

West Met X C Clubs

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

www.westmetxcclubs.com.au

WINTER SERIES 2016
JULY – AUGUST START

JULY 2nd Sat # WEST METROPOLITAN XC EVENTS No 11 **GIPPS RD SPORTING COMPLEX GREYSTANES**

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

COURSE: Shared concrete pathway out, then mainly grass back. **Circuit: 2 km Rating 3**

VENUE: Gipps Road Sporting Complex, Gipps Road Greystanes opposite Long Street

START / FINISH: Grass area near undercover of “Little A’s” canteen area.

RUN:

From the start slight down hill to join the shared pathway then a gentle climb to the 1km point then right turn across the grass field - the far football field. The course direction is then to the pine trees and behind to rejoin the shared pathway. From the 1k5 point the cause goes behind the baseball field then heads around a number of trees between the oval and the path to swing around and into the rear gate of the athletic field, then clockwise around the track to finish near the start.

DIRECTIONS:

From the M4: Exit at Cumberland Highway to the Great western Highway, turn into Greystanes Road, 4th set of lights. Greystanes Road joins Gipps Road (round about with Merrylands Rd) follow Gipps Road to the T Way, then turn right into the Sporting complex (just before Long Street).

PARKING: **BOTTOM CAR PARK ONLY** – enter off Gipps Road Note after main entrance.

TOILETS: Near the start.

JULY 9th Sat # WEST METROPOLITAN XC EVENTS No 12 **FROM COL SUTTON PARK – WINSTON HILLS**

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

VENUE: Col Sutton Park, Baulkham Hills Road - Winston Hills.

COURSE: **2km** – 1km out & back - Concrete Pathway (cycle way). Start grass (100m).

4km – **1km out to turn, then 2km out to next turn then 1km back**

8km – Two laps of 4km course.

RATING: **3.0** Undulating course with slight hills.

START / FINISH Back of the Base Ball cages, this course has short steep inclines to make it a reasonable testing course – Following XC Road relays warm up.

DIRECTIONS: **From the M2** Exit at Seven Hills to Abbott and Old Windsor Junction, turn left into Old Windsor Road, then second left into Gibbon Road (towards Winston Hills Shopping center) then left into Langdon Road (over M2) then left into Baulkham Hills Road (Model Farms High School).

From the M7 take the Norwest off ramp into Old Windsor Rd then as above.

From Parramatta: Old Windsor Road, right into Gibbon Road (before The M2) then as above.

PARKING: Car park and parking in Baulkham Hills Rd near the park / Baseball.

FACILITIES: Toilets Near the start, children’s play equipment.

16th Sat ANSW ROAD RELAYS – OURIMBAH
CENTRAL COAST CAMPUS of NEWCASTLE UNI

VENUE: Newcastle University – Central Coast Campus, Ourimbah
HOST: MINGARA ATHLETIC CLUB
LOCATION: Chittaway Road, Ourimbah. Leave F3 at Ourimbah
DIRECTIONS: F3, Ourimbah Exit, enter Pacific H Way after roundabout, left into Chittaway Road, enter Campus Main Gate.
PARKING: Near The Boulevard – see on site directions
COURSE: Fully enclosed road loop, 2km -The Boulevard, then north & south Loops
START: The Boulevard

PROGRAMME

12:00pm	Male - U12, U14 & U16	4 x 2km
12:00pm	Female – U12, U16, & U18	4 x 2km
12:45pm	Male – OPEN (20+) 35+	4 x 4km
12:45pm	Male – U18, & U20	4 x 4km
2:00pm	FUN RUN all ages	2km, 4km & 6km.
2:30pm	Female – U20, OPEN (20+)	4 x 4km
2:30pm	Female –35+, 45+, 55+, 65+	4 x 4km
2:30pm	Male – 45+, 55+, 65+	4 x 4km

ANSW TIMING TAGS

NOTE Club uniform c/w registration numbers Front & Back to be eligible for ANSW awards

NOTE INFO COPIED FROM Y2015 – NO UPDATE'S TO DATE.
CHECK ANSW WEB SITE FOR CHANGES & UPDATES

23rd Sat WEST METROPOLITAN XC EVENTS No 13
Upjohn Park – RYDALMERE / DUNDAS

Entry from 1:15pm 2.5km 2:00pm 5km 2:25pm 7.5km 3:00pm

VENUE: Upjohn Park Kirby Street Rydalmere / Dundas, next to what was old Upjohn Pharmaceuticals

DISTANCES 2.5km 5km 7.5km Suits sprinters as well. Rating 4.

START / FINISH. Start on the far side of Nolan Oval (near the cricket nets. Finish on near side of the Oval (car park side).

COURSE: 2.5 km circuit. - Grass, Zig' Zags through the park, crosses a creek, short sharp hills & down long slopes, foot bridge then a steady climb to the finish / next lap. **Note** same as the short course (1st of August).

DIRECTIONS:

From Parramatta along Victoria Road turn left into Kirby Street (after Park Road at Rydalmere). Along Kirby Street, turn right at 2nd round about into the car park.

From Ryde follow Victoria Road past Ermington shops then under Silverwater Road. Then turn right into Kirby Street (no traffic lights) or proceed to Park Road, traffic lights (Family Hotel) turn right then right again (round about) into Pine Street at the end left turn at Kirby.

From Kissing Point Road into Kirby Street (Shell Servo / St Patricks Marist Bros College) then as above.

Picnic area BBQ. Parking, Toilets, Children's play area.

30th Sat

**NSW SHORT COURSE XC CHAMPS - No 102nd
BROWNSVILLE (West Dapto)**

VENUE: Integral Energy Recreational Park, Darkes Road – BROWNSVILLE or West Dapto.

DIRECTIONS: Princes Motorway 10km south of Wollongong & 1km North of Dapto township. Via the Princes Motorway - pass Wollongong, Kanahooka, Kembla Grange Race Course (on your right). Take the off ramp at Yallah and right into Kanaooka Road through round about at Princes Highway, continue into Darkes Road over railway line – short distance, Mountain Range Nursery (on your left) then to your right into Integral Energy Rec Park – Venue is just past Australian Motor Museum.

CONTACTS: **David Higgins** Email kjoggers_dave@optusnet.com.au.

COURSE MAP: www.nswathletics.org.au

ENTRIES: Taken on line Additional fee for on the day applies.

AMENITIES: Parking, Hot & Cold Food, Drinks, Showers.

PROGRAMME

START	12:00 pm	FUN RUN ALL AGES	1K5 and 2k5 (1.5km & 2.5km)
	12:30 pm	U12 Male & U12 Female	1k5 (1.5km)
	12:50 pm	U14 Male & U14 Female	2k5
	1:20 pm	U16 Male, U16 & U18 Female	2k5
	1:45 pm	Open Female , 35+ to 65+ Female,	5k
	1:45 pm	55+ & 65+ Male	5k
	2:30 pm	Open Male , 35+ , 45+ Male	7k5 (7.5km)
	3:30 pm	U18, U20 Male & U20 Female	5k

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**** AUGUST ****

**6th Sat # WEST METROPOLITAN CROSS-COUNTRY EVENTS No 14
PROSPECT RESERVOIR – PROSPECT**

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

Course: Road Circuit - Out & Back 4km **Rating 2**

Start / Finish: In side the Wire Fence at the bottom of the Dam Wall

Venue: Prospect Reservoir (Prospect Dam) - Reservoir Road Prospect.

Directions:

Follow the roadway past the reservoir to the dam wall at the picnic area near Walder Park.

From the M2 & NW continue on to Abbott Rd / Prospect HWY then right into Wall Park Ave (after Seven Hills Shops) then turn left into Blacktown Rd it then again becomes Prospect HWY. Over the Great Western HWY & M4 continue on to Reconciliation Road then right into Reservoir Road, after a short distance the entrance is on your left.

Heading West on the Great western Highway or M4 take the left ramps & turn left into Prospect HWY follow into Reconciliation Road turn right at the second round about into Reservoir Road then left through the main gates.

Heading East on the M4 exit to Prospect HWY then right into Reconciliation Road turn right at the second round about into Reservoir Road then left through the main gates.

Course Detail:

The run starts on the other side of the wire fence, follows the Old Roadway along the base of the Dam Wall. This is a steep climb over 2km to finish above the dam wall near Cowpasture Road (Chandos Road end).

Car parking: Parking area around the picnic area.

Toilets BBQ area. Children’s play area

**13th Sat AUG WEST METROPOLITAN XC EVENTS – NON POINTS
JOHN STREET RYDALMERE – Nth BANK PARRAMATTA RIVER**

Entry from 1:15pm 2km 2:00pm 4km 2:25pm Note 2km & 4km ONLY

Note this is a non-point day, for those not running the City 2 Surf – wanting a shorter run.

COURSE: Pathway / Cycle-way 1km out & back for 2km, 4km is twice 2k course. **Rating 2**

VENUE: **Eric Primrose Reserve** - North Bank Parramatta River, Rydalmere

START / FINISH: South end of Nowill & John Streets, near children’s playground

DIRECTIONS:

From Parramatta along Victoria road, turn right at Clyde Street (BP servo) left into South then right into John Street.

From Ryde along Victoria road turn left after Silverwater Road into Primrose then right at John Street.

**14th Sun AUG CITY TO SURF. CITY TO BONDI BEACH – SYDNEY
FAIRFAX EVENTS**

West Met X C Clubs - MEMBERS RECORDS

John Farrington UTN / RYD 1972 time **43:11** Distance **9.4 miles** or **14km in 39:58** (Equivalent time).

Note John run was **15.128km** (9.4 miles) The start then was from Sydney Town Hall (George & Park Streets) up over Darlinghurst Road, this was before the William street Tunnel under Darlinghurst Road at Kings Cross, just another steep climb.

Note fastest time recorded for the 14km is 40.03 Steve Moneghetti 1991

Keith Mayhew GIR Club 43 runs in the City2Surf.

Performances by West Met Club’s August 11th 1974 Finished 5,000 from 5,700 Starters

1	John Farrington	43.21	UTN / RYD	Distance 15km			
19	Allen Harrison	46.56	ASW	236	Barry Mayo	55.18	HIL
25	Keith Mayhew	47.26	GIR	318	Brendon Hyde	56.38	SYU
26	Albie Thomas	47.29	STG	336	Robert Warmoll	56.58	HIL
30	John Bowers	48.02	ASW	458	Graham Allomes	58.24	SYP
33	Peter Bromley	48.19	UTN & Athletics Aust Dir				
42	Dave Power	47.12	AEA / ASW				
38	Graham Ryan	48.52	RBH				
42	Brendan Cheevers	49.17	UTN				
50	Bruce Adams	49.28	UTN				
103	Kith Ollerenshaw	51.50	ASW				
222	Robert Osbourne	55.08	NEP				

Note Clubs are as of now. Please let David know of other additions. eg your best time so I can add / build a list of PB’s

**PLEASE CHECK FOR UPDATES AND CHANGES – ONE WEEK BEFORE EVENTS.
INFORMATION IS NOT ALWAYS AVAILABLE AT TIME OF PRINT**

Check For Updates Closer To Event www.nswathletics.org.au

ABOUT WEST MET RUNS

The objective is to prepare the runner for ANSW XC events and School XC events.

The runs are designed to mirror as much as possible the coming XC Championship event.

We take you out of your comfort zone – yes we even run when it is raining.

For those that make it to the World XC Champs, chances are you will be running in wet and muddy conditions.

Our events are Cross Country Events - IAAF specifications.

Season 2012 saw twelve athletes across all age groups represent NSW at the Athletics Australia and Australian All Schools XC Championships. While in the Opens and Masters many runners took out gold silver and bronze in ANSW State Championship XC events. Not to mention – a whole lot of runners got fitter and healthier

Age groups are from under 10 to 80+ young - we welcome all abilities.

Mums and Dad's can have a run too – its only few minute in a week of 168 hours. Start off with the 2km and build up to running the 2km and 4km this will help you in training for the City To Surf.

Any runner who isn't a member of any our competing **Athletic Clubs** can join a club of their choice – thus becoming members of cross country teams (teams are four) age groups - under 12, U14, U16, U18, U20, opens (20 to 35), 35+, 45+, 55+, 60+, 65+, 75+ and 80+ male / female.

Teams compete for gold, silver and bronze in the NSW State Cross Country Championships.

Distance running is also great way of making new friendships.

PLEASE NOTE WAITING CONFIRMATION ON VENUE USE.

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

DUE TO NSW GOVT PROPOSED COUNCIL CHANGES

We are now working with poorly staffed and new open space departments.

**For example - Greystanes – Gipps Road Sporting Complex (Holroyd City Council) is now under
CUMBERLAND COUNCIL & A INTERIM GENERAL MANAGER**

**Prospect run – NSW Govt -Sydney Water have also changed their structure and now require a “Land
Access License – deed poll” on top off a mountain of other paper work, which we have supplied, still
await approval – NSW Govt Making it Happen.**

FOR ANSW - closer to event check for updates www.nswathletics.org.au

West Met X C Clubs

VENUE FEES:

First Time Entry by MEMBERSHIP FORM only, nominating points event (one only) & 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
- Membership Fee included in venue Fee.

Entry fee covers one or three events - you can run in all three.

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 31st DECEMBER 2016

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.

Note David is the ownership of all mistakes – please advise for future corrections.