

WEST MET XC CLUBS

WEST METROPOLITAN CROSS COUNTRY CLUBS (OF ANSW). ATHLETICS NSW (ANSW) SPECIALIST CLUB

www.westmetxcclubs.com.au

WINTER SERIES 2018

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 4k or 8k.

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.

Help wanted on the day:

Unlike "Park Runs" we do not impose a requirement on runners (having had a number of runs, runners must help out) to fill ten (10) mandatory positions.

If you can help out for a short time, on the day that would be appreciated.

JUNE 30th Sat

WEST METROPOLITAN XC EVENTS No 10 Upjohn Park – RYDALMERE

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

VENUE - **Upjohn Park Kirby Street Rydalmere - heart of Sydney.**

A run to take you out of your comfort zone.

DISTANCES 2km 4km 8km. Note 2km event suits sprinters Rating 4.

START / FINISH. On the near side of the Oval (car park side).

COURSE: Third Course (Version 3) layout, 2 km Loop. – All Grass (short sections of path, can be covered, help require to lay out approx 10m of rubber matting). Course uses the parks natural obstacles, number of long inclines & declines.

DIRECTIONS:

Parramatta - Victoria Road turn left into Kirby Street (after Park Road, Rydalmere Hotel / Motel), then turn tight after the second roundabout into the Park's car park.

Ryde - Victoria Road, right turn into Kirby Street after passing Ermington Shopping Centre & Silverwater Road Overpass.

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

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

JUNE 30th Sat

ATHLETICS AUST - GOLD COAST MARATHON EVENTS - 10km, Half M & Full M

JULY 8th Sunday

LANSW XC CHAMPS WARATH SERIES SHORT COURSE - No 104th BROWNSVILLE (West Dapto)

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

HOST: Kembla Joggers.

CONTACTS: ANSW

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.

COURSE MAP: www.nswathletics.org.au

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

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

PROGRAM

9:00am	U7 Boys	800m	9:10 am U7 Girls	800m
9:20 am	U8 Boys	800m	9:30: am U8 Girls	800m
9:40 am	U9 Boys	1500m	9:45 am U9 Girls	1500m
10:10 am	U10 Boys	1500m	10:25 am U10 Girls	1500m
10:40 am	U11 Boys	2km	10:55 am U11 Girls	2km
11:10 am	Open Greater Fun Run 1km, 2km, 4km			
12:00 pm	Open 35+ to 45+ Men 7k5.			
12:40 pm	Open 35+, 45+ Women 7k5.			
1:20 pm	U13 / U14 Boys	3km	1:45 am U13 / U14 Girls	3km
2:10 pm	U15 /16 Boys	4km	2:40 pm U15 /16/17/18 Girls	4km
3:10 pm	U17 /U18 / U20 Men & U20 Women		5km Note combined event (Men & Women	
3:45 pm	55+, 65+, 75+ Women & 55+, 65+, 75+ Men		5km Note combined event (Women & Men).	

CHECK ANSW WEB SITE FOR CHANGES & UPDATES.

JULY 14th Sat

WEST METROPOLITAN XC EVENT No 11

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**

**JULY 27th Friday NSW ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIPS
EASTERN CREEK RACE WAY**

We are looking for a West Met Team manager – we hope to be able to enter teams in ANSW Championship events where a “Master” who is a regular at West Met and is a full ANSW affiliated Club member cannot have a run on the day that is the club is short of their members to make up a team. Example – “West Met Team 70” It would be hoped that athletes would run in their Club’s uniform with a West Met indicating arm band.

This would support their affiliated club - not having members “Jump Ship” to another club with a stronger age group, but most importantly the athlete would have a run on the day.

JULY 21st 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.
PROGRAM

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	Greater Bank Fun Run all ages	2km & 4km.
2:30pm	Female – U20, OPEN (20+)	4 x 4km
2:30pm	Female – 35+, 45+, 55+, 65+, 75+.	4 x 4km
2:30pm	Male – 45+, 55+, 65+, 75+.	4 x 4km

ANSW TIMING TAGS

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

JULY 28th Sat

**WEST METROPOLITAN XC EVENTS No 12
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 29th Sunday

**BLACKTOWN RUNNING FESTIVAL
FULL "M", HALF "M", 10km, 5Km & Kids 2km.**

Start / Finish – Blacktown International Sports Park (BISP) Athletic Track, Eastern Road

Times – FM 6:45am, HM 7:15am, 10km 7:45 am, 5km 7:50am & Kids 2km 7:55am.

Prize Money – for 1st, 2nd & 3rd both male & female placing. FM 1st \$3,500-00, Medallions, gift & certificate for all finishers, vouchers for 1st age group placing in kids 2km.

Registration – on line, close Sat 28th July 10:30am www.blacktown.nsw.gov.au/runningfestival

AUGUST 4th Sat

**XCC FESTIVAL "WARATH SERIES"
Upjohn Park – RYDALMERE**

WEST METROPOLITAN XC EVENTS No 13

Times to be advised, via update .

VENUE - Upjohn Park Kirby Street Rydalmere

DISTANCES 2km 4km 8km.

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: All Grass (short sections of path, can be covered, help require to lay out approx 10m of rubber matting). Course uses the parks natural obstacles, number of long inclines & declines.

DIRECTIONS:

Parramatta - Victoria Road turn left into Kirby Street (after Park Road, Rydalmere Hotel / Motel), then turn tight after the second roundabout into the Park's car park.

Ryde - Victoria Road, right turn into Kirby Street after passing Ermington Shopping Centre & Silverwater Road Overpass.

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

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

AUGUST 11th Sat

**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.

AUGUST 12th Sunday

**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

Brad Milosevic	42:15	GIR	2015 Winner
Edward Goddard	44:08	UTN	Y2017
Nick Bromley	44:20	UTN	Y2008 Current Director of ANSW
Peter Bromley	44:22	WS?	Y1976 Current Director of Athletics Australia
Earl O'Brien	44:49	BMA	Y2009
Keith Mayhew		GIR	Total of 43 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 & AA 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				

**AUGUST 18th Sat WEST METROPOLITAN XC HANDICAP EVENTS No 14
HANDICAPS TREVOR LONARD MEMORIAL
GEORGE KENDALL RIVERSIDE RESERVE – ERMINGTON**

2km 2:00pm (1:45) 4km 2:25pm (2:10) 8km 3:00pm (2:45)

Note athletes to have HC Bibs and obtain go time 15 min's before event start.

SPECIAL POINTS DAY – 6 (SIX) POINTS FOR RUNNING IN YOUR NOMINATED EVENT

Athletes who have completed **six (6)** * of their nominated event will be given a numbered BIB and a go time (handicap time) in that event. Time is worked out from your seven runs.

Athletes who have **not** completed **six** runs in their nominated event will **start on GO**

Bibs – Blue for shorter event (2km) **S1** onwards, **Green** for medium **M1** onwards and **Red** for long **L1** onwards. **Bibs must be returned on completion of run \$25-00 fee will apply for non returns**

HANDICAP TROPHIES – 21 TROPHIES:

- **Short** – 1st, 2nd & 3rd **Fastest** - Male & Female. Fastest Male & Female Under 12.
- **Medium** – 1st, 2nd & 3rd **Fastest** - Male & Female. Fastest Male & Female Under 16.
- **Long** – 1st, 2nd & 3rd **Fastest** - Male & Female Fastest Male & Female Over 40
- **Long** – Fastest U20 Male or Female if not included in awards.
- **Note Total Trophy Value \$700-00.**

VENUE: George Kendall Riverside Reserve, Boyle Street Ermington.

COURSE: 2km Loop, 1km of grass, followed by 700m Shared Path-Way then 300m of grass.

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 approx 300 metres, 100m of landscaped elevated section, 200m of flat grass, then a hill climb & slope to join the shared path-way at 1km point. At 1k5 the course leaves the main pathway to join a tarred path for 100m, then grass climb to the finish or next lap.

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 / that was the WWII Navel Stores).

OTHER PARKING AREAS: 2nd 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.

PLEASE NOTE WAITING CONFIRMATION ON PRESENTATION VENUE.

Unfortunately still waiting on a number of approvals for venues going forward – July on.

Under NSW Government Council Amalgamations, we now have “Venues” (copy of Venues NSW Government) charging high fees for limited recreational open space - ovals, playing fields and parks.

Unlike the number of building (high-rise apartments) going up, the sky is the limit. Green / Open-Space is the next building lot, we are now open space poor, Sydney population is increasing by a rate of over 100,000 a year.

I do hope Sydney Water take on board my submission - to utilize the vast amount of open space available within the Prospect Dam / Reservoir Area.

Below is a section of that submission:

If you have watched the 2018 Commonwealth Games - Athletic Track Distance races, you will notice Australia can no longer win a medal.

Once we medaled - our women took away the Gold in the sprints while our men Won the longer events, examples.

Ron Clarke – 13 world records,

Alby Thomas – 3 world records,

Dave Power – Medaled Olympic & Commonwealth Games.

Herb Elliott – Gold Rome Olympics 1500m,

John Landy – World 1 mile record in 1953 time 3min 58.0 secs

Ralp Doubell – Gold Mexico Olympics 800m.

Kevan Gosper - Medaled Olympic & Commonwealth Games.

Derek Clayton – Japan 1967 Marathon WR time 2 hours 9 min 36.4 secs.

Our athletes are now held back by poor venues (no new money after Sydney 2000 Olympic Games) and lack of suitable open spaces areas in which to train for long distance events.

The metropolitan space is awash with over development, limit open space areas, now used for development.

Areas that can be used are now over governed with a range of bureaucratic rubbish and have a “Venue Fee” from NSW Government Council amalgamation.

The NSW Premier wants our young people to be active yet no offer of facilities but rather those for development – Parramatta Swimming Pool demolished, alternative a lake, Parramatta Lake / Dam (Parramatta original water supply)

Note no lights, diving boards / towers or kiddies’ pool. Now there is no facility for swimmers to train and this faculty is only open for a few months of the year.

Yet Her Government is spending Billions of Dollars on Football Stadiums that will be used on the odd occasion.

Parramatta “Eels” play on opening day in March 2019 the stadium will not be used again for two months.

Prospect Dam Area has a massive amount of open space, car parking, and electrical power - for lighting, facilities and yet the whole area is looked down after 4:00pm

This facility could be the home of many sporting activities.

Note the more people the securer the area, one person = one roving mobile phone & camera.

End of submission.

West Met has had many courses within Prospect Dam open space area include a run along the top of the dam wall, yes near the water.

In the 1950's to 1990 Prospect Dam Precinct was alive with Picnickers, now it is like a ghost town after The NSW Government rebranded Sydney Water Board to "Sydney Water", changed its structure to a more Bureaucratic department and people were no longer welcomed.

Councils now use Section 632 (Local Govt Act), under sub sections of the Act - Organized activities must have approval to enter "Open Space" and cannot charge a Fee (you are not charged or donate but pay towards the end of year "Awards").

These changes now mean we have to submit a request that includes – Certificate of Currency, this is a current Public Liability or insurance, held by Athletics Australia for \$30 million, then a map of our run and an application, a document that changes from council to council, Hills Shire – three documents (50 A4 pages) Parramatta CC application doc (18 pages). Note even though some pages are endless requirements lists, they have to be signed off on the last page.

Many decades ago when I worked with Merve, I just phoned though and was given the ok, then we moved to a one page Fax, next (back in the late 1990's) copy of Insurance was \$10 million, two years ago from \$20M and now \$30M.

Path Runs, sometimes called Park Runs – constant running on hard surfaces is great for wearing out "runners" shoes or more importantly young growing bodies, growth plates, especially during the growth spurt – teenage years.

State & Local Government are quick to grant these activities free access to local open space areas over structured Athletic Clubs who have large fees imposed, Clubs like West Met do not have the corporate backing like Park Runs, one only has to compare the two group websites to see who is sponsored and who is "Truly Amateur" in the Athletic sense, thus the athlete & their family has forever paying out fees.

In all my life in Athletics, now over fifty five years in administration, I never have come across such a bureaucratic system that is so out of touch and off the rails, a system that has been put in place over the last two years, my top award goes to The Hills Shire, followed by the State Government, not only for their changes but their complete lack of vision to the needs of Open Space with over populated suburbs.

About our Venues –

- **HILLS SHIRE** no current venues, just "Road Block's" example Rouse Hill / Kellyville, **Centenary Park Reserve**. Run not allowed, reason – soccer match, there was NO Soccer match, and **Col Sutton Reserve**, essentially ended up having to pay \$30 / hour to use a public Shared Pathway (note hourly fees are taken – Jargon Bump in, set up, pack down & bump out – in English means a full day charge). **Bella Vista farm Park**, now a "**Special Venue**" that means \$5,500-00 to run inside the fence or \$2,035-00, outside. **Heritage Park**, Castle Hill cost \$12,000-00 (\$3k per level, we use the four).
- **PARRAMATTA CITY COUNCIL**. Have not imposed a fee, except when Nolan Oval is used at Upjohn Park for the full day (reasonable fee). We have doubled up on a number of venues here to replace Hills Shire runs. However with new venues requested – many are not available due to over-crowding.
- **CUMBERLAND COUNCIL** (was Holroyd) have made a five course meal out of our application, as Ryde, officer's clearly out of their depth as "Hills".
- **SYDNEY WATER** – Prospect Dam, normally takes three months. However after I sent back their multiple page documents – "Deed Poll" and added the piece below, approval came back in two days.
- **PENRITH COUNCIL** – Council were very helpful, course section along the river, vegetation trimmed and path was very smooth with additional very fine gravel over the 2km section out. Made for a very scenic and enjoyable run. Amenities were also well managed. Well done Penrith, shows you are pro active in promoting sport and actively in assist local clubs, many thanks.
- **RYDE**. Also new multiple page documentation complete with invoice attached for removing rubbish, tree branches, racking piles of twigs and mowing the park, that took days.
- **WESTERN SYDNEY PARKLANDS - BUNGARRIBEE**.

I was asked to put together a cross country event in celebrating 50 years of the "Parklands" back in May. Well I spent a considerable time and effort, even changed the date from the middle of July to the end to fit in with their program.

However turn out I just wasted my time, was notified a couple of weeks ago – no cross country event.

The course took in most of the crushed sand stone pathways and section of the only grass near Doonside Road. The main grass area was cleared for the new Zoo –Yes I made a submission to stop the Zoo from being built. That submission is on the NSW Government Planning website.

Although this park area is vast, many hectares, in its present state it's unusable for any activity.

This vast area, boarded by Great Western High Way / Doonside Road / Eastern Road & Rooty Hill Road (M7) was the site of Overseas Telecommunications (OTC) Antenna Farm for High Frequency (HF) Radio Communications 1949-2001

With the lunch of satellite communications – Microwave propagation – Mobile phones. The site was no longer required, Commonwealth Govt handed back the site to the State Govt, most sold off for housing, however the Eastern & Bungarribee Creek Flood Plains are the Open Space areas that remain.

Foot Note: OTC replacement - Large Microwave Dishes, located at Oxford falls – “Telstra Satellite Earth Station”, “Optus Oxford Falls Earth Station” and “Optus Belrose Satellite facility”

SOME GOOD NEWS – West Met XC Clubs AED grant application was approved under the NSW Government Office of Sport, Local Sports Defibrillator Program.

Our AED (Automated External Defibrillator) was purchased last month and has been made available to ANSW XC Championship events since.

Another West Met grant application was also approved, for equipment purchases, including a Larger Shade Cover, Traffic Cones, Rubber Matt’s, Printable Stop Watch & Digital Clock Modules.

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

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

WEST MET XC CLUBS

**West Metropolitan Clubs Inc is an Association of Athletic Clubs –
Enables Athletic NSW Clubs to combine for weekly cross country competition.**

AWARDS AMOUNT: Award’s Amount Cover’s – Handicap & Points Awards.

First time entry, ONE FORM only, (NOTE One form covers the season) nominating one event for point’s – default will be first event run.

- Three dollars (\$3) per entrant weekly, Family max of nine dollars (\$9) weekly.
- Full member of ANSW / LANSW Season awards amount (current Bib’s only) \$35 / Family \$90.

Athletes can run one or all three events. Only Nominated event accumulates points by venue.

Points accumulated per age group over the season (typically fifteen weeks, points award weeks only), ten (10) points for first place, and sliding scale to 1 point for tenth place.

Awards 1st, 2nd & 3rd per age group – based on athletes best ten (10) weekly performances, count back if there is an equal placing, eleventh to break tie. If tie exists then total season points.

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 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 are never in the Sydney Morning Herald, check Sports Results before buying.

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