

# West Met X C Clubs

WEST METROPOLITAN CROSS COUNTRY CLUBS INC

PO BOX 454 BAULKHAM HILLS 1755

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

## MARCH

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

### **BLACTOWN CITY GAMES - CROSS COUNTRY EVENTS in GWS**

#### **ANNE AQUILINA RESERVE SOUTH – ROOTY HILL / DOONSIDE**

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

**Venue:** Anne Aquilian Reserve South, Eastern Road Rooty Hill / Doonside.

**Course:** Track flat (vehicle width) rolled gravel. Start on grass for approx 75m then right turn on to track for 960m turn and back to finish at end of track. Track through the Western Sydney Parklands. **Rating of 1 2km circuit**

**Western Sydney Parklands also includes** – Blacktown International Sports Park (BISP)- Athletic Track, 2 x AFL Ground, # of Cricket Pitches, 4 x Softball, 3 x Baseball, Soccer training fields and New Soccer facilities under construction \$7 million (Anne Aquilina Reserve South) and plenty of parking close to venues.

**Start / Finish:** Opposite the new Soccer fields, just passed the main fenced off the Main Soccer Field. There is construction, earth works (more soccer fields) and there will be soccer games on so there will be vehicle movements.

#### **Directions**

**From M2 / M7** exit into **Power Street** (go left), turn right into **Knox Road** then right into **Eastern Road** Opposite Blacktown International Sports Park (**BISP**) is before the M7 overpass).

**From M7 / M4**, exit into Great Western Highway (east), then next left into **Doonside Road**, follow into **Eastern Road** (Eastern Road goes to the left before the round about). Opposite **BISP**

**From M2 Exit** Left after Winston Hills, then straight ahead into **Abbott Road**, continue on into **Prospect HWY**, then right at traffic lights into **Wall Park Av** (next set of lights after Centro Seven Hills Shop C), then left into **Blacktown Road** (towards M4), then next right into **Bungarribee Road**. At the end of Bungarribee Road right into **Doonside Road**, follow into **Eastern Road** (Eastern Road goes to the left before the round about). Opposite **BISP**

**Parking:** Inside Anne Aquilina Reserve South, number of parking areas inside.

**Season Club Membership Fees** – Form required see bottom page.

Fees as follows, this is to cover ANSW affiliation fee.

Without affiliation we do not receive \$20 million of public liability cover.

Seniors	\$5-00	Under 18	\$2-50
Family	\$10-00	Officials	Free

**Please note every one that runs** in the series must become a member of West Metropolitan Cross Country Clubs Inc, as members we are then covered by the Certificate of Currency General & Products Liability Insurance

Cover which is required by agencies who control the various venues, permission can not be granted without this cover.

**COURSE FEES:**

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

Two dollars (\$2) per entrant, or \$25 (registered members only) for the season

Family max of six dollars (\$6) per venue. Entry fee covers one or three events.

**Only registered runners can receive a season fee discount of \$25-00**

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

<b>SENIORS:</b>	20+	20 – 29 years	U20	Under 20's
<b>PRE – VETS:</b>	30+	30 – 39 years	U16	Under 16's
<b>VETERANS:</b>	40+	40 – 44 years	U14	Under 14's
	45+	45 – 49 years	U12	Under 12's
<b>MASTERS:</b>	50+	50 – 54 years	U10	Under 10's
	55+	55 – 59 years		
	60+	60 – 64 years		
<b>GOLDEN OLDIES:</b>	65+	65 – 69 years		
	70+	75 – 80+ years		

**NOTE WEST MET AGE IS THE AGE YOU WILL BE AT THE 31<sup>st</sup> DECEMBER 2011**

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

**APRIL**

**6<sup>th</sup> to 22<sup>nd</sup>** SCHOOL HOLIDAYS Start – Friday 6<sup>th</sup> back to school Mon 23<sup>rd</sup>  
PUBLIC HOLIDAYS Fri 6<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup> and Anzac Day Wed 25<sup>th</sup>.

**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 8km 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, street parking, Toilets close by.

**Dress** for a warm day (2k & 4k events), however late afternoon will turn cool (end 8k event).

6<sup>th</sup> Fri AUST MASTERS CHAMPS  
7<sup>th</sup> Sat AUST MASTERS CHAMPS  
8<sup>th</sup> Sun AUST MASTERS CHAMPS  
9<sup>th</sup> Mon AUST MASTERS CHAMPS

13<sup>th</sup> Fri AUST TRACK & FIELD CHAMPS  
14<sup>th</sup> Sat AUST TRACK & FIELD CHAMPS  
15<sup>th</sup> Sun AUST TRACK & FIELD CHAMPS

**14th Sat West Metropolitan Cross-Country Events No 3**  
**QUEEN ELIZABETH PARK – CONCORD**

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

**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 in new building.

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

**ENTRY FEES: 1<sup>st</sup> Time entry by form only, nominating points event & form details**

Two dollars (\$2) per entrant, or \$25 (registered members only) for the season

Family max of six dollars (\$6) per venue. Entry fee covers one or three events.

**21<sup>st</sup> Sat West Metropolitan Cross-Country Events No 4**  
**BELLA VISTA FARM PARK - BAULKHAM HILLS**

**Registration 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:** Grass events 2km loop **Rating of 3**

**Start / Finish:** opposite car park, near picnic shelters.

**Directions From:**

**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.

**21<sup>st</sup> Sat LITTLE A's AUST CHAMPS - SOPAC**

## 28<sup>th</sup> Sat NSW NOVICE XC Champs – (St George District Athletic Club)

### SCARBOROUGH PARK - Hawthorne Street Ramsgate

1:00 pm	Fun runs, check web site for times, normally first events	
1:00 pm	Club / Inv	4 km
1:30 pm	Club / Inv	2 km
1:50 pm	Club / Inv	10 km
<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: Novice Female changes this year to 7 km**

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 join 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.

#### **Home of Albert “Albie” Thomas - St George District Athletic Club**

1 mile, 3 mile, 1500m & 5000 Runner

Olympic Games 1956, 1960 & 1964.

Commonwealth Games 1958 & 1962, Bronze 1 mile, silver 3 mile. (58 Games).

Albie won seven track titles.

1<sup>st</sup> NSW runner to break 4 minute mile – 3:58.3 Aust T&F 1963-64

Set distance world records in 2 mile & 3 mile events.

Albie will be your starter today, say hello.

Closer to event check for updates [www.nswathletics.org.au](http://www.nswathletics.org.au)