

WEST MET XC CLUBS

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

www.westmetxcclubs.com.au

WINTER SERIES 2024

SUMMARY OF ANSW & AA Champs 2024 EVENTS.

AUGUST

- Sat 3rd **ANSW Road Relays – The Crest, Bass Hill, Bankstown, Ban Club BCC LGA**
Sun 4th Winter Track Finals – Mingara Regional, Tumby 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 Upjohn PCC LGA**
Sat & Sun 17th - 18th LANSW primary Schools Carnival – Blacktown Sports
Sun 18th **ANSW Long Distance Walks - TBC**
Sat 24th **WEST MET No 18 CANCELLED SPECIAL PTS**
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 UPJOHN JENNIFER WISH**

SEPTEMBER

- Sat 7th **WEST MET 20 – Trophy Presentation.**
Sun 15th Sydney Running Festival / Australian & NSW Marathon Champs - Sydney

OCTOBER

Fernleigh 15 ??

NSW TRACKS PLEASE NOTE

NARRABEEN TRACK CLOSED – Since February 2024. Will this be another BISP Track closed for over two years, October 2021 to March 2024.

SOPAC TRACKS. Yes including warm up – Both overdue for track resurfacing, last resurfaced January 2016.

My guess is that SOPAC tracks will be closed for T&F Season 2025 – 2026

Why then and not during the WINTER, well guess when they derive rivers of gold, yes from Schools Athletic Carnivals.

Think about this, those hire charges come out of one NSW Government pocket and back into the other. Schools both Public & Private income comes from the NSW & Australian Governments Education budgets, SOPAC is a NSW Government Enterprise.

BISP – Blacktown. Still no Sunday morning training.

PLEASE CHECK FOR UPDATES BEFORE EVENT DATE

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WINTER SERIES 20204 Last week March To week one of September

WEST METROPOLITAN XC EVENT No 17

17th August Saturday

PCC LGA

UPJOHN PARK – RYDALMERE / DUNDAS COURSE

2km 2:00pm

4km & 6km 2:30pm

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

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

COURSE: 2km Loop – Grass

From the start run East (towards Silverwater Rd) to the fence line (houses that face Ulm Street), Then up from creek crossing, 200m Point, then follow fence line for approx another 200m then left around the end of bush area (400m Point), down to island of small trees (500m Point), then directly across towards Silverwater Rd, up dirt path, through a “Pipe type Gate” way to Ulm Street to 800m point, turn left to creek.

Near the creek, 1km point, follow the creek line to the last tree before the bush turn left and follow creek line back to the “Pipe Gate”, down dirt path towards the creek and follow to the bush (left away from the creek bridge, keep following the creek line. Then following the creek, left turn around the Old Golf Course Green then across to the bridge, large tree 1k5 point.

Once across the Bridge right turn then up to top section of grass flat and turn right around trees & shrubs, run down the other side again towards the creek. Turn around large single tree towards fence line of houses; follow fence line through to the end of the park, towards car park. Then left turn, up to the oval / start, finish / next lap.

FACILITIES: Parking Toilets. BBQ, Tables and children’s play area.

WEST METROPOLITAN XC EVENT No 18

24th Sat August

CANCELLED – Replaced with SPECIAL PTS

WEST METROPOLITAN XC EVENT No 19

AUGUST Sat 31st

UPJOHN PARK RYDALMERE WESTMEAD BREAST CANCER INSTITUTE- BCI “Jennifer’s Wish”

Entry by Donation.

Donations to date (from Y2010)

CANCER COUNCIL NSW - \$2,413-00.

WESTMEAD BREAST CANCER INSTITUTE - \$3,100-00

2km 2:00pm

4km & 6 km 2:30pm

Main Loop is approx 2km in reverse Direction

VENUE: Upjohn Park Kirby Street Rydalmere. Entrance, near 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, from here, line up to Oval, then left on reaching oval to finish line or next lap.

SEPTEMBER

WEST METROPOLITAN XC EVENT No 21 PRESENTATIONS

ALFRED HENRY WHALING MEMORIAL RESERVE – HILLS A.C. TRACK

2nd Sat

WEST MET XC CLUBS INC

AGM & TROPHY PRESENTATIONS

ROXBOROUGH PARK ROAD off WINDSOR ROAD

1500m & 3km TRACK RUN 1:30pm for 2:00 pm Start and BBQ

FOLLOWED BY AGM & TROPHY PRESENTATIONS

DIRECTIONS:

North - M2 exit into Windsor Road, then through Baulkham Hills shopping Centre, Roxborough Park Road past Baulkham Hills High School

West - Seven Hills Road to Windsor Road to Baulkham Hills Shopping Centre turn left, then as above.

South - From Parramatta along Windsor Road to Baulkham Hills Shopping Centre, the as above.

Parking – The car park is after the track entrance, also opposite, near “Waves Swimming Centre”

Note – 1,500m Start Time 2:00pm 3,000m Start Time 2:15 pm

Entry – Run is open to West Met XC Club Members only - No entry fee.

On Arrival please sign in for voting at the AGM.

Under eighteen years of age cannot vote but are welcome to participate in AGM.

Notice: Has been given, this will be the Ninth Annual General Meeting of

WEST METROPOLITAN CROSS COUNTRY CLUBS Inc

SATURDAY 2nd SEPTEMBER at 2:30PM

AGM ITEMS of BUSINESS

Item 1: Confirmation of Quorum

Item4: Financial Report– Directors Report

Item 2: Acceptance of **Minutes 2023** AGM

Item 5: Elections of Directors: By rotation

ELECTION OF DIRECTORS –

Michael Doggett – West’s T&F, Angus Stewart – UTN .Dorothy Kass - UTN. David Lewis West’s T&F A.C

Note: - *As the number of nominations received is equal to the number of vacancies to be filled, then those nominated are declared elected for the season 2024-2025.*

NOTE - Your Directors - David Archbold – BLA, Steve Whelan – HIL, Michael Doggett - Wests T&F A.C, Angus Stewart – UTN Dorothy Kass - UTN, David Lewis Wests T&F A.C

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 **SEVEN (7)**. 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.

Note number of events changed from EIGHTEEN to NINETEEN and minimum from ten to seven. Changes made due to lower competitor turn out compared to last season.

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

- **ENTRY –Must be through your club.**
Changes by ANSW require insurance cover via your club.
- **START TIMES** 2km 2:00 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 – Current June 2024

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	REKORTAN 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 NOTE NO SUNDAY MORNING TRAINING
NARRABEEN INSTITUTE OF SPORT NSW GOVT	\$6.50 cons \$5.00	POLYTAN SPURTAN 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 grove, 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.

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.

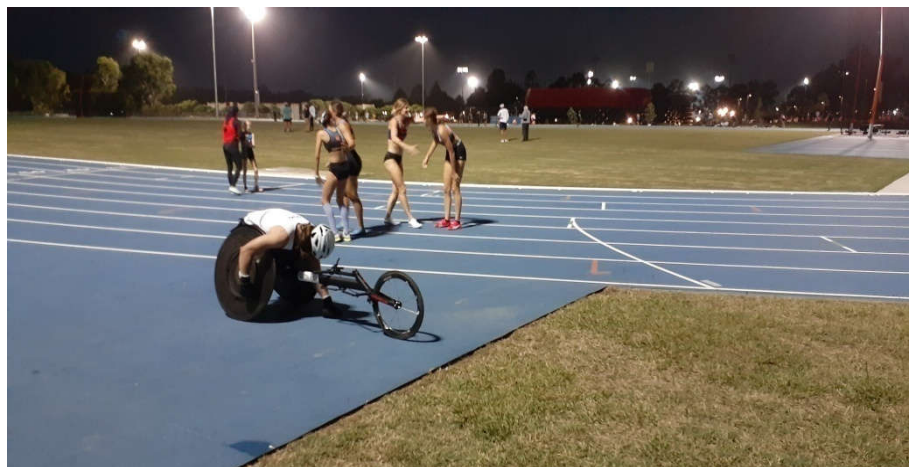


B ISP TRACK
February 2022 Asbestos removal
Track was closed November 2021
New opening date, Try August 2023 open
March 2024

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.**