



# **‘BETWEEN THE SEA AND THE RAINFOREST’**

AN INVITATION FROM BALLINA AND LISMORE





## INVITATION

Lismore City Council and Ballina Shire Council extend a warm invitation to Commonwealth countries participating in the 2018 Commonwealth Games.

We would like to invite you to our region for pre-Games training and acclimatisation camps prior to the Gold Coast City 2018 Commonwealth Games.

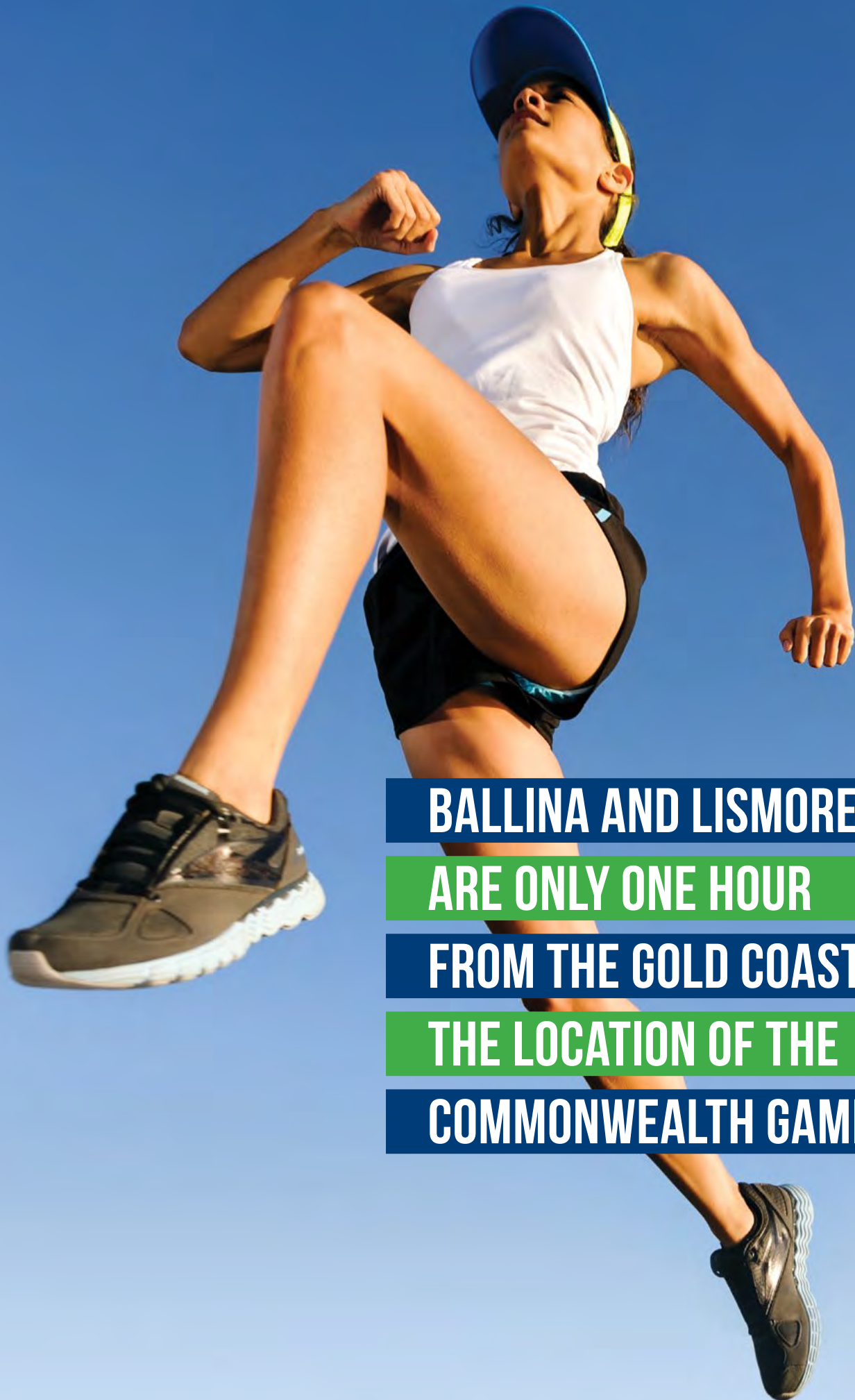
## FROM

Ballina Shire Council and Lismore City Council.

## FUNCTION

A civic reception for all players and officials will be hosted by both councils. We would like the people of the Northern Rivers region of NSW to meet and give their best wishes to visiting athletes.





**BALLINA AND LISMORE  
ARE ONLY ONE HOUR  
FROM THE GOLD COAST,  
THE LOCATION OF THE  
COMMONWEALTH GAMES.**



## HOST INFORMATION

There is no other part of Australia quite like the Northern Rivers and we are sometimes described as a 'region of villages'. Three major river valleys traverse the region connecting over three hundred cities, towns, villages and small communities; each with its own distinctive style and character. It's a region characterised by great biodiversity and wide variations in climate, altitude, landforms and geology. We have 21 National Parks (many of them World Heritage listed) and boast many of Australia's rare plants and animals.

Nestled between the rainforest and the sea, Lismore and Ballina are thriving centres with an eye to the future. Both councils have invested considerably in new infrastructure while upgrading and maintaining

the vast array of existing sporting facilities. This has enhanced our ability to host a range of major sporting events at international standard.

Ballina and Lismore are only one hour from the Gold Coast, the location of the 2018 Commonwealth Games. It's a one-hour flight from Sydney, and a two-hour drive south from Brisbane, so it's within easy reach of just about everywhere.

Ballina coast and hinterland is a playground for beach lovers, surfers, boaties, anglers and eco-adventurers while Lismore and its historic villages are a showcase of natural beauty with unique landscape and wildlife. The Northern Rivers region is nationally acclaimed as a

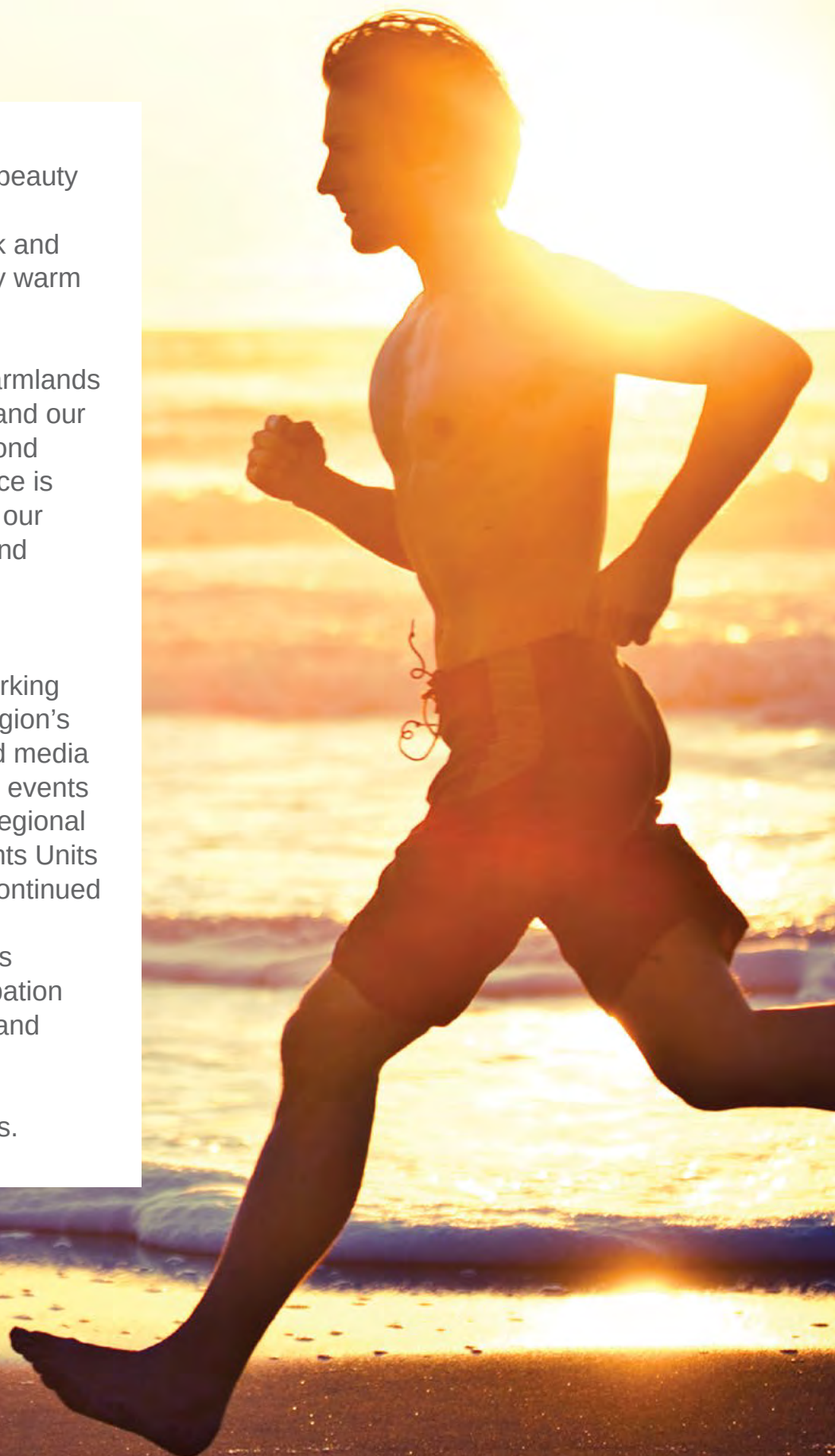


wonderland of natural beauty and cultural diversity.

The lifestyle is laidback and friendly; the community warm and welcoming.

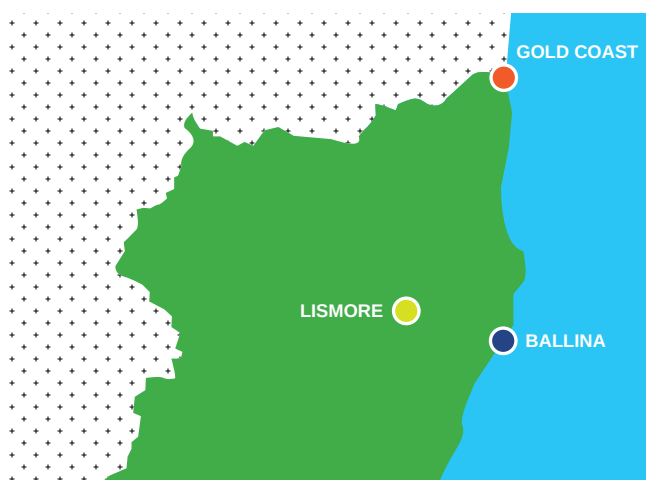
We enjoy rich, fertile farmlands and an idyllic climate, and our natural produce is second to none. This abundance is showcased in many of our award-winning cafés and restaurants.

Our Events Units have developed a strong working relationship with the region's sporting, corporate and media bodies during previous events and campaigns. With regional sport in mind, our Events Units are committed to the continued support of our regional clubs and organisations through mutual participation in marketing, logistics and management of profile events such as the Commonwealth Games.





## A GEOGRAPHICAL PERSPECTIVE



### Ballina

**Latitude:** 28° 50' S

**Longitude:** 153° 31' E

**Elevation:** 7ft/2m

### Lismore

**Latitude:** 28° 49' S

**Longitude:** 153° 20' E

**Elevation:** Approximately  
150 metres

## WEATHER & CLIMATE

Ballina and Lismore have a warm temperate climate with average temperatures ranging from 14° to 28°C. Maximum temperatures occur from December to March and minimum temperatures from June to August.

**Average rainfall:** 1775mm

**Mean summer temperature:** 28.2 (max) 18.1 (min)

**Mean winter temperature:** 21.2 (max) 8.5 (min)





**BALLINA AND LISMORE**

**HAVE A WARM TEMPERATE CLIMATE**

**WITH AVERAGE TEMPERATURES**

**RANGING FROM 14° TO 28°C**







## TRANSPORT

The Ballina Byron Gateway Airport is located 5 kilometres from Ballina's CBD and is serviced daily by regional and national carriers including Jetstar, Regional Express (REX) and Virgin Australia. Direct flights are available to and from Sydney, Melbourne and Newcastle.

The Lismore Regional Airport terminal is located on the Bruxner Highway just 3km from the Lismore CBD. Lismore Regional Airport is serviced daily by Regional Express Airlines (REX) with five flights to and from Sydney.

## BY ROAD

Ballina and Lismore are located on the Pacific and Bruxner Highways and are within an easy driving distance of many regional and state hubs. Listed below are approximate distances and driving times from major centres:

From	Distance	Drive time
Brisbane Airport	200km	2 hours 30 minutes
Gold Coast Airport	92km	1 hour 10 minutes
Sydney	740km	9 hours 30 minutes





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## ACCOMMODATION

Lismore's Visitor Information Centre (LVIC) and the Ballina Visitor Information Centre (BVIC) can coordinate all accommodation needs for teams through their booking systems in order to minimise costs and time associated with locating appropriate accommodation.

**Lismore and Ballina offer a wide variety of affordable accommodation to meet every need with additional facilities available:**

### **St John's College Woodlawn**

can provide dormitories, catering, recreation and work areas all available for hire during the weekend and school holidays. These areas are ideal for camps, reunions, retreats and sporting groups. Woodlawn is situated just a few kilometres from the Lismore CBD.

[www.lisjclism.catholic.edu.au](http://www.lisjclism.catholic.edu.au)

### **Southern Cross University**

has accommodation available at Invercauld House Conference Centre & Accommodation with 26 duplex style units and 2 executive-style suites.

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





## Lake Ainsworth Sport and Recreation Centre

is located on seven mile beach between Byron Bay and Ballina. This easily accessible sporting centre regularly hosts both local and international professional and amateur sporting teams.

The facility is positioned at the northern end of Lennox Head, 2 km from town, just 15 minutes from Ballina Airport. Centre staff can assist with transport arrangements

### Accommodation

The Centre can house up to 250 guests. It has a fully staffed commercial kitchen able to provide a high quality menu to meet the needs of athletes.

There are three types of accommodation types;

- Fully catered cabin style ensuite accommodation for up to 180 guests
- Private, self-contained two-bedroom cottages for up to six people, close to the beach and with a barbecue area.
- Beachside Lodge: self contained lodge that sleeps up to 22 people in five separate rooms with ensuites. This lodge is located right on the beach.

**\*\*Note:** the catered option is available for all self contained accommodation.

### Facilities

- 25-metre swimming pool
- Two tennis courts
- 2 Conference rooms
- weights room and recovery gym
- Indoor multipurpose sports hall
- Dining room for up to 250
- Full size rugby / football oval
- Basketball courts
- Picnic and barbecue area



# LISMORE & BALLINA PROPOSED VENUES

Sport	Venue	Facilities	Amenities
Badminton	Lismore Southern Cross University sports hall	• 2 x courts	Canteen, meeting room, toilets, change room, training room, parking available

Sport	Venue	Facilities	Amenities
Basketball	Lismore Basketball Stadium	• 2 x full-size basketball courts	Canteen, toilets, change room, PA system, parking available
	Trinity Catholic College	• 2 x full-size indoor courts	Canteen, toilets, change room, PA system, parking available
	Goonellabah Sports & Aquatic Centre	• 2 x full-size indoor courts	Canteen, toilets, change room PA system, parking available

Sport	Venue	Facilities	Amenities
Clay target shooting	Richmond River Clay Target Club	• 3 down the line layout • 1 skeet layout • 1 bore track layout	Club house, indoor range, toilets, canteen, change room

Sport	Venue	Facilities	Amenities
Football	(Wet weather) Lismore Football Artificial Turf Pitch, Crawford Road, East Lismore	• One full size pitch	Clubhouse, 3 offices, small function room, 4 change rooms & toilet

Sport	Venue	Facilities	Amenities
Hockey	Ballina Hockey Sports Complex	• 1x FIH design-compliant pitch, 8 cannon water delivery system • 1 x mini warm-up pitch	Toilets, change room, catering facilities, lighting, shade and seating, meeting room, player and coach dug-out, disability access, parking available, office facilities, first aid room, grassed playing fields adjacent, PA system, multiple storage areas, control room, administration building, gymnasium facility adjacent
	Far North Coast Hockey Complex Goonellabah	• 1 x FIH design compliant pitch, water based • 1 x mini warm-up pitch • Water-based turf including 8 cannon water delivery system	Toilets, change room, catering facilities, lighting, shade and seating, meeting room, player and coach dug-out, disability access, parking available

Sport	Venue	Facilities	Amenities
Lawn bowls	Ballina RSL Bowling Club	• 3 x green {Tiff dwarf surface, 40m/40m}	Lighting, toilets, change room, meeting room, first aid, shade and seating, PA system, disability access, parking available, locker rooms, office facilities, display boards, storage areas
	Ballina Bowling & Recreational Club	• 1 x grass green {38m x 25m} • 1 x synthetic green {38m x 38m} • 2 x grass green {38m x 38m} • 26 rinks with scoreboards	Toilets, catering facilities, first aid room, meeting room, disability access, shade and seating, external PA system, display boards, outdoor seating, parking available, lighting, office facilities



Sport	Venue	Facilities	Amenities
Lawn bowls	Alstonville Plateau Bowls and Sports Club	• 3 x full sized natural greens	Catering facilities, toilets, meeting room, office facilities, disability access, PA system, shade and seating, parking available, portable stages, storage areas

Sport	Venue	Facilities	Amenities
Netball	Goonellabah Sports and Aquatic Centre	• 2 x full-sized multi purpose indoor sports court	Gym and pool, catering facilities, toilets, change room, meeting room, parking available

Sport	Venue	Facilities	Amenities
Rugby Sevens	Ballina Quays Reserve Rugby Grounds	• 1 x full-size grass rugby field	Lighting, catering, shade and seating, toilets, change room, PA system, parking available, referees room, manual scoreboard, disability access
	Kingsford Smith enclosed football grounds	• 1 x full-size enclosed rugby ground	Lighting, catering, toilets, change rooms, shade and seating, disability access, PA system, small gym, warm up fields, parking available, referees room, manual scoreboard
	Ballina heights	• 2 x full-size rugby fields • 2 x small rugby fields	Lighting, catering, toilets, change room, shade and seating, disability access, parking available
	Lismore Oakes Oval and Crozier Field Complex	• 2 x full-size adjacent multipurpose sporting fields	Shade/seating, lighting, meeting rooms, canteen, toilets, change rooms

Sport	Venue	Facilities	Amenities
Small Bore	Lismore Target Rifle Club	• 14 shooting bays – Automatic Change	Camping facilities, Toilets & Canteen

Sport	Venue	Facilities	Amenities
Swimming	Lismore Memorial Pool	• 1 x 50m competition pool (8 lanes) • 1 x 25m pool (4 lanes)	Heating, electronic semi-automatic timing system, observation and recording room, training room, change rooms, canteen, toilets, meeting room

Sport	Venue	Facilities	Amenities
Table Tennis	Goonellabah Table Tennis Centre	• 10 court stadium with terraflex Olympic standard floor	Club house, toilets, change room, catering facilities

Sport	Venue	Facilities	Amenities
Triathlon	Pop Denison Park & Shaws Bay, Prospect Lake	• Cycleways, road network, 50m competition pool, open ocean, still open water	Shade and seating, toilet facilities, change rooms, parking available. Located nearby is the Ballina Surf Club which is equipped with meeting rooms, first aid room, toilets, change rooms, storage areas, catering and office facilities, gymnasium and parking





**WE HOPE TO SEE  
YOU IN 2018**

