Long Reef headland, Sydney, Australia. This photograph shows Long Reef looking south towards Dee Why. Located in the Warringah Council area of NSW, Australia, Long Reef was formed during the Triassic Period over 230 million years ago and is composed of Sydney’s oldest geological sediments. The chocolate shales, claystones and ironstones ensure that the headland undergoes constant erosion from the wind and waves and has created the extensive rock platform for which the headland is renowned. The headland is exposed to swell from the northeast to southeast and the surf is dominated by a permanent headland rip and strong beach rips, which can be seen in the photograph. (Photograph by Adam Weir; adam@adamweir.com)