

# WEST MET X C CLUBS

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

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

WINTER SERIES 2018 ver 3.0

## 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.**

NOTE. We have again applied to NSW Govt Dept of Sports & Rec for a grant to purchase an AED (Automatic External Defibrillator) \$3.2k (list) our contribution has to be half.

First purchased Phillips Heartstart FRx for UTS North's – RAF over eight years ago, since then four athletes (masters) have had a cardiac arrest at RAF. Might add – was a team member at AWA Microelectronics, we developed & manufactured worlds first programmable cardiac pacemaker integrated circuit (pacing pulse of 5 volts for 2 millionth of a sec, programmed) for Teletronics Implantable Heart Pacemaker, in the early 1970's, so I always had the desire to use technology in our sport, it's the dollars that holds us back – three billion dollars to pull down one Golf Club, Swimming Pool complex & three stadiums then build only three, limited use football stadiums, no swimming pool, replacement cost \$63 million, no funding. Parramatta Golf now Ryde.

## MARCH

**17<sup>th</sup> Sat Run 4 Jess Gipps Road Sporting Complex, Greystanes**

**In memory of Jess Clark [facebook.com/Run4Jess](https://www.facebook.com/Run4Jess)**

**All welcome – Run, Walk 2 km at 2:00 pm 4/8 km at 2:30 pm**

**A Girraween Athletic Club Special Event.**

**ENTRY FEE \$5-00** donated to the C5 Oncology Ward – Westmead Hospital

**START / FINISH:** From the Athletic Track

**ENTRIES:** On the day – Large Sheltered area near the canteen.

**CANTEEN:** BBQ & Drinks

**DIRECTIONS:** From the Great Western Highway, turn into Greystanes Road. Greystanes joins Gipps Road then follow to the “T Way” next right into the Sporting Complex (opposite Long Street).

**24<sup>th</sup> Sat NORTHERN ZONE T&F SEASON PRESENTIONS  
Rotary Athletic Field (RAF), Mowbray Road, West Chatswood.**

**24<sup>th</sup> Sat ANSW ALL-COMERS END OF SEASON  
Bankstown – The Crest**

**24-25<sup>th</sup> Sat & Sun LANSW STATE T&F CHAMPS - SOPAC**

**25<sup>th</sup> Sun ANSW MOUNTAIN CHAMPS – 13<sup>th</sup> YEAR**

**NOTE UPDATE**

**DUE TO BUSH FIRES -THE VENUE MAY BE MOVED TO THE BLUE MOUNTAINS  
ANSW TO ADVISE**

~~Venue Mt Canobolas, Orange NSW.~~

~~Near Towac Pinnacle Grounds (of Pinnacle Road).~~

**ENTRY: ANSW [www.nswathletics.org.au](http://www.nswathletics.org.au) Go to competitions. [www.greatvolcanic.org/](http://www.greatvolcanic.org/)**

## 31<sup>st</sup> Sat West Metropolitan Cross-Country Events No 1

### GEORGE KENDALL RIVERSIDE RESERVE – ERMINGTON #

>>> NOTE VENUE CHANGE <<

The Hills Shire Council will not allow us to use – “The Hills Centenary Park Reserve” – Rouse Hill

**This is after I have supplied well over fifty (50) sheets of paper work in Application Forms & Maps –  
So much for the NSW Govt Council Amalgamations – SMALL GOVERNMENT**

**Registration from 1:15pm      2km 2:00pm      4km 2:25pm      8km 3:00pm**

**VENUE:** George Kendall Riverside Reserve, Boyle Street Ermington.

**COURSE:** 2km Loop - Grass & Shared Path-Way. Relative flat with slight rises      **RATING: 2.5**

**START / FINISH:** Opposite the car park at the end of Boyle Street, open grass area.

**PARKING:** Area between Trumble Ave & Boyle St may be full due to Soccer.

**FACILITIES:** Toilets, Electric BBQ's, Picnic Tables & Canteen (football club).

**THE RUN:** The start wide open grass field for 600 metres followed by shared path section, sweeping around the follow the Parramatta River, approx 1km long with a gradual climb before a turn to the right, at the 1k65 point then grass with a sharp steep climb thrown in, around the football field to the finish.

**DIRECTIONS:**

**From Parramatta** - Victoria Road, after Silverwater Road shopping centre turn into Spurway Street, (right hand turn at the 2nd set of lights).

**From Ryde** along Victoria Road turn left into Spurway Street, before Ermington shops.

**From Spurway Street** left into Boronia (round about) then right into Boyle Street (3rd street).

This is at the other end of the Rydalmere run (Broad Oak Waters Development / what was Navel Stores).

**OTHER PARKING AREAS:** 2<sup>nd</sup> parking area off Spurway Street (short walk up to the start), Trumble Ave, Boyle Street & Murdoch Street all these come off Boronia Street and end at the Reserve.

## APRIL

## 7<sup>th</sup> Sat West Metropolitan Cross-Country Events No 2

### RICHARD MURDEN RESERVE – HABERFIELD #

**Registration from 1:15pm      2km 2:00pm      4km 2:25pm      W6 / 8 km 3:00pm**

**VENUE:** Richard Murden Reserve, Hawthorne Pde – Haberfield.

**COURSE:** Grass events 2km loop      **RATING OF 1** Short section of path approx 100m.

**START / FINISH:** Opposite Turner Ave on the grass between Hawthorne Drive & the canal.

**DIRECTIONS:** Traveling East along the M4 / Parramatta Road towards the City, turn left off Parramatta Road into Sloane Street, (2<sup>nd</sup> set of lights after Liverpool Road). Then right into Lord Street, left into Hawthorne Pde which does a right and left as it crosses over Marion Street. Note no easy access from “City West Link Road”.

**PARKING** bays and street parking, Hawthorne Pde and side streets.

**DRESS:** For a warm day (2k & 4k events), *however late* afternoon will turn cooler (end 8k event).

## 14th Sat West Metropolitan Cross-Country Events No 3

### QUEEN ELIZABETH PARK – CONCORD #

**Registration from 1:15pm      2km 2:00pm      4km 2:25pm      W6 / 8 km 3:00pm**

**VENUE:** Queen Elizabeth Park, Broughton Street - Concord

**COURSE:** Grass events 2km loop **Rating of 2**, short sections of path approx 300m total.

**START / FINISH:** Broughton Street & opposite Stanley Street in the park.

**DIRECTIONS:**

**North** – Concord Road cross the Ryde Bridge, towards the M4, turn left into Patterson / Gipps Street, (just before the M4) then left into Broughton Street after the Queen Elizabeth Park.

**West** - M4 exit to Concord / Ryde then left into Concord Road then first right into to Patterson / Gipps Street, then as above.

**Parking** Bays, Street Parking and shaded parking on the far side of the soccer field, left from Broughton into Crane then left again into Addison Ave. Toilets close by, end of soccer building.

**Note** Dress for a warm day (2k & 4k events), however late afternoon will turn cool & light will be fading.

**21<sup>st</sup> Sat NSW NOVICE XC Champs – (St George District Athletic Club)**

**SCARBOROUGH PARK - Hawthorne Street Ramsgate**

\* **PROGRAM** – Check ANSW [www.nswathletics.org.au](http://www.nswathletics.org.au) closer to this event as information below as per last season.

* 12:45 pm	Club / Inv	4 km
* 1:15 pm	Club / Inv	2 km (including U12 only)
* 1:40 pm	Club / Inv	10 km ANSW <b>## Point Score Event</b>
* <b>2:30 pm</b>	<b>Novice Female</b>	<b>7 km Championship</b> (Current ANSW Rego only)
* <b>3:15 pm</b>	<b>Novice Male</b>	<b>10 km Championship</b> (Current ANSW Rego only)

**## Note Club / Inv race is a point score event - Premiership & Winter Trophy**

Entrants for Novice championship must have correct uniform with current ANSW registration front & back, registrations will not be accepted on the day.

**Directions**

**West Side:** M4 (SOPAC) then Centenary Drive / Forest Road / Roberts Road / Wiley Ave / King Georges Road, Princes Highway, Ramsgate Park Road then left into Chuter Ave then as below.

**Northside:** Warringah FWY, Sydney Harbour Tunnel, Eastern Distributor – Southern Cross Drive, General Homes Drive then joins the Grand Pde. Through Brighton Le Sands turn Right at Barton St (traffic lights next set after President Av) then left into Chuter Ave (round about) then right into Florence St then right into Hawthorne St (Ramsgate Public School is on the corner),

**Parking** towards the end of Hawthorne near finish / rego area. **Note** Parking is tight, parking also on the opposite side of the park.

**Toilets** close by, change / showers, canteen.

**28<sup>th</sup> Sat West Metropolitan Cross-Country Events No 4 #**

**NORTH BANK PARRAMATTA RIVER – RYDALMERE**

**Registration from 1:15pm 2km 2:00pm 4km 2:25pm W6 / 8 km 3:00pm**

**VENUE:** John Street Rydalmer, opposite Norwill Street – up from Primrose Park.

**START / FINISH:** Opposite parking area grass section approx 200m before joining shared pathway.

**COURSE:** Shared pathway (wide for push bikes & walking) out and back 1km for the 2km and 2km for the 4k / 8km. W6km run, one 4km & one 2km Loop.

**THE RUN:** Pathway mostly flat to the 500m mark, the course then has a slight bend before going under the Silverwater Road Bridge, then past Broad Oak Waters development site (formally the old Naval store). The 1km mark, just past large waterways navigation guidance signal (water side). This is the turnaround point for the 2km course. Coming back you have to work, as there are two gentle climbs – before Silverwater overpass and the last 300m.

The 4km /8km course continues past the 1km mark, passes the children’s play area (fenced off), then a slight bend to go up a short sharp incline this is near the 1k5, (1.5km) mark, then past George Kendall Reserve (section of up-coming run), the 2km mark is just past a bitumen section, then a sheltered seat, turn around and back to the start point. Scenic run following the riverbank

**RATING: 1** A flat relative easy course.

**FACILITIES:** Toilets at Primrose Park (soccer field) short distance from the start; picnic tables and children’s play equipment.

**DIRECTIONS:**

**North** –Victoria Road, after Silverwater Road turn left into Primrose, to the end, then right into John Street, Park opposite Norwill Street (second street along).

**West** – Victoria Road, over the railway line at Rydalmere then first right into Clyde Street (BP servo) then left into South Street then right into John Street (towards John Street Warf).

**# PLEASE NOTE WAITING CONFIRMATION ON VENUE USE.**

PLEASE CHECK FOR UPDATES AND CHANGES – OUR COURSES ARE CHECKED ONE WEEK BEFORE EVENTS.

INFORMATION IS NOT ALWAYS AVAILBLE AT TIME OF PRINT.

**FOR ANSW - closer to event check for updates [www.nswathletics.org.au](http://www.nswathletics.org.au)**

## **WEST MET X C CLUBS**

**VENUE FEES:**

**1<sup>st</sup> Time entry by MEMBERSHIP FORM only, nominating points event & form details**

- Three dollars (\$3) per entrant, Family max of nine dollars (\$9) per venue.
- Registered ANSW / LANSW Season fee (Bib’s only) \$35-00 / Family \$90-00

Entry fee covers one or three events.

Note - Membership Fee included in venue Fee

**WEST MET AWARDS AGE GROUPS MALE / FEMALE**

U10	Under 10’s	U20	Under 20’s	50+	50 – 54 years
U12	Under 12’s	20+	20 – 29 years	55+	55 – 59 years
U14	Under 14’s	30+	30 – 39 years	60+	60 – 64 years
U16	Under 16’s	40+	40 – 44 years	65+	65 – 69 years
U18	Under 18’s	45+	45 – 49 years	70+	75 – 80+ years

**NOTE WEST MET AGE IS THE AGE YOU WILL BE AT THE 31<sup>st</sup> DECEMBER 2018**

**Note newspaper age groups go: 20+, 70+, 60+, 50+, 40+, 30+, U20, U18, U16, U14.**

Although results are phoned through priority seems to be Golf, Cricket & Football so results may not be published, Results were not always in the Sydney Morning Herald, check Sports Results before buying.

Comments & Statements are the Opinions of david archbold. – UN article 19

Version 2.0 Update & changers – Mountain running champs, add LANSW champs, AED notes.

Version 3.0 Venue change The Hills Centenary Park Reserve, Rouse Hill to George Kendal Reserve, Ermington.