

# West Met X C Clubs

## WEST METROPOLITAN CROSS COUNTRY CLUBS INC

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

### WINTER SERIES 2026

DRAFT

### SUMMARY OF ANSW & AA Champs 2026 EVENTS.

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### WINTER SEASON START

#### MARCH

Sun 15 – 20<sup>th</sup> NSW Junior Champs

Thurs 19 – 22<sup>nd</sup> NSW Open Champs

Fri 20<sup>th</sup> World T&F Champs

Sat 21 & Sun 22<sup>nd</sup> LANSW Champs (Hart Sport)

Sat 28<sup>th</sup> WEST MET No 1 - George Kendall Riverside Reserve – PATH

Sat 28<sup>th</sup> HVM Meet Illawong Track

**NOTE THE INDOOR TRACK**

#### LOCATION

SOPAC

SOPAC

POLAND

SOPAC

Ermington

The RIDGE

#### APRIL

Sat 4<sup>th</sup> WEST MET No 2 - George Kendall Riverside Reserve – GRASS

Sun 5<sup>th</sup> Daylight Saving Ends

Tues 7<sup>th</sup> – Fri 17<sup>th</sup> School Easter Holidays

Thurs 9<sup>th</sup> – Sun 12<sup>th</sup> National Champs –

Sat 11<sup>th</sup> WEST MET No 3 – Eric Primrose Resv To Silverwater & Return

Sun 12<sup>th</sup> World Race Team Walking Champs

Mon 13<sup>th</sup> – 14<sup>th</sup> Aust Little As Champs – QSAC WARM UP TRACK Brisbane

Wed 15<sup>th</sup> – Mon 20<sup>th</sup> Aust Junior Champs QSAC Natan

Fri 17<sup>th</sup> Good Friday

Sat 18<sup>th</sup> WEST MET No 4 – Rydalmere Wharf to Eric Primrose & Return

Wed 22<sup>nd</sup> – Fri 24<sup>th</sup> Uni Sport Champs Runaway Bay GCPC

Fri 24<sup>th</sup> - HRIS ( Avondale Uni) XC SIEC Syd Int Equestrian Centre

Sat 25<sup>th</sup> WEST MET No 5 - Upjohn Park -

Sat 25<sup>th</sup> Anzac Day

Sat 25<sup>th</sup> Aust Road Mile Champs – Ballarat

#### LOCATION

Ermington

SOPAC

Ermington

Brazil

QLD

QLD

Rydalmere

QLD

Horsley Park

Rydalmere

VIC

#### MAY

Sat 2<sup>nd</sup> WEST MET No 6 - UPJOHN PARK -

Sat 2<sup>nd</sup> – Mon 3<sup>rd</sup> World Relay Champs

Sun 3<sup>rd</sup> ANSW Short Walks Champs 09:00 AM

Armory

Sat 9<sup>th</sup> ANSW Dual Relay

Bonna Point Reserve

Tues 12<sup>th</sup> SCS Primary Sydney Motorsport Park

Sun 17<sup>th</sup> ANSW Sydney 10 Road Incorp Champs Race Start 07:00 AM

Mon 18<sup>th</sup> – Thur 23<sup>rd</sup> Oceania T&F Champs

Darwin

Fri 22<sup>nd</sup> CSSA Primary

Equestrian Centre

Sun 24<sup>th</sup> Balmoral Burn No 25 Humpty Dumpty Foundation – Sick Kids, medical equipment

Tue 24<sup>th</sup> CIS Secondary SIEC Syd Int

Equestrian Centre

Fri 29<sup>th</sup> CSSA Primary & Secondary

SIEC

Syd Int Equestrian Centre

Sat 30<sup>th</sup> ANSW XC Relay

Armory

Sun 31<sup>st</sup> ANSW Teams Walks

Armory

#### LOCATION

Rydalmere

Botswana

SOPAC

Kurnell

Eastern Creek

SOPAC

NT

Horsley Park

Horsley Park

Horsley Park

SOPAC

SOPAC

## WINTER SERIES 2026 P2

### JUNE

|  |      |                           |              |
|--|------|---------------------------|--------------|
| Tue 2 <sup>nd</sup> AICES XC               | SIEC | Syd Int Equestrian Centre | Horsley Park |
| Wed 3 <sup>rd</sup> CSS Secondary          | SIEC | Syd Int Equestrian Centre | Horsley Park |
| Sat 6 <sup>th</sup> Winter T&F             |      |                           | SOPAC ?      |
| Sat 6 <sup>th</sup> Aust T&F Under 23 Tour |      | Taipei                    | TPE          |
| <b>Sat 20<sup>th</sup> ANSW XC Champs</b>  |      | <b>Willandra</b>          | <b>NOWRA</b> |
| Wed 24 <sup>th</sup> GPS XC                | SIEC | Syd Int Equestrian Centre | Horsley Park |
| Wed 24 <sup>th</sup> NSWCCC XC             | SIEC | Syd Int Equestrian Centre | Horsley Park |

### LOCATION

### JULY

|  |      |                           |                   |
|--|------|---------------------------|-------------------|
| Sat 4 <sup>th</sup> Winter T&F                           |      |                           | SOPAC ?           |
| <b>Sat 11<sup>th</sup> h ANSW Short Course XC Champs</b> |      | <b>Endeavour Park</b>     | <b>West Depto</b> |
| Tues 21 <sup>st</sup> NSW All Schools                    | SIEC | Syd Int Equestrian Centre | Horsley Park      |
| Tues 21 <sup>st</sup> NSW All Schools CCC                | SIEC | Syd Int Equestrian Centre | Horsley Park      |
| Tues 21 <sup>st</sup> NSW All Schools CHS                | SIEC | Syd Int Equestrian Centre | Horsley Park      |
| Tues 21 <sup>st</sup> NSW All Schools CIS                | SIEC | Syd Int Equestrian Centre | Horsley Park      |
| Wed 22 <sup>nd</sup> NSW PSSA -                          | SIEC | Syd Int Equestrian Centre | Horsley Park      |
| <b>Sat 25<sup>th</sup> ANSW Long Walks Champs</b>        |      | <b>TBA</b>                | <b>TBA</b>        |

### LOCATION

### AUGUST

|  |  |                     |                  |
|--|--|---------------------|------------------|
| <b>Sat 1<sup>st</sup> ANSW Road Relay Champs</b> |  | <b>Crest</b>        | <b>BANKSTOWN</b> |
| Sun 2 <sup>nd</sup> Winter T&F                   |  |                     | SOPAC ?          |
| Sun 9 <sup>th</sup> City to SURF - C2S 14km      |  | Sydney CBD to Bondi | SYD CBD          |

### LOCATION

### SEPTEMBER

|  |  |           |              |
|--|--|-----------|--------------|
| <b>Sun 13<sup>th</sup> ANSW Half Marathon Inc NSW Champs</b>                     |  |           | <b>SOPAC</b> |
| Tues 15 <sup>th</sup> – Wed 16 <sup>th</sup> NSW Primary Schools Carnival T&F    |  | Blacktown | BISP         |
| <b>Sat 26<sup>th</sup> – Tues 29<sup>th</sup> NSW All Schools T&amp;F Champs</b> |  |           | <b>SOPAC</b> |

### LOCATION

### DECEMBER

|   |                         |            |
|---|-------------------------|------------|
| <b>Sun 13<sup>th</sup> Zatopek 10K &amp; U20 3K</b> and Supporting Events | <b>Lakeside Stadium</b> | <b>VIC</b> |
|---|-------------------------|------------|

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

## WEST METROPOLITAN CROSS COUNTRY CLUBS INC

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### MARCH

**Saturday 28<sup>th</sup>**

### WEST METROPOLITAN XC EVENT No 1

**George Kendall Riverside Park – Ermington – 2km Loop Path** **PCC LG**  
**2km 2:00pm** **4km & 6km 3:00pm**

### ENTRY

VENUE:

DISTANCE:

NEW COURSE:

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

George Kendall Park Ermington.

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

**Over view**, from the start (see below) to baseball pitches (towards river) then following path-way to (old course) behind dog lease free compound, then back to start has been completely been re landscaped. This includes many, many paths, so course will be new and trial & error for future runs.

**WINTER SERIES 2026 P3  
WM EVENT 1 CONT**

**THE NEW COURSE:** Path – from the start, then around the soccer field, join path way then follow to the back of the dog lease free compound (river side) then a mixture of new pathways back to the start / finish or next lap for the 4km & 6km.  
So the course is mainly the old course, then the last section takes you into the new re landscaped area to familiarize you for the grass course next week.

**RATING:** 2.0 Mainly Flat.

**START / FINISH:** Near Boyle Street, opposite car park, grass area, BQ area

**FACILITES** Parking, Toilets (time lock) back of canteen building.  
Children’s Play Equip & Teenage Hang Out – Basket - ball court & wall.  
BBQ & Picnic Tables

**APRIL**

**Saturday 4<sup>th</sup>**

**WEST METROPOLITAN XC EVENT No 2**

**PCC LG**

**George Kendall Riverside Park – Ermington – 2km Loop Grass**

***2km 2:00pm      4km & 6km 3:00pm***

**ENTRY** **NO FORM NO RUN THIS IS NOT A PARK RUN**

**VENUE:** George Kendall Reserve Ermington.

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

**COURSE:** Grass & Path. From the start towards soccer field, left towards the exercise equip, then cross over new pathway, then towards dog compound. From here towards main bikeway, west direction, left grass hill then rejoin bike pathway, back of baseball pitches towards soccer field, then around soccer field, between wire fence and bush, towards start, finish or next lap for 4km & 6km.

**RATING:** 3.0 Hills & slopes

**FACILITES** BBQ Picnic tables, children’s play area, toilets

**START / FINISH:** Near Boyle Street, opposite car park, grass area, BQ area

**PARKING:** **Small** Car park near the start and side streets.

**WEST METROPOLITAN XC EVENT No 3**

**APRIL**

**Saturday 11<sup>th</sup>**

**RYDALMERE - ERIC PRIMROSE RESERVE -Path PCC LG**

***2km 2:00pm      4km & 6km 3:00pm***

**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. Following pathway (NOT the Bike Pathway) this then joins The Shared Pathway, incudes Bikes at the end of the Soccer Field, then under Silverwater Road Underpass. Follow shared pathway past Defence Housing units. Turn around at Ships, River Navigational beacon, upside triangle, around small garden bed, riverside, then back to the Start. Turn to Finish / Turn around for 4km & 6km, just past the Bench Seat

**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 4 APRIL

Saturday 18<sup>th</sup>

RYDALMERE WARF & ERIC PRIMROSE RESERVE -Path

*2km 2:00pm      4km & 6km 3:00pm*

**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 at Rydalmere Warf – River Cat.

COURSE: Start- grass slope section, approx 100m, course then joins pathway along-side the Parramatta River. Follow out to Eric Primrose Soccer Field, left turn after the Soccer Field for approx. 100m, just before the pathway ends, turn towards side of house, wall, around trees then back along pathway to Rydalmere Warf. Finish / Turn around for 4km & 6km, turning off pathway to grass area, road side.

RATING: 1. Flat relative easy.

PARKING: Warf Parking area and very small car park closer to the start.

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

**Note mosquitos, long grass**

## WEST METROPOLITAN XC EVENT No 5

APRIL

Saturday 25<sup>th</sup>

PCC LG

UPJOHN PARK – RYDALMERE / DUNDAS COURSE

*2km 2:00pm      4km & 6km 3:00pm*

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

START / FINISH:- From the car park follow pathway past BBQ area & last picnic table.

COURSE: 2km Loop – Grass

Run follows the fence line, crossing the creek, then for approx. 300m, left turn around shrubs then left again to the other side for about 50m, via right another shrub island, once around via left right to the end of the fence line, this leads to a steep short path through a pipe rail gate-way. This leads towards Ulm street, run parallel towards Silverwater over pass, then left turn towards second creek, follow to small tree area, turn left, following tree line all the way to travel back through the pipe gate. Down that bush path and head west towards the Kirby street fence line. Follow the fence line to the end, then left to come around between the car park and oval. Around the Oval, turn right after the high chain wire base-ball safety fence then back to the Start Finis or next lap area.

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

PARKING Small Car park near the start and side streets.

## WEST METROPOLITAN XC EVENT No 6

MAY

PCC LGA

Saturday 2<sup>nd</sup>

**UPJOHN PARK – RYDALMERE / DUNDAS COURSE**  
**REVERSE 2km Loop**

*2km 2:00pm      4km & 6km 3:00pm*

**Main Loop is approx 2km in reverse Direction      Note Grass Slashed not cut.**

**VENUE:** Upjohn Park Kirby Street Rydalmere. Entrance, at round-about, Homart Pharmaceutical, entrance.  
**START / FINISH:-** From the car park follow pathway past BBQ area & last picnic table.

**COURSE:** 2km Loop – Grass **As above in reverse.**

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

**PARKING**      Small Car park near the start and side streets.

### **INFO - WEST METROPOLITAN CROSS COUNTRY SERIES 2026**

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

**Point event:** Aug 8<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:

| <b>AGE GROUPS MALE / FEMALE</b> |             |             |     |         |
|---------------------------------|-------------|-------------|-----|---------|
| 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 2026**

**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.

#### **NO HANDICAPS EVENTS**

**The point scoring** in each age division (eg. Under 20, Medium) for individual competitor's places overall shall be  $w_M$  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 / 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](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 2026, operating under Blacktown City Athletic Club Certificate of Currency season 2026 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.

Comments & Statements are the Opinions of David Archbold OAM. – UN article 19



**SOPAC TRACK UPGRADE START 11<sup>th</sup> December Y2025.**

**Note upgrade completed March Y2026**

**Note last upgrade completed January Y2016**

**Track Design Life four (4) years. That's why you have been competing on a sub-standard track for the last five (5) years**

**Note SOPAC track is the only track certified (IAAF) Class 1 in NSW.**

| TRACK                                     | ENTRY FEE           | SURFACE             | CONDITION             | TRACK MARKINGS | LIGHTING | EQUIPMENT THROWS | HURDLES    | STARTING BLOCKS     | H JUMP     | L&T JUMP        | POLE VAULT | PHOTO FINISH   | PARKING      | NOTES  |
|---|---------------------|---------------------|-----------------------|----------------|----------|------------------|------------|---------------------|------------|-----------------|------------|----------------|--------------|--|
| HOMEBUSH WARM UP SOPAC AUTHORITY NSW GOVT | \$6.5 Student \$ 50 | REKORTAN BLUE       | RESURFACED 2016       | YES IAAF       | IAAF     | DEPOSITE         | YES        | YES                 | YES        | YES COVERED     | YES        | YES MAIN TRACK | SIDE STREETS | EXCELLENT FACILITIES ALL EVENTS<br>PARKING CAN BE A PROBLEM<br><br>Note fees increase from \$4.50 6 months or 25 entries \$120.00, concessi \$100.00 (pension)<br><br><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             | 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             | YES          | TRACK CLOSED FEBRUARY 2024<br>INCORRECT COLOUR RED ABSORBES WHILE BLUE REFLECTS<br>STEAM GENERATED AT THE INFACE<br>LIFT MATERIAL - BUBBLES  |
| ROXBROUGH PARK HILLS CLUB                 | MEMBERSHIP          | GRASS - COUCH       | FAST                  | YES            | GOOD LED | CLUB MEMBERS     | MEMBERSHIP | TRAINING MEMBERSHIP | MEMBERSHIP | YES             | NO         | NO             | YES          | TRACK & FACILITIES HAS EASY ACCESS<br>RESIDENTS USE TRACK<br>SWIMMING POOL COMPLETED   |
| AUBURN WYATT PARK ASICS WEST              | MEMBERSHIP          | GRASS               | GOOD                  | YES            | GOOD     | CLUB MEMBERS     | MEMBERSHIP | MEMBERSHIP          | MEMBERSHIP | YES             | MEMBERSHIP | NO             | YES          | CASUAL ENTRY – GOLD COIN<br>TRACK FENCED FROM G PUBLIC GYM – MEMBERHIP<br>PCYC & POOL next door  |
| CHATSWOOD WEST RAF UTS NORTHS             | MEMBERSHIP          | GRASS COUCH         | POOR                  | YES            | GOOD LED | CLUB MEMBERS     | MEMBERSHIP | MEMBERSHIP          | MEMBERSHIP | YES             | NO         | NO             | YES          | TRACK USE – ASSOCIATE MEMBERSHIP AVAILABLE<br><br>NORTHER ZONE   |
| C V KELLY PARK ORAMZI RD GIRRAWEEEN       | MEMBERSHIP          | GRASS - KIKUYU      | SPONGY                | YES            | GOOD     | CLUB MEMBERS     | MEMBERSHIP | MEMBERSHIP          | MEMBERSHIP | YES             | NO         | NO             | YES          | TRACK USE – ASSOCIATE MEMBERSHIP AVAILABLE<br>Track Re Opened March 2026   |

**ABOVE : - Track & Field Training Facilities**

**NOTE SOPAC TRACKS CLOSED DECEMBER 2025 RE OPENED MARCH 2026**

**NSW GRASS TRACKS AT YOUR RISK**

**YES THIS IS NSW !**

**However NSW has wonderful, Volunteer Officials.**

Comments & 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 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 LAST RESURFACED - JANUARY, 2016**

**(BOTH TRACKS WERE OUT FOR THREE MONTHS). SEE PHOTO BELOW**

**TRACK CLOSED FOR RESURFACE DECEMBER 2025**

**YES, TEN (10) YEARS BETWEEN RESURFACED NOTR DESIGN LIFE FOUR (4) YEARS.**

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

**WINTER SERIES 2026 P10**



2

**SOPAC TRACK**

Up grade starts December Y2015  
Track reopens January Y2016  
Note to late for athletes going to (training)  
RIO Olympic Games.



**B ISP TRACK**

October 2021 Asbestos removed February Y2022  
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)

**BIP Athletic Track April**



WINTER SERIES P10



**ANSW High Velocity Meet**

BISP Track 2024 March 8<sup>th</sup>

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 |
|-----------------------|-----------|-----------------------|----|------------------------|----|
| <u>AUSTRALIA</u>      | <u>NO</u> |                       |    |                        |    |
| <u>ALGERIA</u>        | 1         | <u>ICELAND</u>        | 2  | <u>QATAR</u>           | 1  |
| <u>AUSTRIA</u>        | 2         | <u>ITALY</u>          | 2  | <u>RUSSIA</u>          | 1  |
| <u>BELGIUM</u>        | 2         | <u>JAPAN</u>          | 1  | <u>SERBIA</u>          | 1  |
| <u>BOLIVIA</u>        | 1         | <u>KAZAKHSTAN</u>     | 1  | <u>SLOVENIA</u>        | 1  |
| <u>CHINA, P. R.</u>   | 1         | <u>KOREA</u>          | 1  | <u>SLOVAK REPUBLIC</u> | 1  |
| <u>CZECH REPUBLIC</u> | 3         | <u>LATVIA</u>         | 1  | <u>SPAIN</u>           | 3  |
| <u>DENMARK</u>        | 1         | <u>LITHUANIA</u>      | 1  | <u>SWEDEN</u>          | 1  |
| <u>ESTONIA</u>        | 1         | <u>LUXEMBOURG</u>     | 1  | <u>THAILAND</u>        | 1  |
| <u>FRANCE</u>         | 5         | <u>MACAO</u>          | 1  | <u>TURKEY</u>          | 1  |
| <u>GERMANY</u>        | 2         | <u>NETHERLANDS</u>    | 1  | <u>TURKMENISTAN</u>    | 1  |
| <u>GREAT BRITAIN</u>  | 2         | <u>NORWAY</u>         | 1  | <u>UNITED STATES</u>   | 3  |
| <u>GREECE</u>         | 2         | <u>POLAND</u>         | 1  | <u>VIETNAM</u>         | 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.**

REPRINT FROM UKA Competition Rule Book 2018 – 2020 Details of the revised UKA Rules of Competition

Comments & Statements are the Opinions of

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

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