

WEST MET X C CLUBS

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

www.westmetxclubs.com.au

WINTER SERIES 2017

WARNING

Cross-Country running, be it grass or pavement is not a “Fun/Park Run”. Courses are designed to push the athlete. With runners taking part of all ages and ability there will be runners up front 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 4km.

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.

MARCH

18th 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 & Dinks

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).

25th Sat **West Metropolitan Cross-Country Events No 1**

THE HILLS CENTENARY PARK – ROUSE HILL #

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

NOTE – Women can run 6km or the longer 8km – one only for pts 3:00 pm start time.

VENUE: The Hills Centenary Park, Commercial Road Rouse Hill, just past Rouse Hill shopping centre. The Field is Home of the Rams Little A’s

COURSE: Around the field is a 900m path-circuit then down the pathway through William Harvey Reserve following a small creek. This section is well shaded by the trees to make for a comfortable run if it is warm day. Note W6km three 2km Loops.

RATING: 2 Mainly flat course **DRESS:** For a warm day.

PARKING: Near the start **Toilets** all facilities at the field.

DIRECTIONS

From M2 / M7 exit into Old Windsor Road, travel towards Rouse Hill approx 10 minutes (80 km speed limit good road). After Rouse Hill Sopping Center turn right (two right turn lanes) at the Mean Fiddler into Commercial Road, short road, just after Mobile Phone Base Station (MPBS) Tower, turn left into parking area.

From Parramatta follow Windsor Road through Kellyville, Beaumont Hills then at the intersection of Old Windsor Road – Right – Windsor Road continues. Then as above.

From Winston Hills follow Old Windsor Road then as above.

From Blacktown: from Sunnyholt Road left into Old Windsor Road then as above.

26th Sun ANSW MOUNTAIN CHAMPS – 12th YEAR

Venue Mt Canobolas, Orange NSW.

Near Towac Pinnacle Grounds (of Pinnacle Road).

ENTRY: ANSW www.nswthletics.org.au Go to competitions. www.greatvolcanic.org/

APRIL

1st 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, (2nd 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, street parking, **Note plenty of parking on the far side** of the course with a short walk across the soccer field. Toilets close by.

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

8th 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, Toilets close by, inside end of building.

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

15th 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 Rydalmere, opposite Norwill Street – up from Primrose Park.
START / FINISH: Opposite children’s playground equipment near the shared pathway on the grass near the river then after 50m onto the 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: Along the pathway, almost flat to the 500m mark, the course then has a slight bend before going under the Silverwater Road Bridge, the path-way joins the new shared pathway past the 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 course for the 4km /8km 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, to join the pathway 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).

22nd Sat NSW NOVICE XC Champs – (St George District Athletic Club)
SCARBOROUGH PARK - Hawthorne Street Ramsgate

PROGRAM – Check ANSW www.nswathletics.org.au closer to this event.

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 * Point Score Event
2:30 pm	Novice Female	7 km Championship (Current ANSW Rego only)
3:15 pm	Novice Male	10 km Championship (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.

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

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VENUE FEES:

1st 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 31st DECEMBER 2017

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.