



TTNSW Country League

presents

2019 Country Championships

1 and 2 June 2019

For further information please contact:

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The 2019 Country Championships will be held at the Niagara Park Stadium, Niagara Park, NSW. The Central Coast lies between Sydney and Newcastle and its major City is Gosford which is located on the Brisbane Waters. Niagara Park is a small suburb lying 6km to the North of Gosford. The average temperature for late May/early June ranges from 8° to 20° degrees.

Venue Details

The tournament is to be held at the Niagara Park Stadium, Washington Avenue, Niagara Park. The stadium is adjacent to the Niagara Park Shopping Centre and utilises the same car park. Niagara Park has a train station with an easy 5 minute walk to the centre. Washington Avenue runs parallel with the Pacific Highway on the Western side of the railway tracks.

The venue has 4 basketball courts, a 760 seat grandstand and a very good canteen. The lighting meets National requirements, 600 lumens.



NPS 2015 Country Championships

The Central Coast Table Tennis Association, established 1954, has 20 championship San-EI tables and 10 Stiga Expert Roller tables and the NSW Country League has 240 barriers. The venue has been used to host the NSW Country Championships since 2007, the annual City vs Country Challenge since inception in 2009 and the 2010 NSW Open and the 2010 Australian Open.

Country League Sponsor



Table Tennis World has been awarded sponsorship for the NSW Country League which entitles them exclusive access to the NSW Country Championships.

Contact details are:

Address: Unit 10A/1-3 Endeavour Rd Caringbah Sydney NSW 2229

Website: www.tabletennisworld.com.au

E-mail: info@tabletennisworld.com.au

Phone: (02) 9542 7933

Mobile: 0418 252 240

Paul will have equipment available for sale over the Country Championships weekend.

Canteen

**Kick start your 2019 Country Championships
At NPS Canteen, open 7:00am each day**



Menu

- Egg & Bacon Roll
- Hash Brown
- Juice
- Coffee
- Tea
- ...and more

The canteen at the Niagara Park Stadium will be open from 7am on both Saturday and Sunday mornings until later in the day.

Access to the NIAGARA PARK STADIUM via Road

Niagara Park is approximately 6km North of Gosford and the Niagara Park Stadium (NPS) is located on Washington Avenue which runs parallel with the Pacific Highway on the Western side of the railway tracks.

From the North – Once past the Tuggerah interchange leave the F3 Freeway at the Ourimbah exit. This is the Pacific Highway. Travel through Ourimbah and turn right at Railway Parade (Approx 4 km from Ourimbah F3 exit). The right hand turn occurs immediately prior to the road crossing the rail line. Railway Parade becomes Washington Avenue. You will pass the Sara Lee factory on your right and have the train line on your left. After about 2km you will come to Niagara Park Shopping centre. Turn left into the car park. If you miss the initial turnoff at Railway Parade you can continue along the Pacific Highway and turn right at the 2nd round about, cross the train line, turn right at a small round about and follow this road for 2km to you come across the shopping centre on your right.

From the South – The F3 starts at Wahroonga and can be accessed from the Pacific Highway or Pennant Hills Road. You will cross two main bridges, the Hawkesbury and Mooney Mooney. After you cross the Mooney Mooney Bridge keep in the left lane as you leave the F3 Freeway at the Somersby exit at the top of the hill. Follow the road through Kariong down the hill to West Gosford keeping in the left lane. At West Gosford take the lights veer left along Manns Road. Manns Road turns into Washington Avenue. The Niagara Park shopping centre will be on your right.



Niagara Park Stadium access from Gosford by Road

Mann Street is the main street through Gosford and forms part of the Pacific Highway. Driving North from Gosford you pass through two roundabouts in the suburb of Wyoming. Past the 1st roundabout the road becomes dual lanes so keep in the left lane as you need to turn left at the 3rd roundabout which crosses the train line. Across the bridge turn right at a small roundabout. This becomes Narara Valley Drive which turns into Washington Avenue. You will see the shopping centre car park entry on your right.

Niagara Park Stadium access from West Gosford by Road

If you are staying at West Gosford or are travelling from Sydney the best option is to take Manns Road. This road runs through the Gosford light industrial area. Manns Road turns into Narara Valley Drive

Drive and then Washington Avenue. You will see the shopping centre car park entry on your right.



By Rail – Niagara Park Station is on the “Northern Line” from Sydney and is two stops North of Gosford Station and four stops South of Wyong Station.

It is recommended that you use the City Rail website to help you plan your trip and to check costs as in some cases there is track work being undertaken on the weekends. www.cityrail.info.

You can also call City Rail on 131500 to plan your trip.



By Bus from Gosford – Busways provides services from Gosford railway station. Route 37 (Red on map on right) goes through Wyoming but you have to get off before it turns right into Newling Street and walk down and across the bridge at Niagara Park Station and then walk to the Youth Club. Route 36 (Blue on map on right) goes past the Shopping Centre / NPS but doesn't pass through Wyoming.

Bus from West Gosford to Gosford

If staying at West Gosford Route 34 (Green on map below) takes you to Gosford Station where you can take a Bus or Train to Niagara Park.

Busways Information

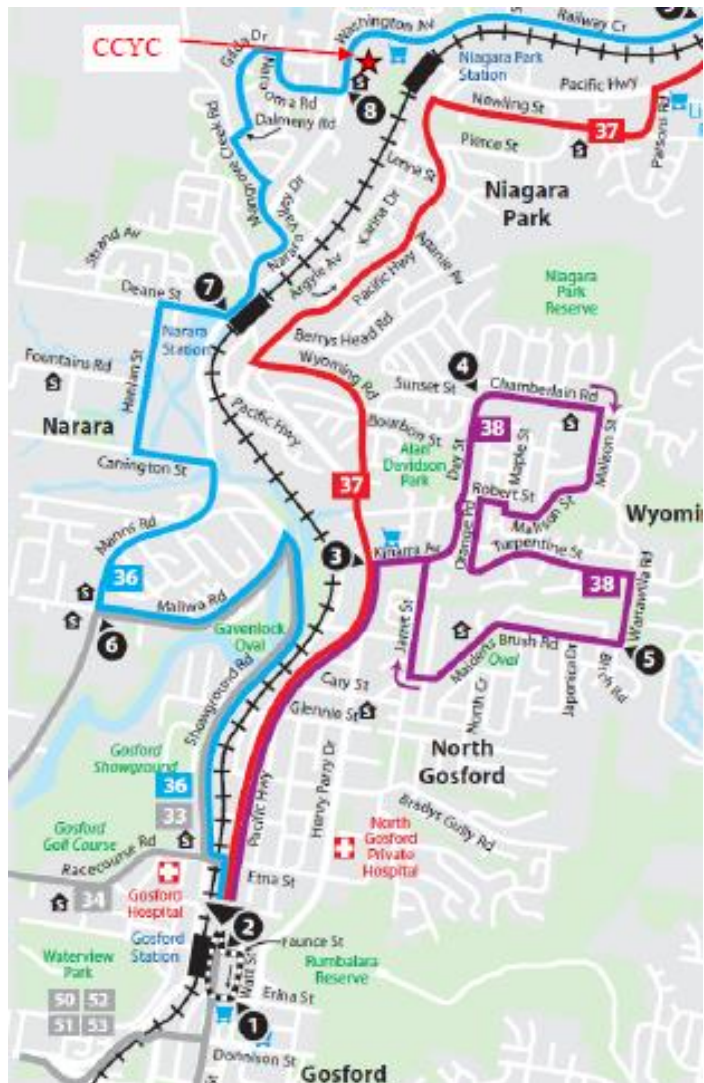
Phone (02) 4368 2277

Website: <http://www.busways.com.au/>

Taxis

There are several taxi cab companies on the Central Coast. All use the common booking number of 1300 665 777.

Taxi ranks are located at Gosford Station, Central Coast leagues Club and in William Street.



Transport

Sydney Motorways— <http://sydnemotorways.com/> - Website with information on tolls provided by the NSW Government Roads and Traffic Authority (RTA)

NRMA Home Page – www.mynrma.com.au — Website for motoring assistance in NSW/ACT. Check affiliation with your own insurance company. You can join the NRMA if you break down and need assistance. Phone 13 11 22.

Cityrail - www.cityrail.info —for train time tables from the airport or from Gosford to Niagara park. Ticket cost and maps also available. Also call City Rail on 131500 to plan your trip
Busway Home Page—Bus information on the Central Coast. Select the Central Coast option on the map and use the links down the bottom to select timetables fares etc.

Table Tennis and Venue

TTNSW—Table Tennis NSW Site

CCTTA Home Page—Central Coast Table Tennis Home Page

CCYC—Central Coast Youth Club Home Page

Tourism and some local attractions

Central Coast Tourism—For local tourist information including accommodation please contact 1300 130 708 or visit their website.

Australian Reptile Park (Somersby) - Snakes, spiders, crocodiles etc

Brisbane Water Cruises—Tour around the local waterways

Ettalong Markets (Saturday & Sunday 9am to 4pm)

Pelican Feeding (The Entrance 3:30pm every day)

Beaches – The Central Coast has great beaches though in winter it may not be the warmest weather to have a swim though if you have a car some good accommodation can be found at Terrigal. Other beaches include Avoca, Ocean Beach (Umina) and Soldiers Beach.

Shopping Centres

The two large shopping complexes are at Erina Fair and Westfield Tuggerah. Both are massive complexes containing movie theatres and restaurants etc. Smaller centres at Wyoming, Lisarow and West Gosford. The Niagara Park shopping centre has a Sara Lee Factory Outlet at Niagara Park
Open Saturday 8.30am - 3pm, Sunday 10am - 2pm.

Accommodation— Access to the centre is via road, rail or bus. For those who require to use the bus or train it is recommended that you stay in Gosford as it has access to both of these from the Train Station. If you have a car then West Gosford and Wyoming are close options. Some accommodation options have been listed at the end of this flyer.

Local Clubs

Central Coast Leagues Club (Gosford) - Located in the centre of Gosford, largest club around with a choice of restaurants. <http://www.cclc.com.au/>

Gosford RSL (West Gosford) - Located at West Gosford and has accompanying Galaxy Motel for accommodation. Bistro type meals you expect from a RSL club.

<http://www.grsl.com.au/site/index.cfm>

Gosford Sailing Club—Small club located on the Brisbane Waters with a good restaurant. Not close to accommodation but a great view. <http://www.gosfordsailingclub.com.au/>

Motel	Suburb	Comments / Website
Terranova Motel (02) 4328 1222	Niagara Park	Motel located the other side of the railway tracks, i.e. not walking distance from the Youth Club http://www.terravamotel.com.au/
Galaxy Motel (02) 4323 1711	West Gosford	Same complex as Galaxy Motel. Need to take bus to Gosford Station for train. http://www.grsl.com.au/site/index.cfm
Ashwood Motor Inn (02) 4324 6577	West Gosford	Across the road from Gosford RSL and Galaxy Motel. Need to take bus to Gosford Station for train. http://www.hotelscombined.com.au/Hotel/Ashwood_Motor_Inn_Gosford.htm
IBIS Hotel (Formerly Formula1) (02) 4325 7692	West Gosford	Behind McDonalds at West Gosford. Could walk into Gosford for Station, Leagues Club and close to Gosford RSL. http://www.f1-gosford.com.au/page1.html
Gosford Motor Inn (02) 4323 1333	Gosford	Walking distance to train, Gosford Leagues Club and the Gosford RSL. http://www.gosfordmotorinn.com.au/
Gosford Palms Motor Inn (02) 4323 1211	Gosford	Walking distance to train, Gosford Leagues Club and the Gosford RSL. http://www.gosfordpalms.com.au/
Gosford Hotel (02) 4324 1634	Gosford	Very close to Gosford Station. Good Bistro, large range of cheap accommodation. Close walk to Gosford Leagues club. http://www.hotelgosford.com.au/
Wombats Bed & Breakfast (02) 4325 5633	Point Clare	Walking distance to Point Claire station. If no vehicle then would need to use train to go into Gosford. http://wombatbed.com/modules/xt_conteudo/index.php?id=1
Gosford Hotels Motels		List of Hotels and Motels in Gosford with prices and reviews. http://www.gosfordhotels.com.au/sites/default.asp

Accommodation Map

The map below shows accommodation and clubs around Gosford. Other accommodation is available around the Central Coast if you have your own transport.

