

NORTHERN RIVERS NSW

Your gateway to
Brisbane 2032



Northern Rivers NSW
CONNECT WITH NATURE

WELCOME TO THE NORTHERN RIVERS

Just south of Brisbane, the Northern Rivers offers a unique and inspiring environment for athletes to acclimatise, train, and prepare for peak performance.

Recognised globally for its natural beauty, rich culture, and vibrant communities, the Northern Rivers offers high quality sporting facilities, great places to stay, and excellent health, safety and medical services – all in one accessible and connected region.

More than just infrastructure and services, our welcoming communities, clean air, green spaces and relaxed pace of life create a restorative environment to support physical conditioning and mental focus.

As Australia prepares to welcome the world for the Brisbane 2032 Olympic and Paralympic Games, we invite you to make the Northern Rivers your gateway to the games.



Owners of the lands and waterways that make up this special region. We honour First Nations culture and connection to land, sea, and community. We pay our respects to Elders past, present, and future.

PERFECTLY POSITIONED

The Northern Rivers offers a convenient and strategic base for Brisbane 2032. The M1 Pacific Motorway provides a fast, direct road link to South East Queensland, while the Ballina Byron Gateway and Gold Coast airports connect the region to Sydney, Melbourne, and key international hubs – making it easy to move athletes, teams, and equipment in and out.



GETTING HERE AND AWAY

BY ROAD

From	To Gold Coast	To Brisbane	To Sunshine Coast
Tweed Heads	30 km / 30 min	105 km / 1 hr 15 min	195 km / 2 hr 20 min
Murwillumbah	50 km / 50 min	130 km / 1 hr 40 min	215 km / 2 hr 40 min
Byron Bay	90 km / 1 hr 15 min	165 km / 2 hr	250 km / 3 hr
Ballina	120 km / 1 hr 30 min	190 km / 2 hr 15 min	275 km / 3 hr 20 min
Kyogle	145 km / 1 hr 50 min	210 km / 2 hr 30 min	300 km / 3 hr 45 min
Lismore	130 km / 1 hr 40 min	200 km / 2 hr 20 min	285 km / 3 hr 30 min
Casino	160 km / 2 hr	220 km / 2 hr 30 min	310 km / 3 hr 50 min
Grafton	240 km / 2 hr 50 min	300 km / 3 hr 20 min	390 km / 4 hr 40 min

BY AIR

Ballina Byron Gateway Airport (BNK)

- 5 minutes to Ballina, 30 minutes to Byron Bay, 1 hour to Lismore
- Multiple daily direct flights to and from Sydney and Melbourne

Gold Coast Airport (OOL)

- 10 minutes to Tweed Heads, 45 minutes to Byron Bay, 1 hour 15 minutes to Ballina
- Multiple daily flights to and from domestic destinations
- International flights to and from destinations including New Zealand and Southeast Asia

Coffs Harbour Airport

- 1 hour to Grafton
- Daily direct flights to and from Brisbane, Sydney and Melbourne





ONE REGION, MANY POSSIBILITIES

The Northern Rivers offers facilities for a wide range of Olympic and Paralympic disciplines. With good road connections and short distances between towns and facilities, teams can stay in one location while easily accessing training venues, services, and amenities at other centres across the region.

Badminton | Basketball | Judo | Karate | Para badminton | Para judo | Para table tennis | Para taekwondo | Taekwondo | Table Tennis | Volleyball | Wheelchair Basketball | Wrestling

- | | |
|---|--|
| <ul style="list-style-type: none">Ballina Indoor Sports CentreCasino Indoor Sports StadiumCavanbah Centre, Byron BayFar North Coast Table Tennis Centre, Goonellabah | <ul style="list-style-type: none">Goonellabah Sports and Aquatic CentreLismore Basketball StadiumPCYC GraftonPCYC Lismore |
|---|--|

Baseball | Hockey | Rugby 7s | Soccer | Softball

- | | |
|---|---|
| <ul style="list-style-type: none">Albert Park, LismoreArkinstall Park Sports Precinct, Tweed HeadsBob Bellar Sports Fields, Ocean ShoresCasuarina North Sports FieldsColley Park, CasinoCrozier Field, LismoreBangalow Sports FieldsByron Bay Recreation GroundsGrafton Hockey Fields | <ul style="list-style-type: none">Hepburn Park, LismoreKingscliff Regional Sporting ComplexLake Ainsworth Sport and Recreation Centre, Lennox HeadNielsen Park, LismoreOakes Oval, LismoreRushforth Park, GraftonTweed Hockey Centre, MurwillumbahYamba Sports Complex |
|---|---|

Para swimming | Swimming | Water Polo

- | | |
|---|---|
| <ul style="list-style-type: none">Alstonville PoolBallina PoolByron Bay Swimming PoolCasino Memorial Swimming PoolClarence Regional Aquatic Centre, GraftonEvans Head Aquatic Centre | <ul style="list-style-type: none">Lismore Memorial BathsMaclean Olympic PoolPetria Thomas Pool, MullumbimbySouthern Cross University Pool, LismoreTweed Regional Aquatic Centre, Murwillumbah |
|---|---|



Equestrian

- Casino Showground
- Hawthorne Park Equestrian Centre

Road Cycling | Bmx Racing | Mountain Biking

- Crawford Square BMX Racetrack, Casino
- Duck Creek Mountain Bike Park, Alstonville
- Kyogle Mountain Bike Park
- New Italy Mountain Bike Forest, Woodburn
- Northern Rivers Rail Trail
- South Grafton BMX Track
- Uki Mountain Bike Park

Tennis | Wheelchair Tennis

- Alstonville Tennis and Pickleball Club
- Ballina Tennis Club
- Casino Tennis Club and Courts
- Elaine Blanch Tennis Courts, Lismore
- Evans Head Tennis Courts
- Grafton City Tennis Club
- Tweed Regional Tennis Centre, Tweed Heads
- Wollongbar Tennis Courts

Para shooting | Shooting

- Grafton Pistol Club
- Kyogle Shooting Range

Skating

- Ballina Skate Park
- Byron Skate Park
- Lismore Skate Park
- Yamba Skate Park

Beach Volleyball | Canoeing | Kiteboarding | Para-canoe | Para-rowing | Para-triathlon | Rowing | Sailing | Surfing | Triathlon

- Big River Sailing Club, Harwood
- Clarence River Sailing Club, Grafton
- Grafton Rowing Club
- Hyundai Surfing Australia High Performance Centre, Casuarina
- Multiple, world-famous beaches and surf breaks
- Murwillumbah Rowing Club
- Port of Yamba Yacht Club
- Richmond River Sailing and Rowing Club, Ballina
- Tweed Rowing Club
- Tweed Sailing Club

FEATURED FACILITIES

CAVANBAH CENTRE, BYRON BAY

REGIONAL SPORTING HUB, LISMORE

OLYMPIC TRAINING CENTRE, LENNOX HEAD

THE HYUNDAI SURFING AUSTRALIA HIGH PERFORMANCE CENTRE, CASUARINA

CASINO SHOWGROUND AND EQUESTRIAN CENTRE, CASINO

KYOGLE SHOOTING RANGE, KYOGLE

CLARENCE REGIONAL AQUATIC CENTRE, GRAFTON





CAVANBAH CENTRE BYRON BAY

The Cavanbah Centre offers a comprehensive range of indoor and outdoor sports facilities, just minutes from Byron Bay main beach.

FACILITIES INCLUDE:

- 2 full-sized, indoor multisport courts with sprung timber floors
- Line markings for multiple sports and flexible setup for simultaneous use
- 5 full-sized outdoor fields that can be configured for multiple sports
- 3 outdoor hardcourts
- Floodlighting for evening training and competition
- Turf athletics track
- 1,021-metre criterium cycling track
- Meeting rooms and breakout spaces
- Fitness space
- Ample on-site parking for cars, buses, and support vehicles
- Fully accessible with ramps, accessible toilets, and change facilities



BRAZILIAN JIU-JITSU (BJJ) AUSTRALIAN OPEN SERIES

The Cavanbah Centre regularly hosts BJJ Australian Open series tournaments. These events attract up to 800 Australian and international attendees, offering a platform for athletes of all ages and skill levels to compete under the International BJJ Federation ruleset. The Cavanbah Centre's facilities, including full-sized courts and ample spectator seating, make it an ideal venue for martial arts events. Its location in Byron Bay adds to the appeal, offering participants and attendees a vibrant community and scenic surroundings.

REGIONAL SPORTING HUB LISMORE

Lismore's Regional Sporting Hub is a collection of sports facilities within the same precinct that have been developed and upgraded to host elite competitions, community events, and training camps.

FACILITIES INCLUDE:

- 10,000-seat Oakes Oval, an oval-shaped grass field suitable for various sports, including cricket, rugby league, rugby union, Australian rules football, and soccer.
- Crozier Field, a rectangular sports facility with undercover grandstand seating for 900 spectators and additional space for 2,100 on grassed areas. Features pavilion function room, commercial kitchen, amenities, office space, coaches' boxes, and viewing deck.
- Albert Park Baseball Complex which has been hosting national and international matches and tournaments for over a decade, features:
 - 4 full-sized, enclosed fields
 - International-standard baseball diamond
 - 2 softball diamonds
 - Grandstand seating
 - Batting cages
 - Clubhouse

ABORIGINAL RUGBY LEAGUE KNOCKOUT CARNIVAL (2025)

This three-day event was the first major competition hosted at the newly upgraded Oakes Oval and Crozier Field, following a \$12.4 million redevelopment. The carnival attracted teams from across New South Wales, serving as a major gathering for First Nations communities and highlighting the hub's role as a cultural and sporting focal point in the region.

WOMEN'S BASEBALL SHOWCASE AND LITTLE LEAGUE GIRLS NATIONAL CHAMPIONSHIPS (2024)

This event marked an historic moment for women's baseball in Australia, not only showcasing elite international talent but also setting a global precedent for youth participation. The event drew hundreds of participants and visitors from Australia, Canada, Japan, and the United States, showcasing Lismore's capacity to host international sporting events.



OLYMPIC TRAINING CENTRE LENNOX HEAD

Set on 118 hectares of coastal land, the Lake Ainsworth Sport and Recreation Centre offers an integrated training environment for athletes and teams that has been endorsed by the Australian Olympic Committee as suitable for developing high-performance athletes.

FACILITIES INCLUDE:

- Fully catered on-site accommodation for up to 290 people
- On-site commercial kitchen and dining for 290
- Multi-purpose indoor sports hall suitable for basketball, badminton, volleyball and other indoor sports
- 25-metre outdoor swimming pool
- 2 outdoor tennis courts
- Gym with weights and cardio equipment
- Full-sized Rugby field with 220 lux lighting
- Strength and conditioning centre
- Recovery and rehab centre
- Conference rooms
- Some accessible accommodation and amenities and wheel-in access

FIJIAN DRUA SUPER RUGBY BASE CAMP (2022)

The Fijian Drua rugby team made Lake Ainsworth their base for around 8 months as they prepared for their inaugural Super Rugby season. The centre was able to accommodate 55 players, coaching staff, and support personnel, and the comprehensive facilities enabled field training, strength sessions, indoor contact drills, and recovery activities. The on-site kitchen catered to the team's dietary requirements, allowing for a focused and uninterrupted training environment. The combination of rigorous training in a relaxed setting, supported the physical and mental preparation of the team.

THE HYUNDAI SURFING AUSTRALIA HIGH PERFORMANCE CENTRE CASUARINA

The Hyundai Surfing Australia High Performance Centre (HPC) is Australia's premier Olympic training facility for surfing. Endorsed by the Australian Olympic Committee, it plays a pivotal role in preparing athletes for elite competitions, including the World Surf League, ISA World Surfing Games, and the Olympic Games. .

FACILITIES INCLUDE:

- On-site accommodation for up to 42 guests
- Access to world class surf breaks
- Olympic trampolines, skate ramps, and specialised zones for training and recovery
- Conference and meeting rooms
- Fleet of Hyundai vehicles facilitating transport for athletes and staff





CASINO SHOWGROUND AND EQUESTRIAN CENTRE CASINO

With world-class infrastructure, 11 hectares of open space, and proximity to transport, services, and support facilities, Casino Showground and Racecourse offers an elite training environment for Olympic-level ring and cross-country equestrian events.

FACILITIES INCLUDE:

- 40 by 80-metre undercover arena with lighting, audio visual equipment, irrigation, and tiered seating for more than 2,000 spectators
- 40 permanent, undercover stables and 22 outdoor day yards with sand base
- Two 20-metre round yards, 3 gated horse wash bays, and 2 horse walkers (8 horses)
- 50-metre equine swimming pool for performance conditioning
- 40 by 40-metre sand warm-up arena and 60 by 75-metre grass arena with irrigation
- On-site powered and unpowered event camping, amenities, and float parking



KYOGLE SHOOTING RANGE KYOGLE

Recently upgraded, the Kyogle Shooting Range provides facilities for long range rifle shooting, hosting competitions out to 600 metres, and International Shooting Sport Federation (ISSF) pistol disciplines. It provides covered firing lines, concrete bays, accessible paths, and a modern marshalling area making it ideal for elite-level training.

CLARENCE REGIONAL AQUATIC CENTRE, GRAFTON

Over recent years close to \$30 million has been invested to create a modern, accessible, energy-efficient aquatic centre at Grafton. The centre features indoor and outdoor pools as well as all the facilities needed to support swimming and para-swimming competitions.

FACILITIES INCLUDE:

Outdoor area

- Accessible, 8-lane, 50-metre swimming pool
- Grandstand with wheelchair spaces

Indoor area

- Accessible, 8-lane, 25-metre lap pool which meets FINA standards
- Accessible combined program and leisure pool
- Tiered seating with wheelchair spaces

Amenities

- Male and female changerooms and toilets
- 2 accessible changerooms and toilets
- Large multipurpose room
- First aid room
- Offices, club rooms, and storage

FEATURED SPORTS

SURFING

WATERSPORTS

SKATEBOARDING

MOUNTAIN BIKING



SURFING

Surfing is a relatively new Olympic sport, having made its debut at the Tokyo 2020 Olympics, and there couldn't be a better place to prepare than the Northern Rivers - where access to world-class surf has been a defining feature since the 1960s.

Byron Bay and other towns up and down the coast boast several iconic surf spots, each with epic waves, stunning scenery, and tranquil atmosphere adding to the appeal. Some of the best regarded surf spots include:

- 📍 **Angourie** – powerful point break
- 📍 **Broken Head** – fast and hollow, right hand point break
- 📍 **Lennox Point** – long, powerful, right-hand point break and a designated National Surfing Reserve
- 📍 **Tallow Beach** – tucked under the south side of Cape Byron, popular with expert surfers
- 📍 **The Pass** – right hand point break, offering consistent sets and long rides.



AUSTRALIAN PRO ADAPTIVE SURFING CHAMPIONSHIP

In March 2024 more than 94 athletes from 17 countries came to Byron Bay for Australia's first international adaptive surfing competition. The championship emphasises inclusivity and community involvement – showcasing athletic excellence while promoting the transformative power of sport. The success of the inaugural event has cemented the Byron Bay as a key stop on the Adaptive Surfing Professionals (AASP) World Championship Tour.

WATERSPORTS

The Clarence River is one of Australia's largest and most significant river systems and a major asset for water sports training in the Northern Rivers. It offers over 100 kilometres of navigable water, including:

- Wide, calm sections perfect for rowing, canoeing, and kayaking training
- Ocean access for sailing and coastal training near the river mouth
- Low commercial traffic offering safe conditions for high-performance training
- Undeveloped, quiet training environments with clean air and good water quality.

CLUBS AND FACILITIES

- Big River Sailing Club, Harwood
- Clarence River Sailing Club, Grafton
- Grafton Rowing Club offers craft and facilities for recreation and training
- Port of Yamba Yacht Club with accommodation for a variety of boats

CLARENCE CANOE AND KAYAK TRAIL

At over 195 kilometres long, the Clarence Canoe and Kayak Trail is Australia's longest mapped whitewater route. It weaves through three river systems, offering everything from calm, scenic paddling to adrenaline-pumping Grade 3–4 rapids. With eight distinct sections, the trail caters to all levels - a true paddler's paradise.



SKATEBOARDING

With a culture that celebrates freedom, creativity, and bold expression, the Northern Rivers is the perfect place for one of the Games’ freshest sports – skateboarding.



LISMORE SKATEPARK

Lismore’s new, \$3.9 million, competition-standard skatepark was designed by one of Australia’s leading skatepark design and construction firms in consultation with elite skaters and coaches to support Olympic-level events and training. Spanning 2,300 square metres within Lismore’s Urban Sports Precinct, it features:

- Olympic-quality bowl
- Competition-standard street plaza
- 9-metre mini ramp
- Undercover judges’ seating
- Spectator seating

Other facilities in the region include:

- Missingham Skate Park in Ballina which has a number of bowls and street features right beside the Richmond River
- The competition-standard Jarjumirr Skate Park in Byron Bay which features a 3-metre skate bowl, intermediate ramp and bowl area, and plaza section with granite ledges.
- The Yamba Skatepark, home to the only fast 3-metre,-deep clover-style bowl in northern NSW, with corners and flow lines built for advanced riders.

MOUNTAIN BIKING

With an abundance of national parks, state forests, and rolling valleys, the Northern Rivers is emerging as a mountain biking hotspot.

- The Duck Creek and Uki Mountain Bike parks offer challenging, technical downhill trails for advanced riders.
- Trail areas in the Bom Bom State Forest at Grafton, Boorabee State Forest at Kyogle and New Italy offer diverse trails across varied terrain.
- With more than 50 kilometres already constructed, the Northern Rivers Rail Trail is an option for endurance training.



REST EASY

The Northern Rivers offers an exceptional range of accommodation options, including large hotels and resorts, unique eco-retreats, serviced apartments, and dedicated group accommodation facilities – providing the flexibility to meet the diverse needs of elite sporting teams.

ROOM FOR ALL

For large delegations and teams, coastal resorts in accommodation hot spots like Kingscliff, Byron Bay and Ballina, offer plenty of beds and fast, convenient access to sporting facilities right across the region.



SEBEL AND MANTRA TWIN TOWNS, TWEED HEADS

- Adjoining properties
- 120 hotel rooms
- 210 studios and apartments
- Indoor and outdoor pools
- Tennis courts and mini golf
- Steam and sauna rooms



MANTRA ON SALT BEACH, KINGSCLIFF

- 214 hotel rooms and 1, 2 & 3 bed suites
- Lagoon and tropical pools
- Tennis courts
- Gym plus specialist movement and recovery facility
- Day spa
- Bike Hire



PEPPERS SALT RESORT AND SPA, KINGSCLIFF

- 219 hotel rooms and 1, 2 & 3 bed suites
- Lagoon pool and sandy beach
- Tennis courts
- Gym plus specialist movement and recovery facility
- Day spa
- Bike Hire



RAMADA HOTEL & SUITES BALLINA

- 107 hotel rooms and one bedroom suites
- 2 bedroom suites available upon request
- 24-hour reception
- Outdoor heated pool
- Fitness centre
- Riverfront setting



CRYSTALBROOK BYRON

- 92 suites
- 45-acre rainforest site
- 30 metre pool
- Day spa



ELEMENTS OF BYRON, BYRON BAY

- 202 beachfront villas
- 50-acre site
- Lagoon-style pool
- Day spa
- Horse riding ranch

IMMERSED IN NATURE

For smaller groups, or teams wishing to be close to specific training facilities, other locations like Casino, Evans Head, Grafton, Kyogle, Lennox Head, Lismore, and Yamba offer a range of accommodation options.

Holiday parks in particular, like the Reflections parks at Ballina, Evans Head, and Lennox Head, offer large numbers of cabins, chalets, and villas in some of the most beautiful natural environments in the region.

STAY STRONG

The Northern Rivers is recognised worldwide as a hub for health, wellbeing, and holistic living. It continues to attract people who want a lifestyle grounded in health and wellness. This has led to the development of a thriving network of health, fitness, nutrition, and mental wellbeing practitioners.

HOSPITALS

There are a number of public hospitals in the region, including the Grafton and Lismore Base hospitals and the 430-bed Tweed Valley Hospital at Cudgen, together with a broad network of allied health and sports medicine services and practitioners.

EMERGENCY SERVICES

NSW Ambulance provides the region with essential emergency medical services, including advanced life support, patient transport, and specialised rescue services.

EVENT CARE

Sport & Event Medics provides first responder coverage, including first aid, emergency medical technicians, and paramedics, for sporting and other events.

PEAK NUTRITION

Ideal growing conditions, a clean, green, and innovative food philosophy as well as a passion for healthy living make the Northern Rivers a great place to fuel your team.

SHARED OLYMPIC VALUES



From award winning farmers and food producers, to artists, artisans, and champion athletes, the people of the Northern Rivers strive for **EXCELLENCE** in everything they do.



RESPECT is a way of life here – for ourselves, for each other, for Country, and for the rich history and culture of the First Nations people who have cared for this place for countless generations.



Since ancient times the Northern Rivers has been a place where people come together in the spirit of **FRIENDSHIP** and today we continue to value diversity, inclusion, and sense of community.

LIVE THE DREAM

When you choose the Northern Rivers, you're choosing a place that attracts more than 4 million visitors each year and is known the world over for its unique blend of beauty, creativity, and community. Being here and sharing in our places and way of life will add something truly special to your Brisbane 2032 experience.



Watch the annual humpback migration



Experience the unique local culture



Greet dawn at Australia's most easterly point



Enjoy paddock to plate dining



Explore kilometres of rivers and waterways



See the largest crystals in the world



WE'RE READY, ARE YOU?

The Northern Rivers stands ready and willing to welcome Olympic delegations, teams, athletes, and visitors to our special corner of the world.

Let's work together to create a bespoke package — from accommodation and transport, to training venues and medical support — designed specifically for your needs.

Contact us today to start your journey.

Northern Rivers Joint Organisation
+61 2 6623 3800
admin@northernriversjo.nsw.gov.au



NORTHERN RIVERS NSW



CATALOGUE OF
SPORTING FACILITIES



A SPORTING PARADISE

The Northern Rivers offers high-quality facilities for a wide range of sports, including many Olympic and Paralympic disciplines. This network of facilities, together with the pristine natural environment and visitor appeal, make the region an ideal place to host regional, national and international sporting tournaments, exhibition matches, and training camps.

This catalogue provides a full list of facilities available for use as well as address, contact details and weblinks for further information.

Reference numbers shown on the map to the left are used to indicate the location of facilities.

CONTENTS

Multisport facilities	Pages 3 to 4
Indoor sports	Pages 5 to 6
Outdoor sports	Pages 7 to 9
Tennis courts	Pages 10 to 11
Swimming pools	Pages 12 to 13
Open water sports	Pages 14 to 17
Specialist facilities	Pages 18 to 20

MULTISPORT FACILITIES

ARKINSTALL PARK SPORTS PRECINCT			Map ref 1
Address: Sullivan Street, Tweed Heads South Phone: +61 2 6670 2400 E: tsc@tweed.nsw.gov.au			
<i>Court sports:</i> • Regional Netball complex including 16 asphalt and 6 grass courts, clubhouse and amenities • Regional Tennis Centre including 4 Plexicushion Australian Open hardcourts, 10 synthetic grass courts, practice wall and court, 16 pickleball courts, and 2 futsal courts	<i>Field sports:</i> • Two baseball diamonds and training fields for baseball and softball • 3 full-sized soccer fields, lit to 200 lux	<i>Other facilities:</i> • Amenities • Carparking • Outdoor fitness equipment	
CAVANBAH CENTRE			Map ref 7
Address: 249 Ewingsdale Road, Byron Bay Phone: +61 2 6685 5911 E: info@cavanbah.byron.nsw.gov.au			
<i>Indoor sports:</i> • 2 indoor sports courts with multi-sport line markings for basketball, badminton and volleyball • 3 metre run off to walls and divider curtain between courts • Helsinki Sprung Wooden Sports Floor	<i>Outdoor sports:</i> • Sports fields for AFL, cricket, 11-a-side or 9-a-side soccer, • 3 outdoor hard courts with multi-sport line markings for netball and basketball • A turf athletics track and long-jump pit • 1,021-metre circuit track for cycle training and racing	<i>Other facilities:</i> • Foyer, function spaces, and meeting rooms • Changerooms and amenities, including accessible • 300-space car park, including mobility spaces • On-site catering company	

COLLEY PARK / CASINO INDOOR SPORTS STADIUM

Map ref 15

Address: 11 Farley Street, Casino | Phone: +61 2 6660 0300 | E: council@richmondvalley.nsw.gov.au

Indoor sports:

- 2 full-sized, indoor basketball courts
- suitable for a variety of sports including volleyball, netball, futsal, and pickleball

Outdoor sports:

- 7 fields, including 2 standard-sized soccer fields
- 9 netball courts
- 1 basketball court

Other facilities:

- Changerooms and amenities, including accessible
- Ample parking

LAKE AINSWORTH SPORT AND RECREATION CENTRE

Map ref 9

Address: 164 Camp Drewe Drive, Lennox Head | Phone: +61 13 13 02 | E: [Online form](#)

Indoor sports:

- Multi-purpose indoor sports hall
- Rock climbing wall

Outdoor sports:

- Full-sized rugby field with 390 lux lighting
- 4 tennis courts
- 25-metre swimming pool
- Access to lake and beach

Other facilities:

- Gym, strength and conditioning, and recovery and rehab facilities
- Conference rooms
- On-site accommodation for up to 290 people
- On-site commercial kitchen and dining hall

RAYMOND LAURIE SPORTS CENTRE / YAMBA SPORTING COMPLEX

Map ref 17

Address: 78 Angourie Road, Yamba | Phone: +61 2 6646 8822 | E: rlsc@clarence.nsw.gov.au

Indoor sports:

- 2 international-standard, basketball courts
- Can also be used for table tennis, pickleball, netball and futsal
- Dance studio with mirror and timber floor

Outdoor sports:

- Football field for rugby and soccer

Other facilities:

- On-site gym and weights room
- Multi-function meeting and activity rooms
- Changerooms and amenities
- Kiosk, carpark and spectator seating

INDOOR SPORTS

		BADMINTON	BASKETBALL	BOXING	FUTSAL	GYMNASTICS	MARTIAL ARTS	NETBALL	PICKLEBALL	VOLLEYBALL
BALLINA INDOOR SPORTS CENTRE (BISC)		Map ref 10								
<i>Address:</i> 63 Cherry Street, Ballina <i>Phone:</i> +61 2 6681 0500 <i>E:</i> communityspaces@ballina.nsw.gov.au	• 2 international standard, full-sized, indoor sports courts line marked for basketball, volleyball, netball, futsal, and pickleball • Electronic scoreboards • Changerooms and amenities, including accessible • Kitchen • On-site parking		✓		✓			✓	✓	✓
GOONELLABAH SPORTS AND AQUATIC CENTRE (GSAC)		Map ref 12								
<i>Address:</i> 1 Wallerawang Drive, Goonellabah <i>Phone:</i> +61 2 6625 5370 <i>E:</i> gsac@lismore.nsw.gov.au	• 1 multi-sport court with polyurethane, smooth surface for basketball, netball, futsal, and pickleball • Also suitable for handball • Boxing ring		✓	✓	✓			✓	✓	
GRAFTON POLICE CITIZENS YOUTH CLUB (PCYC)		Map ref 18								
<i>Address:</i> 300 Powell Street, Grafton <i>Phone:</i> +61 2 5622 4020 <i>E:</i> grafton@pcycnsw.org.au	• 2 full-sized indoor sports courts • Suitable for badminton, basketball, netball, futsal, pickleball and volleyball as well as wheelchair basketball and rugby • Built-in grandstand seating • Boxing ring • On-site gym	✓	✓	✓	✓			✓	✓	✓

		BADMINTON	BASKETBALL	BOXING	FUTSAL	GYMNASTICS	MARTIAL ARTS	NETBALL	PICKLEBALL	VOLLEYBALL
LISMORE BASKETBALL STADIUM		Map ref 13								
<i>Address:</i> 342 Keen Street, Lismore <i>Phone:</i> +61 2 6621 6647 <i>E:</i> admin@lismorebasketball.com.au	• 2 full-sized basketball courts with new flooring • Changerooms, amenities and canteen • Grandstand seating		✓							
LISMORE POLICE CITIZENS YOUTH CLUB (PCYC)		Map ref 13								
<i>Address:</i> Corner Orion and Dawson Streets, Lismore <i>Phone:</i> +61 2 6621 6276 <i>E:</i> lismore@pcycnsw.org.au	• Space and equipment for gymnastics, including rings, balance and trampoline • Boxing ring • Changeroom and amenities • Canteen			✓		✓				



OUTDOOR SPORTS

		ATHLETICS	BASEBALL	HOCKEY	NETBALL	RUGBY	RUGBY 7S	SOFTBALL	SOCCER
ALBERT PARK		Map ref 13							
<i>Address:</i> 345 Keen Street, East Lismore <i>Phone:</i> +61 2 6622 8268 <i>E:</i> fncbaseball@hotmail.com	• 1 international baseball diamond • 4 full-sized, enclosed fields – 2 under lights • Able to accommodate 7 junior baseball or 7 softball fields • 6 warm up bull pens and 2 batting cages • Clubhouse, changerooms and amenities • Grandstand seating		✓					✓	
BANGALOW SPORTS FIELDS		Map ref 8							
<i>Address:</i> 5 Byron Street, Bangalow <i>Phone:</i> +61 2 6685 5911 <i>E:</i> info@cavanbah.byron.nsw.gov.au	• 2 x 11 a-side soccer fields • 1 x 9 a-side soccer field • Recently upgraded sports lighting								✓
BOB BELLEAR SPORTS FIELDS		Map ref 5							
<i>Address:</i> Shara Bvd, Ocean Shores <i>Phone:</i> +61 2 6685 5911 <i>E:</i> info@cavanbah.byron.nsw.gov.au	• 1 x 11-a-side soccer field with hybrid Couch surface, drainage, and LED sports lighting • Canteen and changerooms								✓
CASUARINA NORTH SPORTS FIELDS		Map ref 2							
<i>Address:</i> 2a Trestles Avenue, Casuarina <i>Phone:</i> +61 2 6685 5911 <i>E:</i> tsc@tweed.nsw.gov.au	• 2 full sized rectangular fields with 100lux+ lighting • Changerooms and amenities					✓	✓		

		ATHLETICS	BASEBALL	HOCKEY	NETBALL	RUGBY	RUGBY 7S	SOFTBALL	SOCCER
CROZIER FIELD		Map ref 13							
<i>Address:</i> Cathcart Street, Lismore <i>Phone:</i> + 61 2 6625 0500 <i>E:</i> council@lismore.nsw.gov.au	• Full-sized rugby field • Changerooms, amenities and treatment rooms • Referees' rooms and coaches' boxes • Canteen and commercial kitchen • Grandstand seating					✓	✓		
GRAFTON HOCKEY FIELDS		Map ref 18							
<i>Address:</i> 97-99 Oliver Street, Grafton <i>Phone:</i> +61 2 6685 5911 <i>E:</i> admin@graftonhockey.com.au	• 2 water-based turf fields and 5 grass fields with lighting • Function centre and accommodation			✓					
HEPBURN PARK		Map ref 12							
<i>Address:</i> 41 Holland Street, Goonellabah <i>Phone:</i> + 61 2 6625 0500 <i>E:</i> council@lismore.nsw.gov.au	• Capacity for 3 soccer fields • 2 full-sized, synthetic hockey fields • Changerooms, amenities and canteen			✓					✓
KINGSCLIFF REGIONAL SPORTS COMPLEX		Map ref 2							
<i>Address:</i> Murphy's Road, Kingscliff <i>Phone:</i> +61 2 6670 2400 <i>E:</i> tsc@tweed.nsw.gov.au	• 3 to 4 full-sized football fields • Main field lit to 250 lux and other fields to 100 lux • Athletics facilities • Clubhouse, changerooms and amenities	✓							✓
NEILSON PARK		Map ref 13							
<i>Address:</i> 88 Neilson Street, East Lismore <i>Phone:</i> + 61 2 6625 0500 <i>E:</i> council@lismore.nsw.gov.au	• 2 full-sized soccer fields • Changerooms and amenities • Clubhouse and canteen								✓

		ATHLETICS	BASEBALL	HOCKEY	NETBALL	RUGBY	RUGBY 7S	SOFTBALL	SOCCER
OAKS OVAL		Map ref 13							
<i>Address:</i> 144 Magellan Street, Lismore <i>Phone:</i> + 61 2 6625 0500 <i>E:</i> council@lismore.nsw.gov.au	• Full-sized rugby field • Changerooms, amenities and treatment rooms • Function space and commercial kitchen • Seating capacity for 10,000 including grandstand					✓	✓		
RUSHFORTH PARK		Map ref 18							
<i>Address:</i> 5 Skinner Street, South Grafton <i>Phone:</i> +61 2 6643 0200 <i>E:</i> council@clarence.nsw.gov.au	• Modern, accessible soccer facility • Sports lighting and changerrooms								✓
TWEED HOCKEY CENTRE		Map ref 3							
<i>Address:</i> Nullum Street, Murwillumbah <i>E:</i> administration@hockeytweed.com.au	• 2 full-sized, synthetic hockey fields lit to 200+ lux • Changerooms			✓					



TENNIS COURTS

ALSTONVILLE TENNIS AND PICKLEBALL CLUB		Map ref 11
<i>Address:</i> Park Avenue, Alstonville <i>Contact:</i> Online form	• 2 tennis courts and 8 pickleball courts • LED lighting and clubhouse	
BALLINA TENNIS CLUB		Map ref 10
<i>Address:</i> 69 Burnett Street, Ballina <i>E:</i> ballina.nsw.tennis@gmail.com	• 11 synthetic grass tennis courts • LED lighting and clubhouse	
CASINO TENNIS CLUB AND COURTS		Map ref 15
<i>Address:</i> 27 West Street, Casino <i>Phone:</i> +61 421 621 054 <i>E:</i> casinotennisclub@gmail.com	• 6 synthetic grass tennis courts • Clubhouse	
ELAINE BLANCH TENNIS COURTS		Map ref 13
<i>Address:</i> Corner Ballina Road and Brewster Street, Lismore <i>Phone:</i> +61 414 826 318 <i>E:</i> ontourtennisl@gmail.com	• 12 full-sized, synthetic tennis courts • Changerooms and amenities • Clubhouse and meeting room	
EVANS HEAD TENNIS COURTS		Map ref 16
<i>Address:</i> 33 Ash Street, Evans Head <i>E:</i> evansheadtennisclub@gmail.com	• 2 synthetic grass courts • 2 acrylic, non-slip courts • Clubhouse	

GRAFTON CITY TENNIS CLUB		Map ref 18
<i>Address:</i> 202 Prince Street, Grafton	• 12 outdoor, non-cushioned hardcourts • 2 synthetic grass courts • Sports lighting • Clubhouse	
TWEED REGIONAL TENNIS CENTRE		Map ref 1
<i>Address:</i> Sullivan Street, Tweed Heads South <i>Contact:</i> Online form	• 10 synthetic grass courts, 4 hardcourts, and 16 pickleball courts • Sports lighting • Amenities	
WOLLONGBAR TENNIS COURTS		Map ref 11
<i>Address:</i> Elvery Lane, Alstonville <i>Contact:</i> Online form	• 6 synthetic grass courts • Clubhouse	



SWIMMING POOLS

ALSTONVILLE AQUATIC CENTRE		Map ref 11
<i>Address:</i> 13-15 Alston Avenue, Alstonville <i>Phone:</i> +61 2 6628 0826 <i>E:</i> alstonvilleaquatic@gmail.com	• FINA compliant 50-metre heated pool with 8 x 2.5-metre-wide lanes for competition swimming and water polo • 25-metre by 15-metre heated, enclosable pool • Access ramps into all pools	
BALLINA WAR MEMORIAL POOL		Map ref 10
<i>Address:</i> 4 River Street, Ballina <i>Phone:</i> +61 2 6686 3771 <i>E:</i> hello@ballinapool.com	• FINA compliant 50 metre heated pool with 8 x 2.5-metre-wide lanes for competition swimming and water polo • 25-metre by 15-metre heated, enclosable pool • Access ramps into all pools • New amenities building	
BYRON BAY SWIMMING POOL		Map ref 7
<i>Address:</i> 1-2 Jonson Street, Byron Bay <i>Phone:</i> +61 02 6685 6011 <i>E:</i> poolmanager@fishheadsbyron.com.au	• 6-lane, 50 metre outdoor pool for swimming and water polo • Changeroom facilities • Café	
CASINO MEMORIAL SWIMMING POOL		Map ref 15
<i>Address:</i> 84 Centre Street, Casino <i>Phone:</i> +61 02 6685 6011 <i>Contact:</i> Online form	• 8-lane, FINA compliant, 50-metre, heated, outdoor pool • On-site gym with cardio, strength and reformer Pilates machines • Changerooms and amenities • Swimming club room suitable for broadcasting	

CLARENCE REGIONAL AQUATIC CENTRE		Map ref 18
<i>Address:</i> 72 Turf Street, Grafton <i>Phone:</i> +61 02 6642 0900 <i>E:</i> info@clarenceregionalaquaticcentre.com.au	• 50-metre outdoor pool • 25-metre, heated indoor pool • Changerooms, kitchen and kiosk	
EVANS HEAD AQUATIC CENTRE		Map ref 16
<i>Address:</i> Woodburn Street, Evans Head <i>Phone:</i> +61 2 5611 0055 <i>Contact:</i> Online form	• 8-lane, 25-metre, FINA standard competition pool with anti-wave lane ropes and start blocks • Gym with SportArt premium strength machines, Olympic free weight area and cardio theatre • On-site infrared sauna and ice bath • Accessible chairlift and changerroom	
LISMORE MEMORIAL BATHS		Map ref 13
<i>Address:</i> 179 Molesworth Street, Lismore <i>Phone:</i> +61 2 6621 6166 <i>E:</i> lismorememorialbaths@lismore.nsw.gov.au	• 8-lane, 50-metre outdoor pool • 25-metre lap pool • Changerooms, amenities and canteen	
PETRIA THOMAS POOL		Map ref 6
<i>Address:</i> Jubilee Avenue, Mullumbimby <i>Phone:</i> +61 2 6684 2494	• 8-lane, 50-metre outdoor pool for swimming and water polo • Accessible chair lift and sling • Changerooms, amenities and café	
SOUTHERN CROSS UNIVERSITY FITNESS CENTRE AND POOL		Map ref 13
<i>Address:</i> 1b Military Road, East Lismore <i>Phone:</i> +61 2 6620 3952 <i>E:</i> gym@scu.edu.au	• 8-lane, 33-metre indoor pool – 1.8-metres deep and suitable for water polo • Gym including Verve Fitness machines, free weights, 2 Olympic lifting platforms, separate cardio room and dedicated cycle room • Changerooms and amenities	

TWEED REGIONAL AQUATIC CENTRE

Map ref 3

Address: 6-8 Tumbulgum Road, Murwillumbah

Phone: +61 2 6670 2750

E: trac@tweed.nsw.gov.au

- Full-sized, 8-lane Olympic swimming pool with 2 diving boards
- 4-lane, 25-metre indoor pool
- Hydrotherapy pool
- Changerooms, amenities and meeting rooms



OPEN WATER SPORTS

CANOEING, ROWING AND SAILING

With three major river systems, the Northern Rivers is an exceptional base for canoeing, rowing and sailing. Calm, sheltered, upriver stretches are perfect for endurance rowing and flat-water paddling, while tidal estuaries, coastal inlets and easy ocean access create diverse settings for tactical sailing and cross-discipline training.

MAJOR WATERWAYS

Clarence River

The Clarence River is the largest river on Australia's east coast, with long, open stretches and minimal commercial traffic, giving athletes rare access to broad, quiet water ideal for endurance, technique refinement and multi-day training blocks.

Clubs and facilities

- Big River Sailing Club, Harwood
- Big River Canoe Club, Grafton
- Clarence River Sailing Club, Grafton
- Clarence River Yacht Club, Grafton
- Grafton Rowing Club

Richmond River

The Richmond River at Ballina is home to an active sailing and rowing club which run race programs and annual regattas. Long, relatively sheltered reaches upstream provide reliable flat-water conditions for training and development.

Clubs and facilities

- Richmond River Sailing and Rowing Club, Ballina

Tweed River

Across its 80-kilometres from the McPherson Ranges to the ocean at Tweed Heads, the Tweed River and its tributaries offer spectacular and varied environments for canoeing and kayaking, including the 35-kilometre tidal stretch known as the Tweed River Estuary.

Clubs and facilities

- Murwillumbah Rowing Club
- Tweed Rowing Club, Tweed Heads South
- Tweed Sailing Club, Fingal Heads

SURFING AND BEACH SPORTS

Stretching for almost 300 kilometres, the Northern Rivers coastline is celebrated worldwide as a high-performance surfing corridor. Defined by the influence of Cape Byron, multiple National Surfing Reserves, and proximity to World Surfing League competition zones, it offers exceptional wave quality, diversity, and consistency for elite-level training and competitions.

BEACHES AND BREAKS

Ballina

- Lennox Point, Lennox Head: World-recognised right-hand point break and designated National Surfing Reserve, Lennox Point can deliver the largest and most technically challenging wave in the region.
- North Wall, Ballina: A reliable swell magnet which is often much bigger than other spots, producing fast, critical right-hand waves.
- South Wall (Ballina): One of the few high-quality, powerful lefts that works well in a strong NE swell/wind.

Byron Bay

- Broken Head, South Byron Bay: In the right swell offers the best hollow, barrel-riding potential in the region.
- Cosy Corner, Byron Bay: the most reliable high-performance shortboarding spot offering steep, heavy, often hollow waves protected from northerly winds.
- The Pass, Byron Bay: When the swell is big, produces a very long, fast and sectioning right-hander allowing for endurance and variety in high-speed manoeuvres.

Clarence Valley

- Angourie Point, Angourie: Australia's original National Surfing Reserve offering a world-class, right-hand point break for intermediate to advanced surfers.
- Pippi Beach, Yamba: 1,600m long stretch of east-facing beach suitable for kiteboarding and surfing. Features 5 pedestrian access points, amenities, and parking.
- Turners Beach, Yamba: beach break known for a hollow left-hander off the breakwater and A-frame peak in the middle.

Tweed

- Duranbah Beach, Tweed Heads: Located at the southern end of the world-famous 'superbank' that includes Snapper Rocks, D'bah offers right-hand point break rides up to 2 kilometres on a good day and is a stop on the World Surf League Championship tour.
- Norries Head, Cabarita : Part of a Regional Surfing Reserve, this rocky point creates a dependable and consistent, high-quality, long, right-hander.
- Dreamtime, Fingal Head: Powerful beach break and a less-crowded option for high-energy training.

HYUNDAI SURFING AUSTRALIA HIGH PERFORMANCE CENTRE (HPC)

Map ref 2

Address: 9 Barclay Drive, Casuarina

Phone: +61 2 6671 0000

E: hpc@surfingaustralia.com

A recognised Olympic Training Centre just 15-minutes south of the Gold Coast Purpose built to provide cutting-edge training infrastructure with onsite accommodation, recovery zones and professional meeting spaces.

- Australian Institute of Sport and Olympic-recognised gymnasium
- Comprehensive recovery zone with sauna and hot/cold plunge
- Onsite accommodation for up to 42 guests
- Olympic trampolines, skate ramps and airbag training systems
- Conference and meeting rooms equipped for workshops and video analysis
- Fleet of Hyundai vehicles
- Proximity to some of the best surf breaks and training environments in Australia



SPECIALIST FACILITIES

BMX RACING

Facility: South Grafton BMX Track (Map ref 18)

Address: Corner of Abbott and Vere Streets, South Grafton

Contact: clarencevalleybmx@live.com.au

- BMX race track with starting hill, asphalted berms, and drum safety start gate
- Floodlit for night racing

Facility: Crawford Square (Map ref 15)

Address: 75a Centre Street, Casino

Contact: casinobmxclub@gmail.com

- Championship BMX course
- Gravel track with starting gates and asphalt berms
- Clubhouse, amenities and viewing deck

EQUESTRIAN

Facility: Casino Showground (Map Ref 15)

Address: 10095 Summerland Way, Casino

Contact: council@richmondvalley.nsw.gov.au

- Suitable for ring and cross-country events
- 80-metre by 40-metre undercover arena
- 40 metre by 40-metre outdoor arena with Geopro riding surface
- 80-metre by 80-metre, turf warm up area
- Round training yards with automated walkers
- Equestrian exercise pool
- 22 day stalls and 40 undercover stables

Facility: Hawthorne Park Equestrian Centre (Map Ref 18)

Address: Minden St, South Grafton

Contact: council@clarence.nsw.gov.au

- 1 main circular arena
- 3 rectangular sand arenas
- Eventing course
- 5 Polocrosse fields
- Stables and holding yards,
- Clubhouse and 3 broadcast boxes
- Camping sites and 2 amenities blocks

MOUNTAIN BIKING

Facility: Uki Mountain Bike Park (Map ref 4)

Address: 165 Smiths Creek Road, Uki

Contact: tsc@tweed.nsw.gov.au

- 6.4-kilometre park with 8 mountain bike trails
- 1 climbing trail (green)
- 7 descending trails – 3 green (beginner), 3 blue (more difficult), 1 black diamond (very difficult)
- 1 green trail is fully accessible
- Pump track and skills park
- Staging or entry area

SPORTS SHOOTING

Facility: Grafton Pistol Club (Map ref 18)

Address: 30 Old Lilypool Rd, South Grafton

Contact: secretary@graftonpistolclub.org.au

- Longarms shooting facility with several undercover shooting ranges
- Sporting Shooters Association of Australia (New South Wales) affiliated
- Clubhouse and amenities

Facility: Kyogle Shooting Range (Map ref 16)

Address: 17–21 Mount Street, Kyogle

Contact: ssaakyoglebranch@gmail.com

- Multi-discipline shooting range
- Hosts long range rifle shooting competitions out to 600 metres and International Shooting Sport Federation (ISSF) pistol disciplines
- Covered firing lines and concrete bays
- Modern marshalling area and accessible pathways

SKATEBOARDING

Facility: Jarjumirr Skate Park (Map ref 7)

Address: 1 Gilmour Cres, Byron Bay

Contact: council@byron.nsw.gov.au

- Competition-level skatepark
- 10-foot skate bowl with waterfall and granite coping
- Ramp and bowl area for beginner to intermediate users
- Plaza section with granite ledges
- Climbing boulder
- Accessible pathways, including to the feature bowl, and seating areas

<i>Facility:</i> Lismore Skate Park (Map ref 13) <i>Address:</i> Corner of Dawson and Uralba Streets, Lismore <i>Contact:</i> council@lismore.nsw.gov.au	• 2300 square metre skatepark • Street and park sections with 33 obstacles • Including a covered 1.2-metre high mini-ramp and 2.8-metre high 'deep end' bowl • Complemented by a bouldering wall • Shaded seating and pedestrian pathways
<i>Facility:</i> Yamba Skate Park (Map ref 17) <i>Address:</i> Coldstream Street, Yamba <i>Contact:</i> council@lismore.nsw.gov.au	• Modern regional level skate park
TABLE TENNIS	
<i>Facility:</i> Far North Coast Table Tennis Centre (Map ref 12) <i>Address:</i> 202 Oliver Avenue, Goonellabah <i>Phone:</i> +61 2 6625 1602 <i>E:</i> info@fnctabletennis.org.au	• 11 international-standard, Stiga table tennis tables • High-quality, evenly-spaced lighting • Olympic-grade Taraflex rubber flooring • Practice areas, including a robot table and service training tables • 60-seat viewing area • Changerooms and amenities, including accessible • Meeting room and on-site kiosk • 100-space carpark

Contact us to find out more about what the Northern Rivers has to offer.

Northern Rivers Joint Organisation | +61 2 6623 3800 | admin@northernriversjo.nsw.gov.au