



Training Facilities

SWIM

Gold Coast Aquatic Centre

Location: Broadwater Parklands, Marine Parade, Southport QLD 4215

[Website](#)

Cost: \$6.00AUD (Age 15years and over)

Athlete Entry: Athletes can enter the pool by paying the entry fee and use any lanes which are free.

National Federations (NF): NF's can call the pool directly and book a lane at their own cost. [View Fees](#)

How to book the lane:

Tamara Te Amo

E: TTEAMO@goldcoast.qld.gov.au

Venue Booking Officer

City of Gold Coast Aquatics

Ph: 07 5582 9153

Facilities:

The centre boasts six pools (heated to a minimum of 27 degrees Celsius all year round) including:

- 50 metre
- 10 lane competition pool
- Fully equipped fitness centre,
- Multi-function meeting rooms
- Access to Café Catalina.

Other suggested pools:

Miami Olympic Pool

Location: Gold Coast QLD 4220

[Website](#)

Ph: +61 7 5572 8870

Facilities: 2 X 50m Heated outdoor pools

Notes: Also has Gym, cross country running tracks opposite, used by many professionals

Bond University Sports Complex

University Drive

Robina QLD

[Website](#)

Ph: +61 7 5595 4100

Facilities: 50m Olympic size Swimming Pool, Weights room, Spa & Sauna. Grass area, shading and grandstand 500 people capacity

Griffith University Aquatic Centre

58 Parklands Dr, Southport QLD 4222
Southport QLD

[Website](#)

Ph: +61 7 5678 0344

Facilities: Olympic sized swimming pool, two fully equipped gym. Functional training area

Golden Door Spa and Health Club

73 Seaworld Drive
Main Beach QLD 4217

[Website](#)

Ph: +61 7 5531 3626

Facilities: 25m Lap Pool, Gym, Spa

Nerang Swimming Pool

Martin Street, Nerang

[Website](#)

Ph: +61 7 5578 1976

Facilities: 2 x 25m Heated Pools, all pools outdoor

Palm Beach Aquatic Centre

Thrower Drive, Palm Beach

[Website](#)

Ph: +61 7 5534 4188 // +61 7 55828499

Facilities: Heated 50m lap, spectator seating (40people), indoor hydrotherapy pool, gym and cardio theatre.

OPEN WATER SWIM

Do not swim in the Broadwater (swim course) outside of the Familiarisation times.

Lake Hugh Muntz

Rio Vista Blvd, Mermaid Waters, QLD

The Spit

Seaworld Drive

Main Beach, QLD

Note: Only use the sheltered area to the north of Seaworld Resort, and avoid South Broadwater Parklands as lots of boats in the area.

Evandale Park

Ouyan Street, Surfers Paradise, QLD.

Behind the Gold Coast Arts Centre

Lagoon is a 677m loop. Backs on to the Nerang River.

Tallebudgera Creek

Palm Beach, QLD

Can be quite tidal with strong currents

Approx. 150m wide
Minimal Boating activity

CYCLE

Luke Harrop High Performance Cycle Circuit

Corner Morala Drive and Sports Drive, Runaway Bay, QLD
1.9km long

Gold Coast Cycle Centre

11 Hope Street, Nerang, QLD

Ph: +61 7 5581 1539

Facilities: Velodrome, 1.5km off road criterium circuit

OFF CIRCUIT CYCLE

South Main Beach to Coolangatta

Details:

- South along the East Coast
- Approx 30km
- Flat to undulating

Main Beach to “The Spit”

Details:

- North along the East Coast
- Approx 8km
- Flat

Main Beach to Paradise Point

Details:

- North through runaway bay
- Approx 11.5km
- Flat

Southport to Springbrook

Details:

- South West through Mudgeeraba & Neranwood
- Approx 41.6km
- Challenging Hills

“The V1”

Details:

- North West from Southport to Beenleigh
- Approx 35km (one way)
- On road all conditions

Darren Smith Memorial Route

Details:

- Captain Cook Memorial, Point Danger, Coolangatta to Paradise Point

- 48km long
- Coastal route
- On road all conditions

RUNNING

Gold Coast Athletics Track

Parklands Drive Southport QLD

Griffith University Athletics Track

University Drive, Off Parklands Drive, Southport QLD 4215

+61 7 5594 9329

National standard facility, official training venue for Commonwealth Games

Carrara Stadium (Metricon Stadium)

Nerang – Broadbeach Road, Carrara QLD 4211

+61 7 5644 6200

Official location for the Commonwealth games

OFF CIRCUIT RUNNING TRACKS

Main Beach to Burleigh Heads

Details:

- South along coast
- To Broadbeach = 7.2kms (one way)
- Burleigh Heads = 14.6km (one way)
- Along coast paths and roads

Main Beach to “The Spit”

Details:

- North along the East Coast
- Approx 8km
- Beach paths and tracks

Southport to Runaway Bay

Details:

- North along TWCO9 run course (paths)
- Approx 7.2km (one way)
- Flat