

# West Met X C Clubs

## WEST METROPOLITAN CROSS COUNTRY CLUBS INC

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

### WINTER SERIES 2026

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

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### WINTER SEASON START

#### 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

#### LOCATION

Rydalmere

Botswana

SOPAC

Kurnell

Eastern Creek

#### Sat 16<sup>th</sup> WEST MET No 7 – HERITAGE PARK CASTLE HILL

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

SOPAC

NT

Horsley Park

#### Sat 23<sup>rd</sup> WEST MET No 8 – HERITAGE PARK CASTLE HILL

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

Horsley Park

Horsley Park

SOPAC

SOPAC

#### JUNE

Tue 2<sup>nd</sup> AICES XC SIEC Syd Int Equestrian Centre

Wed 3<sup>rd</sup> CSS Secondary SIEC Syd Int Equestrian Centre

#### LOCATION

Horsley Park

Horsley Park

#### Sat 6<sup>th</sup> WEST MET No 9 – BELLA VISTA FARM PARK - BAULKHAM HILLS

Sat 6<sup>th</sup> Winter T&F SOPAC ?

Sat 6<sup>th</sup> Aust T&F Under 23 Tour Taipei TPE

#### Sat 13<sup>th</sup> WEST MET No10 THIRD SETTLEMENT RESEVE – WINSTON HILLS

Sat 20<sup>th</sup> ANSW XC Champs Willandra NOWRA

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

#### Sat 27<sup>th</sup> WEST MET No11 BELLA VISTA FARM PARK - COURSE IN REVERSE BAULKHAM HILLS

**JULY**

**Sat 4<sup>th</sup> WEST MET No12 TBA**

**LOCATION**

Sat 4<sup>th</sup> Winter T&F SOPAC ?

Sat 11<sup>th</sup> **ANSW Short Course XC Champs Endeavour Park** **West Depto**

**Sat 18<sup>th</sup> WEST MET No13 TBA**

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

**Sat 25<sup>th</sup> WEST MET No14 TBA**

Sat 25<sup>th</sup> **ANSW Long Walks Champs** **TBA** **TBA**

**AUGUST**

**LOCATION**

Sat 1<sup>st</sup> **ANSW Road Relay Champs** **Crest** **BAMKSTOWN**

Sun 2<sup>nd</sup> Winter T&F SOPAC ?

**Sat 8<sup>th</sup> WEST MET No15 TBA**

Sun 9<sup>th</sup> City to SURF - C2S 14km Sydney CBD to Bondi SYD CBD

**Sat 15<sup>th</sup> WEST MET No16 TBA**

**Sat 22<sup>nd</sup> WEST MET No17 TBA**

**Sat 29<sup>th</sup> WEST MET No18 TBA**

**SEPTEMBER**

**Sat 5<sup>th</sup> WEST MET No19 PRESENTATIONS**

Sun 13<sup>th</sup> **ANSW Half Marathon Inc NSW Champs** **LOCATION** **SOPAC**

Tues 15<sup>th</sup> – Wed 16<sup>th</sup> NSW Primary Schools Carnival T&F Blacktown BISP

Sat 26<sup>th</sup> – Tues 29<sup>th</sup> NSW All Schools T&F Champs SOPAC

**DECEMBER**

Sun 13<sup>th</sup> Zatopek 10K & U20 3K and Supporting Events Lakeside Stadium VIC

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

**MAY**

**WEST METROPOLITAN XC EVENT No 6**

**Saturday 2<sup>nd</sup>**

**UPJOHN PARK – RYDALMERE / DUNDAS COURSE PCC LGA**

**REVERSE 2km Loop**

**2km 2:00pm      4km & 6km 2:45pm**

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

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

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

**Bonna Point Reserve**

**Kurnell**

**Sat 9<sup>th</sup>**

**# NO # WEST MET**

**MAY 16<sup>th</sup>**

**Saturday**

**WEST METROPOLITAN XC EVENTS No 7**

**HERITAGE PARK – CASTLE HILL**

**HSC LGA**

**2km 2:00pm      4km & 6km 2:45 pm      Note 4km U14 min age group**

**VENUE:** Heritage Park, Castle Hill. Heritage Road off Old Castle Hill Road

**COURSE:** 2km Loop, Grass and some path, Long & short grass inclines

**AIM:** Prep for Nowra XC – Takes in elements of Nowra, a demanding course.

**START / FINISH / NEXT LAP** Located below play equipment, BBQs, Western end, Castle Hill CBD.

**RUN:** Slight down-hill slope, then turn into the back section, steady climb, passing the 600m point before short drop into 3<sup>rd</sup> section of the park. Course goes over a covered (path) watercourse followed by another long climb, to almost the top of this section of the park.

Then short down gradual slope, back along a long pathway, running down before a turn back into, the start section. From here, another gradual climb towards a drop into a lower section, around the boundary before a short shape climb, back towards the Finish / Next Lap

**DISTANCE:** 2km, 4km & 6km

**RATING:** 3.5,

**PARKING:** Car park Note Main gate locked at 5:00pm

**FACILITIES:** Toilets (time lock)

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

**SOPAC**

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## WEST METROPOLITAN XC EVENTS No 8

**MAY 23<sup>rd</sup> Saturday**

**HERITAGE PARK – CASTLE HILL COURSE IN REVERSE**

**HSC LGA**

**2km 2:00pm      4km & 6km 2:45 pm      Note 4km U14 min age group**

**VENUE:** Heritage Park, Castle Hill. Heritage Road off Old Castle Hill Road

**COURSE:** 2km Grass and some path Note no large hills sections, just long gradual climbs.

**AIM:** Prep for Nowra XC – Takes in elements of Nowra,- a demanding course.

**START / FINISH / NEXT LAP** Located below, play equipment, BBQs, Western end, Castle Hill CBD.

**RUN:** As above in the reverse direction, run becomes some what different as the long pathway become a long gentler climb rather than steep sections.

**DISTANCE:** 2km, 4km & 6km

**RATING:** 3.5

**PARKING:** Car park Note Main gate locked at 5:00pm

**FACILITIES:** Picnic tables BBQ area, Children's play equip, toilets – time locked

**Sat 30<sup>th</sup>      **ANSW NSW XC Relay Champs – Newington Armory SOPAC****

**Ref ANSW website.**

**Sat 30<sup>th</sup>      # NO # WEST MET**

## JUNE

**6<sup>th</sup> Saturday**

## WEST METROPOLITAN XC EVENT No 9

**BELLA VISTA FARM PARK - BAULKHAM HILLS**

**HSC LGA**

**2km 2:00pm      4km & 6km 2:45 pm      Note 4km U14 min age group**

**VENUE:** Bella Vista Farm Park, Elizabeth-Macarthur Drive, Bella Vista - Baulkham Hills.

**COURSE:** 2km Loop – Grass, follows farm boundary.

**AIM:** Prep for Nowra XC – Takes in elements of Nowra,- demanding courses.

**RATING:** **3.0** Undulating course with steep inclines – Challenging course.

**START / FINISH:** Opposite car park, Norwest BVD side, near picnic shelters.

**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 Woolworth's head office into Elizabeth-Macarthur Drive, 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.

**PARKING:** Parking area inside the park. However now limited with picnic goers, street parking and opposite the park, Castle Hill side. Parking near the oval / end of Heritage Homestead approx 400m walk.

**FACILITIES:** Picnic tables children play equipment, water, toilets.

June 13<sup>th</sup> Saturday

**WEST METROPOLITAN XC EVENT No 10**

**THIRD SETTLEMENT RESEVE – WINSTON HILLS**

**PCC LGA**

**2km 2:00pm      4km & 6km 2:45 pm      Note 4km U14 min age group**

**VENUE:** Third Settlement Reserve, Edison Pde, Winston Hills.  
**COURSE:** 2km Loop of shared Path-Way. Grass start and finish. Scenic creek bush run  
**AIM:** Relaxing, fast stretching run pre Nowra  
**START / FINISH:** Opposite car park near & Basketball Court & Scout Hall.**THE RUN:** 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.  
**RATING:** 1.0 Flat course with slight inclines & declines.(Start & Finish areas).  
**PARKING:** Angle and street.  
Toilets (time lock) corner of Oakes & Edison, Picnic & Children Play equipment.

**JUNE**

Sat 20<sup>th</sup>

**ANSW XC CHAMPS – NOWRA DETAIL REF ANSW WEBSITE.**

Sat 20<sup>th</sup>

**# NO # WEST MET – ANSW EVENT**

**WEST METROPOLITAN XC EVENT No 9**

**HSC LGA**

June 27<sup>th</sup> Saturday

**BELLA VISTA FARM PARK - COURSE IN REVERSE BAULKHAM HILLS**

**2km 2:00pm      4km & 6km 2:45 pm      Note 4km U14 min age group**

**VENUE:** Bella Vista Farm Park, Elizabeth-Macarthur Drive, Bella Vista - Baulkham Hills.  
**COURSE:** 2km Loop – Grass, course in reverse.  
**AIM:** Prep for Short Course XC  
**RATING:** **3.5+** Undulating course with steep inclines – This is now a very challenging course.  
**START / FINISH:** Opposite car park, near picnic shelters.  
**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 / Woolworth's head office into ElizabethMacarthur Drive, 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.  
**PARKING:** Parking area is inside the park.  
**FACILITIES:** Picnic tables children pay equipment, water, toilets.

## 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:

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 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 **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 (**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 2:45 pm**
  - 6km 2:45 pm**

**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.

**ANNOUNCEMENT - NARRABEEN TRACK – SYDNEY ACADEMY OF SPORT**

NSW Government has committed \$8.3 million dollars to the upgrade of the athletic track  
Scope of works include drainage (prevent surface water entering the track area). Asphalt sub-base, allow for moisture release from surface interface layer Moisture resilient, track surface – no explanation as to surface material. So I guess this will be a lengthy construct time, for approvals etc

**TIME LINE**

- 1964 NSW first all- weather track. For NSW team training base for Jamaica Commonwealth Games 1966. First used by Jack Pross, weekend camp training group, - L.Toogood, D.Archbold.
- 1971 Rubberized bitumen, converted to Chevron (synthetic coated) 2008 Upgrade from Chevron.
- 2016 Upgrade submissions from athletes, clubs & state bodies. .
- 2018 April Resurfaced finally completed.
- 2023 December Track closed due to surface bubbling.
- 2025 June Upgrade announcement

**Similar story line applies - E.S. Marks, SOPAC & BISP Tracks. All have funding delayed well beyond their design life. All tracks have high usage by school athletic sport days, school carnivals apart from athletic clubs, training & competition.**



**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 PARKING CAN BE A PROBLEM  Note fees increase from \$4.50 6 months or 25 entries \$120.00, concessi \$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	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 INCORRECT COLOUR RED ABSORBES 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	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	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	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	YES	TRACK USE – ASSOCIATE MEMBERSHIP AVAILABLE  Track Re Opened March 2026

## ABOVE : - Track & Field Training Facilities

**NSW GRASS TRACKS AT YOU RISK**

**YES THIS IS NSW !**

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.**

**SOPAC TRACKS RESURFACED - JANUARY, 2016  
AND MARCH 2026**

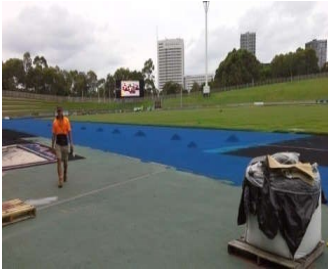
**(BOTH TRACKS WERE OUT FOR THREE MONTHS). SEE PHOTO BELOW**

**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 P11**



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 19**



**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
<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	<b>POLAND</b>	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.**

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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