

Information for Metro League 4 at Galston Reserve

The Galston Reserve map is a bush map with significant areas of runnable Sydney sandstone. Unlike other metro maps, off track running is permitted. The Metro League courses have been set to take advantage of these features.

The Courses

Expect cross country legs rather than track runs (especially on Division 1 and 2), and also route choice on many legs.

Divisions 3 to 5 are set as moderate courses: there are some legs that are not on tracks. Most controls are not on tracks, but do have clear attack points and catching features. In general, controls used for Division 5 are closer tracks than those used on Division 4, which in turn are closer than Division 3!

The Map

Vegetation: In general the vegetation is a little thicker than when the map was last used. There has also been a damaging storm (about 6 to 9 months ago) which has brought down some branches and a few large trees. Fallen debris will slow running speeds in some areas.

Stream Crossings: The stream is a little deeper than previously. Note that the main stream flows from south to north, and about 200m NW of the central bridge becomes knee-deep (and waist-deep in places). Courses are set so that all purple lines between controls cross the stream south of this point. Divisions 1 to 3 may get wet feet (bring dry socks!). Crossing at the bridge is a viable option on Divisions 4 & 5 courses.

Unfenced private property: Some private properties which border the map do not have boundary fences. However, this year's courses are set so that accidentally straying onto these properties is unlikely.

Safety Bearing

(Printed on the map.) Travel east to Galston Rd and or the large playing field adjacent to Galston Rd. Then travel north to the assembly area. If you need to cross the central stream, travel south not north to find a suitable crossing point.

Easy Courses

Both Easy (2.5km) and Very Easy (1.1km) courses will be available. Both these courses use a nature trail established by Hornsby Council. However, this trail goes through areas that have quite a lot of traffic from sport players using the playing fields. For this reason the organisers STRONGLY recommend that ALL CHILDREN BE ACCOMPANIED BY AN ADULT.