

# WEST MET XC CLUBS

## WEST METROPOLITAN CROSS COUNTRY CLUBS INC

[www.westmetxcclubs.com.au](http://www.westmetxcclubs.com.au)

WINTER SERIES 2025

SUMMARY OF ANSW & AA Champs 2025 EVENTS.

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**WINTER SEASON**

Registrations open for –

**ANSW Sydney 10 Road Champs & Supporting Events SOPAC – Sunday May 18<sup>th</sup>**

### APRIL

**Fri 4<sup>th</sup> - Sun 13<sup>th</sup>**

**AUSTRALIAN TRACK CLASSIC - PERTH**

**Sat 5<sup>th</sup>**

**WEST MET No 2 - GEORGE KENDALL RIVERSIDE PARK – ERMINGTON**

**Sat 12<sup>th</sup>**

**WEST MET No 3 – ERIC PRIMROSE RESV to Silverwater & return**

**Sat 12<sup>th</sup>**

School Holidays

**Fri 18<sup>th</sup> – 21<sup>st</sup>**

AMA Champs – South Australia Stadium, Mile End, & Adelaide Parklands

**Fri 18<sup>th</sup>**

Good Friday

**Sat 19<sup>th</sup>**

**WEST MET No 4 – RYDALMERE WHARF to ERIC PRIMROSE RESV**

**Thurs 25<sup>th</sup>**

Anzac Day

**Sat 26<sup>th</sup>**

**WEST MET No 5 - UPJOHN PARK - RYDALMERE**

### MAY

**Sat 3<sup>rd</sup>**

**ANSW St George Classic – 2X2 Relay Champs Scarborough Park**

**Ramsgate**

**Sat 4<sup>th</sup>**

**ANSW NSW Short Walks**

**Sat 10<sup>th</sup>**

**WEST MET No 6 UPJOHN PARK - RYDALMERE**

**Sun 11<sup>th</sup>**

Mothers Day Fun Runs

**Sat 17<sup>th</sup>**

**WEST MET No 7 (Waiting on ANSW Winter Season Dates)**

**Sun 18<sup>th</sup>**

**ANSW Sydney 10 - NSW Road Champs & Supporting Events SOPAC**

**Sun 25<sup>th</sup>**

**Balmoral Burn – Humpty Dumpty Foundation – Sick Kids, medical equipment.**

**Sat 31<sup>st</sup>**

**ANSW NSW XC Relay Champs – Newington Armory SOPAC**

### JUNE

**Sat 21<sup>st</sup>**

**ANSW XC Champs – Nowra**

### JULY

**Sat 12<sup>th</sup>**

**ANSW Short Course XC Champs West Dapto - Endeavour Park**

### JUNE

**Sat 2<sup>nd</sup>**

**ANSW Road Relays Champs – The Crest Bankstown**

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**## PEASE CHECK FOR UPDATES BEFORE EVENT DATE ##**

**ENTRY**

**THROUGH YOUR CLUB OR CLUB REP ON THE DAY >>>NO FORM NO RUN<<<**

**APRIL**  
**Saturday 12<sup>th</sup>**

**WEST METROPOLITAN XC EVENT No 3**

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

*2km 2:00pm      4km & 6km 2:45 pm*

**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**

**START / FINISH:** The start near the parking area between John & Milton Streets

**COURSE:**        Start- grass slope section, approx 200m, course then joins pathway along-side the Parramatta River. Then just before the underpass, pathway mergers with shared pathway (Bikes). Under Silverwater Road (500m point), past Broad Oak Housing (Defense), turn around point 1km, garden bed, then back towards finish.

**FINISH / TURN AROUND (4 & 6km)** grass section off the park approx 100m up towards roadway.

**NOTE BIKE PATH** now separated from shared pathway from River-cat Warf end to near Silverwater Road

**RATING:** 1. Flat relative easy

**FACILITIES:** Toilets Near River-Cat Warf, off pathway. Children's play equipment, near start.

**PARKING:** Small Car Park, street parking.

**Note mosquitos, long grass.**

**WEST METROPOLITAN XC EVENT No 4**

**APRIL**  
**Saturday 19<sup>th</sup>**

**RYDALMERE WARF & ERIC PRIMROSE RESERVE -Path**

*2km 2:00pm      4km & 6km 2:45 pm*

**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**

**START / FINISH:** The start near the parking area between John & Milton Streets

**COURSE:**        Start- grass slope section, approx 200m, course then joins pathway along-side the Parramatta River.

Left turn Before Silverwater underpass, to run alongside soccer field, then turn-around to come back and run towards Rydalmere River Cat Warf.

Turning point before Warf Car Park, then back along old pathway, near John Street, tree lined pathway.

**FINISH / TURN AROUND** grass section off the park approx 100m.

**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, street parking.

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

**Note mosquitos, long grass**

## WEST METROPOLITAN XC EVENT No 5

APRIL 26<sup>th</sup> Saturday

PCC LGA

UPJOHN PARK – RYDALMERE / DUNDAS COURSE

*2km 2:00pm*

*4km & 6km 2:45pm*

**VENUE:** Upjohn Park Kirby Street Rydalmer. 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 6

MAY 10<sup>th</sup> Saturday

PCC LGA

UPJOHN PARK – RYDALMERE / DUNDAS COURSE

REVERSE 2km Loop

*2km 2:00pm*

*4km & 6km 2:45 pm*

**Main Loop is approx 2km in reverse Direction**

**Note Grass Slashed not cut.**

**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 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 2<sup>nd</sup> 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.

## INFO - WEST METROPOLITAN CROSS COUNTRY SERIES 2025

The series will be conducted on **Seventeen** afternoons for the season point scores:

**Point event:** Aug 9<sup>th</sup> 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 **31<sup>st</sup> of December 2025**

**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: 1<sup>st</sup> = 10 points, 2<sup>nd</sup> = 9 points, 3<sup>rd</sup> = 8 points, 4<sup>th</sup> = 7 points, 5<sup>th</sup> = 6 points, 6<sup>th</sup> = 5 points, 7<sup>th</sup> = 4 points, 8<sup>th</sup> = 3 points, 9<sup>th</sup> = 2 points, whilst all other competitors in that age division who complete the course shall be awarded 1 point.

### HANDICAPS EVENT NO

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 (**11<sup>th</sup>**) 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, for details**

### CHANGES

- **ENTRY –Must be through your club.**  
**Changes by ANSW require insurance cover via your club.**
- **START TIMES**

**2km 2:00 pm**

**4km 3:00 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 6km.

**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/>

**AIR QUALITY MONITORING** - NSW Depart Planning, Industry & Environment – [dpie.nsw.gov.au/air-quality](http://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 2025, operating under Blacktown City Athletic Club Certificate of Currency season 2025 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 &amp; 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	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) <b>NOTE LANES ONE &amp; TWO CLOSED, NO TRAINING</b>
BISP BLACKTOWN CITY COUNCIL	\$9.95 Flat Rate	MONDO- BLUE		YES IAAF	POOR	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 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	GOOD LED	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 LED	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

**NOTE SOPAC TRACKS WILL CLOSE FOR THE T&F SEASON 2025****YES THIS IS NSW ! YOU TRAIN ON SUNDAY? TRACK RUNS for TIME TRIALS ? -****SOPAC NO, BISP NO, NARARRABEEN NO, NO, NO, NO****NSW GRASS TRACKS AT YOU RISK YES THIS IS NSW !****However NSW HAS wonderful Officials and Coaches, they are the best.**

Comments &amp; Statements are the Opinions of

David Archbold OAM registered athlete 65+ years (that's not the age group) - UN article 19

**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.  
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**

27<sup>th</sup> 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 26<sup>th</sup> April 2023**



**B ISP TRACK**

October 2021

Track closed October 2021 for resurface.

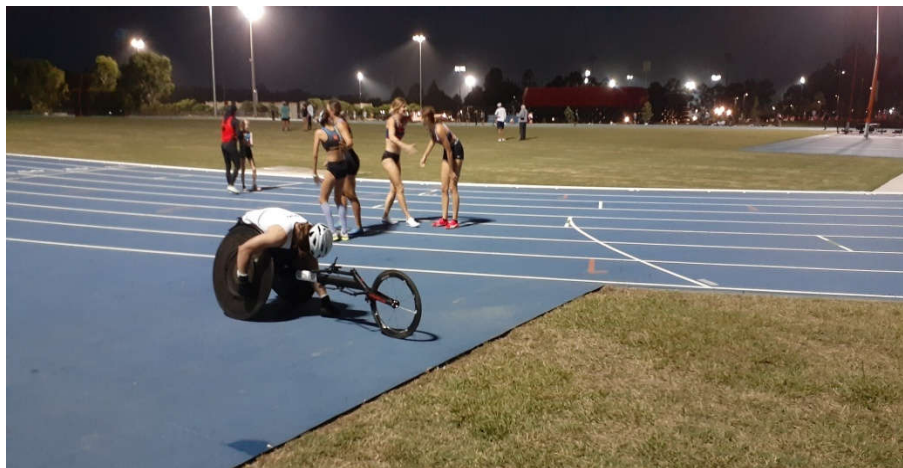
**Track photo 26<sup>th</sup> April 2023**

**NOTE**

Closed for training, School carnivals only.

In Field area closed – no Throws or Shot.

Opening for training possible August 2023(Council)



<b>ANSW High Velocity Meet</b> BISP Track 2024 March 8 <sup>th</sup>	
Best Meet Times	
<b>Mens</b>	
100m	10.27
200m	21.16
400m	46.41
<b>Women</b>	
100m	11.96
200m	24.38
400m	54.27
<b>Wheelies</b> 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
<b>AUSTRALIA</b>	<b>NO</b>				
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
<b>FRANCE</b>	<b>5</b>	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.**