

Holroyd Sports Ground - Final Masterplan

Issue:

17th of July, 2019

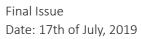


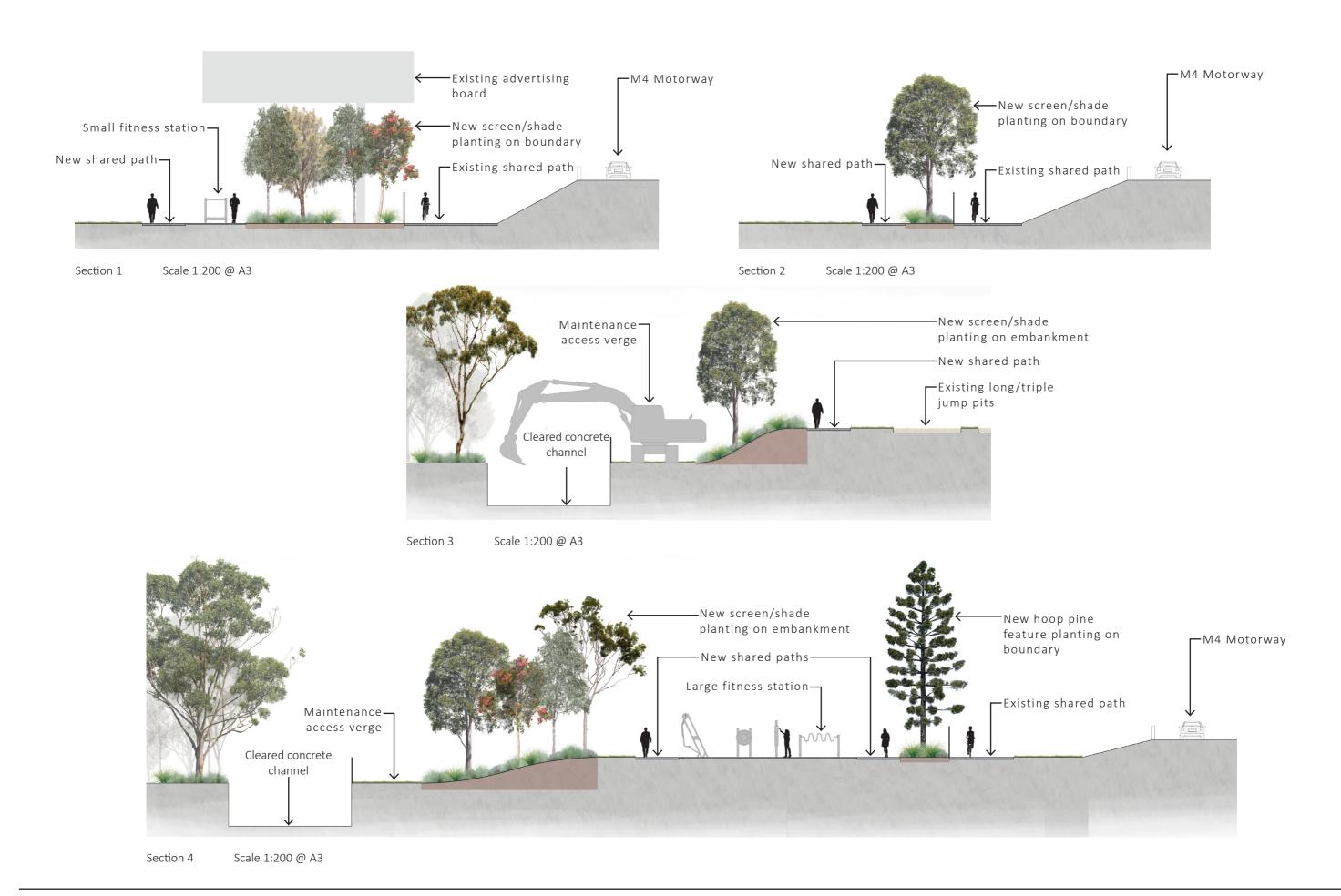








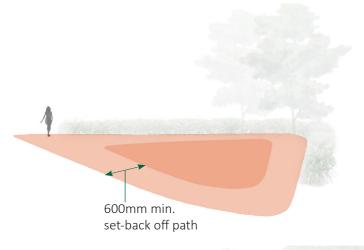






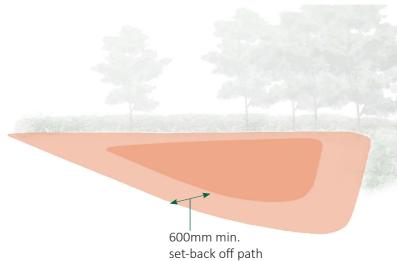


Examples of Potential Fitness Station Sizes



Small Fitness Station

- 40m² approx.
- 3 fitness equipment pieces
- 1-2 benches and/or,
- drinking fountain/water bottle refill tap



Large Fitness Station

- 80m² approx.
- 6 fitness equipment pieces
- drinking fountain/water bottle refill tap
- adjacent seating & shade structures

Examples of Potential Fitness Station Elements



Back

- trains the back, shoulder and arm muscles for improved circulation



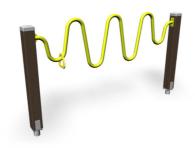
Chest

- trains the chest, shoulder and arm muscles



Shoulder Wheel

- improves shoulder mobility



Wave Bar

- provides exercise for the wrist, elbow and shoulder joints and develops hand-eye coordination and concentration



Finger Stairs

- improves finger dexterity, hand-eye coordination and concentration



Step & Calf

- improves balance and mobility in the legs



Step & Calf

- improves balance and mobility in the legs



Bench Workout With Pedals

- improves lower muscle strength and coordination skills



Balance Beam

- improves all-round balance and mobility



Examples of Potential Fitness Stations Holroyd Sports Ground - Final Landscape Masterplan

Final Issue

Date: 17th of July, 2019





Summer Layout (Track & Field)

1 400m grass Running Track

2 110m grass Running Track

- 3 Discus
- 4 Shotput
- 5 Long/Triple Jump
- **6** Javelin
- 7 High Jump

Scale 1:3000 @ A3





Winter Layout (Rugby Union)

- 1 Full size Rugby Field (110 x 70m)
- 2 U8 & U9 Rugby Field (70 x 35m)
- **3** U6 & U7 Rugby Field (50 x 25m)

Scale 1:3000 @ A3



