

WEST MET XC CLUBS

SUMMARY OF ANSW & AA Champs 2019 EVENTS.

May	4 th Sat	Sydney 10	SOPAC
	25 th Sat	XC Relays	MIRANDA PARK
June	22 nd Sat	XC Challenge/ Long Course	NOWRA (ANSW)
	25 th to 28 th	Australian Oceanic Games	Townsville (Athletics Australia)
July	13 th Sat	Street Relays	OURIMBAH – NEWCASTLE UNI CAMPUS
	21 st Sun	25km Trail Champ – NEW EVENT	PORT MACQUARIE (ANSW)
Aug	3 rd Sat	Short Course / LANSW XC Champs	RYDALMERE
	25 th Sun	Sydney Half M	SOPAC
Sept	15 th Sun	NSW Marathon Champs	SYDNEY (ANSW)
		>500 DAYS OLYMPIC GAMES	Tokyo

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

www.westmetxcclubs.com.au

WINTER SERIES 2019

It is with great sadness we announce the passing of Ronald John White, Ron
Life Member of Hill's A. C. & ANSW

Ron started his athletics career as a hurdler with Western Suburbs Athletic Club (now ASICS West), then in 1968 together with Marlene Matthews they founded Baulkham Hills Women's Amateur Athletic Club under the umbrella of Baulkham Hills Sports & Recreation Club.

In 1972 The Hills District club was formed, Ron - President, the clubs first outing at Interclub (athletics main track & field competition – club verses club) was at Hensley Athletic Field in "G" grade when Hills went up against St George District Club on the 12th October 1974 – Ron had put "The Hills" on the athletic map. He was still serving his club on the committee 45 years on.

Ron also founded coaching in the Hills in 1974 and was involved with the Australian Track and Field Coaches Association since its inception also in 1974. He was also a long serving president of that association and as a master coach, mentored many of today's coaches. His athletes were countless, with many owing their success for his dedicated, skilful guidance.

As fate would have it, his athletes had just competed in the State, National and National University Games that conclude on Sunday the 14th of April when Ron was the last speaker at Merve Lee-Archers memorial service, Ron was reminiscing how Merve had forgiven him on establishing the Hill's Club when he collapsed.

Ron has left a great legacy, one of the top Sydney Clubs, athletes reaching international status, however he leaves behind many of his understudies to carry on his work, as he would want.

A service is to be held at 10:30am on Tuesday 23rd April at Rookwood Cemetery, in the South Chapel.

A Tribute appears on ANSW Web page

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.

APRIL

20th 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, **ADDISON AVE** - Concord

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

START / FINISH: Addison Avenue, Soccer Fields. Note this is a new Wide Start along the side of the Soccer Fields.

The Course has been changed, most of the foot path has been deleted, only shared foot path along Broughton Street remains, more grass. The 2km loop is actually 1k915 (85m short), however athletes will have to work harder around the course, but there is a downhill finish.

DIRECTIONS:

North – Concord Road across 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, Addison Ave, Note many parking bays in Addison Avenue.

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.

27th Sat

West Metropolitan Cross-Country Events No 4

BELLA VISTA FARM PARK - BAULKHAM HILLS #

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

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

COURSE: 2km Loop – Grass **NOTE COURSE CHANGE** – from 1k3 point course continues up the steep slope opposite the old path, to the fence boundary and continues along to the front of the park, between the boundary fence and entrance driveway. Then back across over the end of the drive way, from here it is to the finish rejoining of the old course, last 50m.

RATING: **3.5+** Undulating course with steep inclines – This is now a very challenging course.

START / FINISH: Opposite car park, near picnic shelters.

PARKING: Parking area is inside the park.

FACILITIES: Toilets located next to the finish opposite picnic shelters. BBQ's & picnic - tank water

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.

WINTER SERIES 2016 cont

West M7 exit into Norwest BVD, turn right opposite Bunnings / Woolworths head office into Elizabeth-Macarthur Drv, 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.

MAY 4th (Sat) NSW ROAD CHAMPS 10km "SYDNEY 10" ANSW EVENT

VENUE: Sydney Olympic Park Athletic Centre - SOPAC

START / FINISH: Dawn Frazer Ave Note 10 minutes before start time / Marathon Tunnel then 350 m of the track.

HOST: ANSW - Sydney 10 + Greater bank 5 km Fun Run + LA's NSW 2km Fun Run.

ENTRY: **ALL - Online ANSW Bib Pickup SOPAC Forecourt 2:00pm & 6:00pm, Friday.**
Bib Pick up on the day from 5:45 am, must be 45minutes before event.

POINTS: ANSW Clubs – Must wear club uniform with Electron Bib (Event Entry Bib)

COURSE: Details & Map. **ANSW Web Page – WARATAH SERIES SYDNEY 10 GREATER BANK FUN RUN**
PROGRAM: NOTE

5:45 am	BIB COLLECTION NOTE BY 45min PIOR TO CALL UP	
7:05 am (7:15)	10km	WHEELIES
7:35 am (7:45)	10 km	M20+ & W20+, MU20 & MASTERS M&W ANSW MEDALS
8:55 am (9:05)	5 km	FUN RUN WU20, U18 & U16 MALE & FEMALE.
9:35 am (9:45)	2 km	FUN RUN (NSW MEDALS) U14 & U12 Male & Female

DIRECTIONS:

West exit M4 into Hill Road, see parking P1

North West exit Silverwater Road into Holker Street right into Hill Road, see parking P1

North Homebush Bay Dr exit to Australia Ave, Sarah Durack Ave - signs to parking.

PARKING: P1 & P2

TOILETS / CHANGE / SHOWERS / DRINK & FOOD at Athletic Centre.

COURSE: Start Dawn Frazer Ave (Turn around) - Olympic Boulevard - Kevin Coombs Ave & Marjorie Jackson Parkway, Brick Pit, then back to the start area to enter Marathon Tunnel, 350m of track to cross track finish line.

MAY 11th Sat WEST METROPOLITAN XC EVENTS No 5
ROSFORD STREET RESERVE – SMITHFIELD

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

VENUE: Corner of Rosford & Dublin Streets Smithfield (Playing Fields)

COURSE: 2km (loop) all grass and 4km Loop for 4km & 8km grass & shared pathway **Rating of 2.5**

START: Grass area opposite entrance, between Rosford Street and Children's Play Equipment.

FINISH: For 2km, 4km & 8km, opposite to start.

DIRECTIONS:

From the M4 exit at Cumberland Hwy to the Great Western Hwy, turn into Greystanes Road, and fourth set of lights. Greystanes Rd joins Gipps Rd (roundabout with Merrylands Rd) follow Gipps Rd into Hassall Street (roundabout) then 1st left into Eyre Street then left into Rosford St. Note Fixed Speed Camera in Greystanes Road.

MAY 18th Sat WEST METROPOLITAN XC EVENTS No 6

BELLA VISTA FARM PARK - BAULKHAM HILLS

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

VENUE: Bella Vista Farm Park, Elizabeth-Macarthur Drive, Bella Vista - Baulkham Hills.
COURSE: 2km Loop – Grass NOTE COURSE CHANGE – from 1k3 point course continues up the steep slope opposite the old path, to the fence boundary and continues along to the front of the park, between the boundary fence and entrance driveway. Then back across over the end of the drive way, from here it is to the finish rejoining of the old course, last 50m.

RATING: 3.5+ Undulating course with steep inclines – This is now a very challenging course.

START / FINISH: Opposite car park, near picnic shelters.

PARKING: Parking area is inside the park.

FACILITIES: Toilets located next to the finish opposite picnic shelters. BBQ's & picnic - tank water

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 / Woolworths head office into Elizabeth-Macarthur Drv, 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.

MAY 25th (Sat) NSW CROSS – COUNTRY RELAYS CHAMPS ANSW EVENT

VENUE: Kingsway & Sylvania Roads - **MIRANDA**

HOST: Illawong Athletic Club

CONTACT: ANSW Assistant Competition Manager Ph 9746 1122

ENTRIES: **ANSW Online. By CLUB TEAM MANAGER or Individual if not in a team.**

TAG TIMING: See Team manager for Tags, Individuals are issued at Check In – Personal Tags not to be used.

COURSE: 2 km Loop - Grass

TEAMS: **Contact your Club's Team Manager** NOTE Teams need to be locked in at least one week before, this enables run position to be finalized.

NOTE: **Individual athletes** competing must run the first leg of their age race.

ANSW Clubs – Must wear club uniform with Electron Bib (Event Entry Bib)

DIRECTIONS:

From the North West & North. M2, Harbour /Tunnel / Eastern Suburbs Distributor / Southern Cross Drive, then take the General Holmes Exit to Brighton-Le-Sands / Caringbah. From General Holmes Drive to The Grand Pde, at the end of The Grand Pde right turn into Sandringham Street then left into Rocky Point Rd, continue on to Taren Point after the Captain Cook Bridge then right turn into The Boulevarde (Miranda). After the five ways intersection (Port Hacking Rd) turn left at the second set of light into Sylvania Road.

PARKING If you arrive after the first event park in Marion Street (last street on right before the Kingsway) or the Kingsway, opposite side of the road, parking also in vacant land on the corner or park in shopping centre for post race shopping.

From the West - Silverwater Road / St Hilliers Road / Olympic Dr / Joseph St / Rookwood Rd / Stacey St / Fairford Rd / Davies Rd / Alford's Point Rd then Exit into Menai Rd / Menai Bypass / River Rd / Linden St then left turn into Old Princes Hwy / Princes Hwy then second set of lights right into Kingsway. (Miranda Park after Sylvania intersection).

PROGRAM: NOT AVAILABLE – LAST YEARS AS A GUIDE

11:30 am	2 km Fun Run
12:00 pm	U12, U14, Male & Female (4 x 2 km)
12:40 pm	U16, U18, U20, Male & Female (4 x 3 km)
1:35 pm	55+, 65+, 75+ Male (4 x 4 km)
1:35 pm	Open, 35+, 45+, 55+, 75+ (4 x 4 km)
3:00 pm	Open, 35+, 45+ Male (4 x 4 km)

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 AVAILABLE AT TIME OF PRINT.

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

WEST MET XC CLUBS

ENTRY FORM:

1st First competition by ENTRY FORM only, nominating point's event (one event only) & details. Note if no nominate event, then by default, first event run will be the nominated event.

- Season awards contribution - three dollars (\$3) per competition, Family max of nine dollars (\$9).
- Registered NSW / LANSW (Bib's only) season \$35-00 / Family \$90-00
Awards contribution covers one or three events.
- Athletes may run in three events.
- Note contribution amount to cover end of season trophies and are not fees / charges / donations.

West Met XC Clubs Inc is a volunteer amateur club and is unlike main sports / fun runs / park runs that are backed by sponsors or governments.

Our athletes represent our state / country through family & volunteer support.

Our tracks are in the main - benefits from staging International competitions – Sydney 2000 Olympic Games and although now revenue streams, are poorly maintained (not in keeping with their designed standard).

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 2019

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

Although results phoned through for publication, may appear in Monday's Telegraph.

RESULTS – West Met web page, up mid week. First week may take additional week depending on form information: Names, birthdates & event nomination.

More on NSW Government Amalgamations and access to open space.

It is to be noted two of the councils that were not amalgamated in our series: Queen Elizabeth Park – Canada Bay Council and Rosford Reserve – Fairfield City Council, there has been very little paperwork involved and approval has been by returned email or phone call.

Re Richard Murden Reserve Haberfield, Cancellation of events at this venue.

After inspection of the reserve and making changes to the course due to council works I then filled out the following required paper work:

- | | |
|------------------------------------|---------------------|
| 1. Request | 2. Application. |
| 3. Fee waiver request. | 4. Map of course. |
| 5. Map detailed of Start / Finish. | 6. Risk assessment. |
| 7. Cert of Currency – insurance. | |

As you can see the amount of paper work required. These documents are now required after the NSW Government council amalgamations, supposed to deliver more efficient local government and cost saving.

Richard Murden was formally under the control of Ashfield Council, now Inner West, this new council has also taken in Leichardt and Marrickville – three councils taken over.

The benefits under the new supper Inner West Council are none, in fact apart from all the paperwork requirements, reply to correspondence is forever and the council requires a fee of \$2,300-00 for running around a reserve that I had to mow last year and fill in the holes.

The response from council when it finally came was they “unable to book in two big runs on a Saturday, the other being a park Run (Green Way park run). This run is at 8:00am and had 123 runners over 5km of path, while West Met has approx 120 over three events in the afternoon on mainly a grass course, go figure that one out.

Note West Met runs at Richard Murden have been for over forty years while “GreenWay” are only in their second year at this venue. Might add like most Park Runs they have copied another one of our venue runs.

Truth is, the might of the corporation behind “Park Runs” – Parkrun Global limited, Twickenham, Middlesex, England with Local Australian companies Medibank and Athletes Foot.

Apart from all that, the council officer appears to not have read or looked at the maps as there is continual reference to the “Works” which must be reference to the council works (replacing the old broken up basket ball courts), I repeatedly stated and showed our course was nowhere near their “Works”.

Thus the event on the 6th of April is now at Rydalmere, Nth bank Parramatta River.