

WEST MET XC CLUBS

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

www.westmetxcclubs.com.au

WINTER SERIES 2024

SUMMARY OF ANSW & AA Champs 2024 EVENTS.

APRIL

- Sat 6th **WEST MET No - 3 UPJOHN PARK**
Sun 7th Canberra Running Festival
Thurs 11th to Fri 19th Australian Athletic Champs
Sat 13th **WEST MET No 4 – UPJOHN PARK west course**
Sat 20th **WEST MET No 5 – PROSPECT RESERVOIR – PROSPECT**
Thurs 25th Anzac Day
Sat 27th **ANSW St George Classic – Dual Relay Champs Scarborough Park Ramsgate**

MAY

- Sat 4th **WEST MET No 6 - BELLA VISTA FARM PARK - BAULKHAM HILLS**
Sun 5th **ANSW Short Walks – Armory Sydney Olympic Park**
Sat 11th **WEST MET No 7 - BELLA VISTA FARM PARK - BAULKHAM HILLS**
Sun 12th Mothers Day Fun Run
Sat 18th **WEST MET No 8 - GEORGE KENDALL RIVERSIDE RESERVE – ERMINGTON TBC**
Sun 19th **ANSW Sydney 10 & Supporting Events SOPAC**
Sat 25th **WEST MET No 9- GEORGE KENDALL RIVERSIDE RESERVE – ERMINGTON TBC**
Sun 26th Balmoral Burn

JUNE

- Sat 1st **ANSW XC Relays & Walks HOMEBUSH-ARMOUR**
Sat 8th **WEST MET No 10**
Sat 8th & Sun 9th Federation Walks
Mon 10th Kings Birthday
Sat 15th **WEST MET No 11**
Sun 16th Metro Winter #1 – Narellan Sports HUB
Sat 22nd **ANSW XC Champs – Willandra Nowra**
Sun 23rd Hunter Winter #1 – Hunter Sports Centre, Glendale
Sun 23rd Western Sydney Marathon
Sat 29th **WEST MET No 12**

JULY

- Sat 6th **WEST MET No 13**
Sat 6th Gold Coast Running Festival
Sat 6th Hunter Winter #2 – Maitland Regional Athletic Centre
Sun 7th LANSW XC & Walks Champs
Tue 9th Metro Winter #2 – Kerry McCann, Wollongong
Sat 13th **ANSW Short Course XC Champs – Integral Energy Park, Dapto**
Sat 20th **WEST MET No 14**
Sun 21st Sutherland to Surf
Wed 24th NSW All Schools Cross Country Champs – Eastern Creek

Fri 26th to Sun 11th Olympic Games - PARIS

- Sat 27th **WEST MET No 15**
Sun 28th Sydney Harbour Ten
Sun 28th Blacktown Running Festival, (replacing Westlink M7 run) 2, 5 & 10km runs –
Nurragingy Reserve Knox Road, Doonside.

AUGUST

- Sat 3rd **ANSW Road Relays – The Crest, Bass Hill, Bankstown, Bankstown Club**
Sun 4th Winter Track Finals – Mingara Regional, Tumbi Umbi
Sat 10th **WEST MET 16 – POINTS FIVE & COUNT OF ONE WEEK**
Sun 11th **City 2 Surf – Sydney CBD**
Sat 17th **WEST MET No 16**
Sat & Sun 17th - 18th **LANSW primary Schools Carnival – Blacktown Sports**
Sun 18th **ANSW Long Distance Walks - TBC**
Sat 24th **WEST MET No 17**
Sat 24th **National Cross Country Champs TBC**
Sun 25th **ANSW Sydney Half Marathon Champs – Sydney Olympic Park.**
Sat 31st **WEST MET No 18**

SEPTEMBER

- Sat 7th **WEST MET – Trophy Presentation.**
Sun 15th **Sydney Running Festival / Australian & NSW Marathon Champs - Sydney**

OCTOBER

Fernleigh 15 ??

PEASE CHECK FOR UPDATES BEFORE EVENT DATE XX

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WINTER SERIES 20204

WEST METROPOLITAN XC EVENT No 4

APRIL 13th Saturday

PCC LGA

UPJOHN PARK – RYDALMERE / DUNDAS COURSE

REVERSE 2km Loop

2km 2:00pm

4km 2:25pm

Note 4km U14 min age group

6 km 3:00pm

Main Loop is approx 2km in reverse Direction

Note Grass Slashed not cut.

VENUE: Upjohn Park Kirby Street Rydalmere. Entrance, near round-about and Homart Pharmaceutical, entrance.

START / FINISH:- Start, car park side of Nolen Oval,

COURSE: From the start run towards Kirby Street fence line (opposite direction to last run), continue to the first creek approx 350m.

Follow course to the right then right again around large tree, continue for approx 75m , then left and left again to the bridge, then from bridge almost straight ahead , keep large tree on your left, continue to second creek and turn around the old golf course green, follow the creek, then turn left after bush area towards the 2nd creek bridge, turn right just before and around large tree. From here, course has a short steep climb toward Ulm Street pipe gate, then left, back towards the creek, turn before tree and continue to 1km point, new small tree planting area.

Turn right towards roadway, then right and follow road way (grass verge) back towards pipe gateway. Down path and across to island of shrubs, follow around to other side, 1k5 point, then across to trees and scrubs, turn right, towards fence line then turn right again to the other side of trees, scrubs and continue straight to the first creek crossing (narrow dirt covered pipe), from here, line up to Oval, then left on reaching oval to finish line or next lap.

April Sat 20th

WEST METROPOLITAN XC EVENT No 5
PROSPECT RESERVOIR – PROSPECT
Warm up for relays,

2km 2:00pm

4km 2:25pm

5km 3:00pm (2x2k5 Loops)

Course: Road Circuit - Out & Back 1km. Uphill run then speed /stride back, one loop.
Rating: Two (2)
Start / Finish: In side the Wire Fence at the bottom of the Dam Wall
Venue: Prospect Reservoir (Prospect Dam) - Reservoir Road Prospect.
Course Detail: The run starts on the other side of the wire fence, follows the Old Roadway along the base of the Dam Wall. This is a steep climb over 1km, turn round approx half way along dam wall (half way up).
Post Run Coffee: “Royal Cricketers Arms”, turn left at exit into Reservoir Rd, Corner Skyline Drive In, Cricketers Arms Rd.

Directions:

NOTE – Roadwork’s along Prospect H’Way and Reservoir Road (Prospect H’Way end) \$300m upgrade. Entrance is now open from Prospect H’Way into Reservoir Road.
Follow the roadway past the reservoir to the dam wall at the picnic area near Walder Park.

WEST METROPOLITAN XC EVENT No 6

May 11th Saturday

BELLA VISTA FARM PARK - BAULKHAM HILLS

2km 2:00pm

4km 2:25pm

6km 3:00pm Note 4km U14 min age group

VENUE: Bella Vista Farm Park, Elizabeth-Macarthur Drive, Bella Vista - Baulkham Hills.
COURSE: 2km Loop – Grass
RATING: 3.5+ Undulating course with steep inclines – This is now a very challenging course.
START / FINISH: Opposite car park, near picnic shelters.
PARKING: Parking area is inside the park or nearby streets.
FACILITIES: Toilets located near the finish, opposite picnic shelters. BBQ’s & picnic - tank water.
Post Run Coffee: Circa Retail Shopping Centre- Shopping Mall , follow Elizabeth Macarthur Dr into Circa Boulevarde.

DIRECTIONS:

Nth M2 / M7 take the first exit Right into Old Windsor Road then right into Norbrick Drive then left into Elizabeth-Macarthur Drive then left, opposite ”Res Med” turn right into the Park.

West M7 exit into Norwest BVD, turn right opposite Bunnings / Woolworths head office into Elizabeth-Macarthur Drv, then left into the park.

South from Parramatta direction along Old Windsor Road after Seven Hills Road then under M7 turn right into Norbrick as above.

WEST METROPOLITAN XC EVENT No 7

May 18th Saturday

BELLA VISTA FARM PARK - BAULKHAM HILLS

2km 2:00pm 4km 2:25pm 6km 3:00pm Note 4km U14 min age group

VENUE: Bella Vista Farm Park, Elizabeth-Macarthur Drive, Bella Vista - Baulkham Hills.
COURSE: 2km Loop – Grass
RATING: 3.5+ Undulating course with steep inclines – This is now a very challenging course.
START / FINISH: Opposite car park, near picnic shelters.
PARKING: Parking area is inside the park or nearby streets.
FACILITIES: Toilets located near the finish, opposite picnic shelters. BBQ's & picnic - tank water.
Post Run Coffee: Circa Retail Shopping Centre- Shopping Mall , follow Elizabeth Macarthur Dr into Circa Boulevarde.

DIRECTIONS:

Nth M2 / M7 take the first exit Right into Old Windsor Road then right into Norbrick Drive then left into Elizabeth-Macarthur Drive then left, opposite "Res Med" turn right into the Park.
West M7 exit into Norwest BVD, turn right opposite Bunnings / Woolworths head office into Elizabeth-Macarthur Drv, then left into the park.
South from Parramatta direction along Old Windsor Road after Seven Hills Road then under M7 turn right into Norbrick as above.

INFO - WEST METROPOLITAN CROSS COUNTRY SERIES 2023

The series will be conducted on **Seventeen** afternoons for the season point scores:
Point event: Aug 10th Note for non City to Surf runners. All competitors receive five (5) points and one week included in the number of weeks run.
 Point Scores to be conducted for awards in the following age divisions in the nominated event:

AGE GROUPS MALE / FEMALE

U10	U18	40+	(40-44)	60+	(60-64)
U12	U20	45+	(45-49)	65+	(65-69)
U14	20+ (20-29)	50+	(50-54)	70+	(70-74)
U16	30+ (30-39)	55+	(55-59)	75+	(75-89)

AGE DIVISIONS:

West Metropolitan Point Score competition age is the age you will be at the **31st of December 2024**
POINT SCORES: Points will be awarded for places based on the actual times in each of the **EIGHTEEN** events in the nominated division as follows: 1st = 10 points, 2nd = 9 points, 3rd = 8 points, 4th = 7 points, 5th = 6 points, 6th = 5 points, 7th = 4 points, 8th = 3 points, 9th = 2 points, whilst all other competitors in that age division who complete the course shall be awarded 1 point.

HANDICAPS EVENT TBA

The point scoring in each age division (eg. Under 20, Medium) for individual competitor's places overall shall be **wm** the best ten (**10**) over the full circuit of **18** afternoons– minium **TEN (10)**. This allows a competitor not to be penalised if they miss an occasion because of a clash such as State Champs. If two or more competitors are equal on points from their best 10 performances then the next highest placing (**11th**) will count to break the tie. If the tie still exists then the total points for the season will be used.

COVID-19 INFORMATION - SPORT, EXERCISE AND OUTDOOR GATHERINGS

- Community sports, including matches, competitions and training, can take place for all staff, spectators and participants.
- You are not required to be fully vaccinated or carry vaccination evidence. Face masks are not required.
- COVID-19 Safe Check-in is not required.
- See NSW Health for updates and instructions.

However any athlete 60+ years, or Immune Compromised who wish to run separately from the main run can do so and text times – Please see David, Steve or Wayne for details

CHANGES

- **ENTRY –Must be through your club.**
Changes by ANSW require insurance cover via your club.
- **START TIMES** 2km 1:45 pm 4km 2:20 pm 6km 3:00pm

WARNING

Cross-Country running - be it grass or pavement is not a “Fun / Park Run”. Courses are designed to push the athlete - competition is physically demanding.

Runners in the front pack will be pushing the boundaries of their ability; therefore it is strongly recommended those runners who have not raced over this distance regularly, start with a shorter distance - say the 2km before competing in the 4 or 8km.

If you have been unwell during the week / on the day either with chest pains or a respiratory condition Do Not Compete but rather join in the social experience.

WEATHER / ENVIROMENTAL PROTOCOLS

- **Temperature & Storm Activity (Electrical Lightning) Refer** Athletics NSW Weather Policy.

- **EXPOSED SKIN PROTECTION – Cancer Council**

<https://www.cancer.org.au/preventing-cancer/sun-protection/preventing-skin-cancer/>

AIR QUALITY MONITORING - NSW Depart Planning, Industry & Environment – dpie.nsw.gov.au/air-quality

ATHLETE'S BREATHING - air intake volume is around 1.35ml/kg sec (VO₂ max) required to supply oxygen rich blood for peak muscle explosion to expend 2,600 watts (approx 3.5 horse power) of energy during extensive training. That is a large volume of air inhaled that then has to be exhaled, complete with moisture (water droplets). You now know why you have to keep distance, **avoid running in the slip stream of others.**

Note a Track Athlete far exceeds any other sport athlete, during intensive peak training.

**Be mindful a functional responsive immune system needs to be maintained –
Exercise and eat Healthy Food.**

Note West Metropolitan Cross Country Clubs (West Met XC Clubs) –

For Winter Season 2024, operating under Blacktown City Athletic Club Certificate of Currency season 2024 due to changes by Athletics New South Wales.

West Met XC Clubs has always operated under ANSW By-Laws as a Specialist Club.

3. Specialist Member Organizations (Specialist Clubs)

3.1.2 Specialist clubs may be formed by educational or other institutions, groups of athletics with equal focus (e.g. Cross country)

3.2 Benefits

3.2.3. A specialist Club can benefit from ANSW Insurance policies where applicable.

Ref ANSW By Laws v3 December 2018 Note v3 December 5, 2018 Note no table as to amendments.

However due to changers that came into effect September 2021 (just before registration portal was open), a range of affiliation fees were set. Thus ANSW to collect fees twice, once from West Met XC individual Clubs then again from West Met XC Clubs.

Note No change to By laws.

Following: - Track & Field Training Facilities

TRACK	ENTRY FEE	SURFACE	CONDITION	TRACK MARKINGS	LIGHTING	EQUIPMENT THROWS	HURDLES	STARTING BLOCKS	H JUMP	L&T JUMP	POLE VAULT	PHOTO FINISH	TRAINING TIMES	PARKING	NOTES
HOMEBUSH WARM UP SOPAC AUTHORITY NSW GOVT	\$6.50 Student \$5.50	REKORTIAN BLUE	RESURFACED 2016	YES IAAF	IAAF	DEPOSITE	YES	YES	YES	YES COVERED	YES	YES MAIN TRACK	3:00PM TO 9:00PM Sat & Sun AM	SIDE STREETS	EXCELLENT FACILITIES ALL EVENTS PARKING CAN BE A PROBLEM Note fees increase from \$4.50 6 months or 25 entries \$120.00, concession \$100.00 (pension) NOTE LANES ONE & TWO CLOSED, NO TRAINING
BISP BLACKTOWN CITY COUNCIL	\$9.95 Flat Rate	MONDO- BLUE			NO	NO	YES	OLD	NO BARS	TORN COVERS	NO	NO	T B A	YES	TRACK RE OPEN MARCH 2024
NARRABEEN INSTITUTE OF SPORT NSW GOVT	\$6.50 cons \$5.00	POLYTAN SPURIAN RED	RESURFACED APRIL 2018	YES	POOR	NO	NO	NO	NO BARS	YES NOT COVERED	NO	NO	3:00 to 6:00 PM	YES	TRACK CLOSED FEBRUARY 2024 INCORRECT COLOUR RED ABSORBS WHILE BLUE REFLECTS STEAM GENERATED AT THE INFACE LIFT MATERIAL - BUBBLES
ROXBROUGH PARK HILLS CLUB	MEMBERSHIP	GRASS - COUCH	FAST	YES	POOR	CLUB MEMBERS	MEMBERSHIP	TRAINING MEMBERSHIP	MEMBERSHIP	YES	NO	NO	SEVEN DAYS LIGHTS MON & WED	YES	TRACK & FACILITIES HAS EASY ACCESS RESIDENTS USE TRACK SWIMMING POOL COMPLETED
AUBURN WYATT PARK ASICS WEST	MEMBERSHIP	GRASS	GOOD	YES	GOOD	CLUB MEMBERS	MEMBERSHIP	MEMBERSHIP	MEMBERSHIP	YES	MEMBERSHIP	NO	MON -THURS 5:00 - 8:00PM	YES	CASUAL ENTRY – GOLD COIN TRACK FENCED FROM G PUBLIC GYM – MEMBERSHIP PCYC & POOL next door
CHATSWOOD WEST RAF UTS NORTHS	MEMBERSHIP	GRASS COUCH	POOR	YES	GOOD	CLUB MEMBERS	MEMBERSHIP	MEMBERSHIP	MEMBERSHIP	YES	NO	NO	MON -THURS 5:00 – 8:00PM	YES	TRACK USE – ASSOCIATE MEMBERSHIP AVAILABLE NORTHER ZONE
C V KELLY PARK ORAMZI RD GIRRAWEEEN	MEMBERSHIP	GRASS - KIKUYU	SPONGY	YES	GOOD	CLUB MEMBERS	MEMBERSHIP	MEMBERSHIP	MEMBERSHIP	YES	NO	NO	MON -THURS	YES	TRACK USE – ASSOCIATE MEMBERSHIP AVAILABLE

NOTES:- NSW Metropolitan Track & Field Training Facilities: -

- **NO Steeple Chase** facilities available for training at any track.
- **NO Change Rooms or Showers at BISP.**
- **Winter training for Technical Events** – Pole Vault, High Jump, Long & Triple Jumps, Hurdles and Throws. Well enjoy the winter wet cold months training in a covered 200 metre indoor track. As for track athletes, especially middle distance runners, doing a time trial, in lane one, well don't try SOPAC, **STAY OUT OF LANE ONE**. Grass tracks, what there's a worn groove, 400m around going down to china and the rest of lanes are bumpy (rat shit). Well, try running along the white marked lane mark, don't forget to take your scientific calculator to calculate your actual distance, consult IAAF Manual Chap 2 doc. Don't forget the theoretical line of running (measurement line) at a distance of 0.30m from the kerb. Hay it adds to the fun, keeps your mind active. I Jest, this is Australia, if it wasn't for the 2000 Olympic Games we would still be running around on Oiled Rolled Cinder Tracks, and hey, they were great, especially in the hurdles, when you had a fall.
O yes forgot about the millions handed out by Australian Government MP's – well that's well documented, sorry we did not qualify.

NOTE SOPAC - BOTH MAIN & WARM TRACKS, LANES ONE & TWO ARE NOT AVAILABLE FOR TRAINING.

TRACKS ARE NOW PAST THEIR DESIGN LIFE, LAST RESURFACED - JANUARY, 2016 (BOTH TRACKS WERE OUT FOR THREE MONTHS). SEE PHOTO BELOW

SO WHAT DID HAPPENED TO THE \$100 MILLION FEDERAL GOVERNMENT SPORTS GRANTS PAID OUT DURING RUN UP TO AUSTRALIAN GOVERNMENT 2019 ELECTION.



SOPAC MAIN TRACK

27th January 2016

NOTE Track design life 4 years.



B ISP TRACK

February 2022 Asbestos removal

Track was closed November 2021

New opening date, Try August 2023

BISP Athletic Track 26th April 2023



B ISP TRACK

October 2021

Track closed October 2021 for resurface.

Track photo 26th April 2023

NOTE

Closed for training, School carnivals only.

In Field area closed – no Throws or Shot.

Opening for training possible August 2023(Council)



ANSW High Velocity Meet
 BISP Track 2024 March 8th
 Best Meet Times
Mens
 100m 10.27
 200m 21.16
 400m 46.41
Women
 100m 11.96
 200m 24.38
 400m 54.27
Wheelies 24.77, 42.97 & 1:24.68
 Athlete Age Range 12 to 82
 Typical mid 20's

LIST OF IAAF CLASS 1 INDOOR ALL-WEATHER TRACKS.

COUNTRY INDOOR TRACKS	No	COUNTRY INDOOR TRACKS	No	COUNTRY INDOOR TRACKS	No
AUSTRALIA	0				
ALGERIA	1	ICELAND	2	QATAR	1
AUSTRIA	2	ITALY	2	RUSSIA	1
BELGIUM	2	JAPAN	1	SERBIA	1
BOLIVIA	1	KAZAKHSTAN	1	SLOVENIA	1
CHINA, P. R.	1	KOREA	1	SLOVAK REPUBLIC	1
CZECH REPUBLIC	3	LATVIA	1	SPAIN	3
DENMARK	1	LITHUANIA	1	SWEDEN	1
ESTONIA	1	LUXEMBOURG	1	THAILAND	1
FRANCE	5	MACAO	1	TURKEY	1
GERMANY	2	NETHERLANDS	1	TURKMENISTAN	1
GREAT BRITAIN	2	NORWAY	1	UNITED STATES	3
GREECE	2	POLAND	1	VIETNAM	1

ON THE TRACK RULES:

- Look out for others on the track. Don't get in the way of lanes being used for hurdles or relay practice.
- **Look both ways before moving across lanes.**
- **If someone shouts 'TRACK' either move to the right, or move to the infield and let them pass you.**
- **Don't stop suddenly on the track.**
- **Should an athlete running an effort/timed run find their way blocked by someone jogging/walking/standing on the inside lanes, they should shout 'TRACK' to get the offender to move out of the way immediately**
- Athletes should not shout 'TRACK' to other athletes doing an effort/timed run even if they are slower. The faster athlete should overtake safely before moving back into the inside lane.
- **Lanes 1 and 2 should not be used for warm-up or cool-down running, leave these lanes free for athletes running efforts and timed runs.**
- Athletes should run in an anti-clockwise direction at all times.
- No spikes to be worn in the Grandstand or the Clubhouse.

Jumps Sessions:

- Make sure you know what you are doing before you jump.
- Wait for the coach to tell you to jump.
- Make sure the runway and landing area is clear.

Throws Sessions:

- Make sure you know what you are doing before you throw.
- Wait for the Coach to tell you to throw.
- Make sure the area is clear before you throw.
- Always walk, **DO NOT RUN, to pick up equipment.**
- **NEVER venture into a throwing area or retrieve throwing implements without the express consent of your coach.**