

WEST MET XC CLUBS

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

www.westmetxcclubs.com.au

WINTER SERIES 2024

SUMMARY OF NSW & AA Champs 2024 EVENTS.

JUNE

Sat 1st

ANSW XC Relays & Walks HOMEBUSH-ARMOUR SOPA-NSW Govt

Sat 8th

WEST MET No 10 - UPJOHN PARK PCC LGA

Sat 8th & Sun 9th

Federation Walks

Mon 10th

Kings Birthday

Sat 15th

WEST MET No 11- UPJOHN PARK west course PCC LGA

Sun 16th

Metro Winter #1 – Narellan Sports HUB

Sat 22nd

ANSW XC Champs – Willandra Nowra R&J Gibb Farm

Sun 23rd

Hunter Winter #1 – Hunter Sports Centre, Glendale

Sun 23rd

Western Sydney Marathon

Sat 29th

WEST MET No 12 Eric PRIMROSE RESERVE PCC LGA

JULY

Sat 6th

WEST MET No 13 RYDALMERE WHARF (NEW) PCC LGA

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 Mc Cann, Wollongong

Sat 13th

ANSW Short Course XC Champs – Integral Energy Park, West Dapto KEJ Club

Sat 20th

WEST MET No 14 COLE SUTTON HCC LGA

Sun 21st

Sutherland to Surf

Wed 24th

NSW All Schools Cross Country Champs – Sydney International Equestrian Centre

Saxony Rd, Horsley Park 3km and 4km Loops NSW Govt -

Wed 24th

ANSW AGM 7:30 pm

Fri 26th to Sun 11th OLYMPIC GAMES - PARIS

Sat 27th

WEST MET No 15 THIRD SETTLEMENT RESEVE – WINSTON HILLS PCC LGA

Sun 28th

Sydney Harbour Ten

Sun 28th

Blacktown Running Festival, (replacing Westlink M7 run) 2, 5 & 10km runs –
Nurraging Reserve Knox Road, Doonside.

AUGUST

Sat 3rd

ANSW Road Relays – The Crest, Bass Hill, Bankstown, Ban Club BCC LGA

Sun 4th

Winter Track Finals – Mingara Regional, Tumbi Umbi

Sat 10th

WEST MET 16 – Eric Primrose Reserve Path PCC LGA

POINTS – FIVE Pts & ONE WEEK COUNT

Sun 11th

City 2 Surf (S2S) – Sydney CBD

Sat 17th

WEST MET No 17 TBA

Sat & Sun 17th - 18th LANSW primary Schools Carnival – Blacktown Sports

Sun 18th

ANSW Long Distance Walks - TBC

Sat 24th

WEST MET No 18 TBA

Sat 24th

National Cross Country Champs TBC – See Sat 31st & Sun 1st Sept

Sun 25th

ANSW Sydney Half Marathon Champs – Sydney Olympic Park. SOPA - NSW Govt

Sat 31st & Sun 1st Sept Australian XC Champs – Tasmania Launceston –Symmons Plains Raceway

Sat 31st

WEST MET No 19

SEPTEMBER

Sat 7th

WEST MET 20 – Trophy Presentation.

Sun 15th

Sydney Running Festival / Australian & NSW Marathon Champs - Sydney

OCTOBER

Fernleigh 15 ??

PEASE CHECK FOR UPDATES BEFORE EVENT DATE

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

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WINTER SERIES 20204

WEST METROPOLITAN XC EVENT No 11

JUNE 15th Saturday

PCC LGA

UPJOHN PARK – RYDALMERE / DUNDAS COURSE

REVERSE 2km Loop

2km 2:00pm

4km 2:30pm

6 km 2:30pm

Main Loop is approx 2km in reverse Direction

VENUE: Upjohn Park Kirby Street Rydalmer. 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 to last run).

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, from here, line up to Oval, then left on reaching oval to finish line or next

WEST METROPOLITAN XC EVENT No 12

June 29th Saturday

ERIC PRIMROSE RESERVE – RYDALMERE COURSE - 1km Out & 1km Back

2km 2:00pm

4km 2:30pm & 6 km 2:30pm

ENTRY THROUGH YOUR CLUB OR YOU CLUB REP ON THE DAY

VENUE: John & Milton Streets

DISTANCE: 2km, 4km, 6km **Note 4km age group starts at U14, no U12's**

COURSE: Start- grass slope section, approx 200m, course then joins and follows shared pathway along-side the Parramatta River. Under Silverwater Road (500m point), past Broad Oak Development, turn around garden (river side) then back towards finish. Finish / Turn around grass section off the park approx 100m. Turn **NOTE BIKE PATH** now separated from shared pathway from River-cat Warf end to near Silverwater Road Overpass – Bridge, the course joins the shared pathway.

RATING: 1. Flat relative easy **START / FINISH:** The start near the parking area between John & Milton Streets (children's play equipment).

PARKING: Small Car Park.

FACILITIES: Toilets Soccer Field and Near River-Cat Warf, off pathway.

VENUE: John & Milton Streets

DISTANCE: 2km, 4km, 6km **Note 4km age group starts at U14, no U12's**

COURSE: Start- grass slope section, approx 200m, course then joins and follows shared pathway along-side the Parramatta River. Under Silverwater Road (500m point), past Broad Oak Development, turn around garden (river side) then back towards finish. Finish / Turn around grass section off the park approx 100m. Turn **NOTE BIKE PATH** now separated from shared pathway from River-cat Warf end to near Silverwater Road Overpass – Bridge, the course joins the shared pathway.

RATING: 1. Flat relative easy **START / FINISH:** The start near the parking area between John & Milton Streets (children's play equipment).

PARKING: Small Car Park.

FACILITIES: Toilets Near River-Cat Warf, off pathway.

JULY Sat 7th

WEST METROPOLITAN XC EVENT No 13

RYDALMERE WHARF – 1km Out & 1km Back

INCORPORATES SECTION OF ERIC PRIMROSE COURSE

2km 2:00pm 4km 2:30pm & 6 km 2:30pm

VENUE: Rydalmere Wharf, near smaller car park

DISTANCE: 2km, 4km & 6km **Note 4km age group starts at U14, no U12's**

COURSE: Start / Finish & Turn Around grass area

Joins pathway after 50m, heads out towards Siverwater bridge overpass, turns left before. Course goes along side Eric Primrose Soccer Fields. Turns before end of pathway then goes back to soccer field turn to travel back on pedestrian pathway to start.

RATING: 1. flat relative easy, flat **START / FINISH** area.

PARKING: Main River cat and smaller car park opposite BBQ area near the river, two facilities with electric BBQs table and bench seats.

FACILITIES: Toilets Near River-Cat Warf, off pathway

JULY Sat 20th

WEST METROPOLITAN XC EVENTS No 14

FROM COL SUTTON PARK – WINSTON HILLS

2km 2:00pm 4km 2:30 pm & 6km 2:30pm

VENUE: Col Sutton Park, Baulkham Hills Road - Winston Hills.

COURSE: **2km** – 1km out & back - Concrete Pathway (Shared cycle way).

4km – 1km out to turn, then continue to 2km turn then 1km back, this section goes under seven hills road.

6km – 4km course as above, then repeat 2km course section

RATING: **3.0 Undulating** course with slight hills. Up grades section from creek crossing to children's play (out), from creek crossing to 2km 4km Course from Seven Hills Underpass to 3km turn (out). From Seven Hills Underpass to grassed area, 3k6 point (back)

START / FINISH Back of the Base Ball cages, this course has short steep inclines to make it a reasonable testing course – Following XC Road relays warm up.

DIRECTIONS: **From the M2** Exit at Seven Hills to Abbott and Old Windsor Junction, turn left into Old Windsor Road, then second left into Gibbon Road (towards Winston Hills Shopping center) then left into Langdon Road (over M2) then left into Baulkham Hills Road (Model Farms High School).

From the M7 takes the Norwest off ramp into Old Windsor Rd then as above.

From Parramatta: Old Windsor Road, right into Gibbon Road (before The M2) then as above.

PARKING: Car park and parking in Baulkham Hills Rd near the park / Baseball.

FACILITIES: Toilets Near the start, children's play equipment.

JULY Sat 27th

WEST METROPOLITAN XC EVENT No 15

THIRD SETTLEMENT RESEVE – WINSTON HILLS – 2km Loop

2km 2:00pm 4km 2:30 pm & 6km 2:30pm

VENUE: Third Settlement Reserve, Edison Pde, Winston Hills.

COURSE: 2km Loop of shared Path-Way. Grass start and finish.

RATING: Flat course with slight inclines & declines.

START / FINISH: Opposite car park near & Basketball Court & Scout Hall.

PARKING: Angle and street.

FACILITIES: Toilets (time lock) corner of Oakes & Edison, Picnic & Children Play equipment.

THE RUN:

WINTER SERIES 2024 P4 WM Week 17 CONT

The start is a wide open grass area, 100 m down to join 1k8 of shared path section, course winds around tree lined the Toongabbie Creek. After approx 500m the course goes past the picnic / children play area before crossing Oaks Road Bridge to the other side of the creek, this section goes through to Hammers Road, however due to major works the course can only be 1km out and back.

DIRECTIONS:

From Parramatta – Old Windsor Road turn into Oakes Road, traffic light right turn arrow & lane. Cross over Toongabbie Creek then right turn into Edison Pde (picnic / children play on the corner).

Hills – Old Windsor Road, left into Oakes Road after Power Sub Station. Then as above.

Castle / Baulkham Hills – Windsor Road, towards Parramatta, next traffic light set after the M2, right hand turn into Churchill Drive, left into Willmott Road then left into Reilleys Road at the end right into Edison Pde, then to start, as above.

North Side M2 – Windsor Road Exit (next after Pennant Hills). Left into Windsor Road, then as above.

INFO - WEST METROPOLITAN CROSS COUNTRY SERIES 2024

The series will be conducted on **nineteen** 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– minimum **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 2:30 pm 4km 2:30 pm & 6km 2:30pm

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 / ENVIRONMENTAL 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/>

WINTER SERIES 2024 P5

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 changes 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 GIRRAWEE	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.



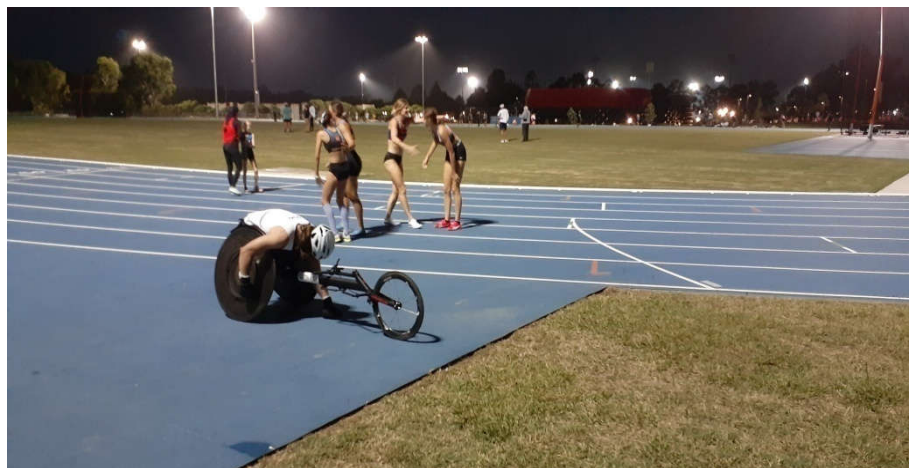
SOPAC MAIN TRACK
27th January 2016
NOTE Track design life 4 years.



B ISP TRACK
February 2022 Asbestos removal
Track was closed November 2021
New opening date, Try August 2023 open
March 2024



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 8 th	
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.**