **PRECEDENT & CHARACTER IMAGES**

Drawing No: **SK-014**

Date: 24.02.2017

Drawn by: AC

Scale: NTS



WAVERLEY
COUNCIL