

ATHLETICS SOUTH

**WINTER
COMPETITION
2017**

*dedicated to the memory of
Maxwell George Cherry*

OAM (1927-2008)

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THE
RUNNING EDGE

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Athletics South Winter Committee:

Director	Peter Keenan Ph: 0400 129 466
Program	Peter Keenan, Peter Lyden, Tony Sansom, Jim Court, Jarrod Gibson, Stuart Corney, Chris Sullivan & Nathan Morey.
Chief Course Marshall	Peter Keenan
Handicaps	Greg Hawthorne
Results	Jim Court jcourt43@gmail.com
Entries	Lennon Family
Chief Time Keeper	Terry Mahoney
Chief Referee	Peter Lyden
Jury of Appeal	Terry Mahoney (Chair) Peter Keenan, Jarrod Gibson

Appeals:

Any appeal is to be made in writing to the Appeal Chairman within three days of any decision by the Chief Referee.

Athletics South (AS)

athleticssouth.org.au (03) 6236 9766

Athletics Tasmania (AT)

tasathletics.org.au (03) 6234 9551

Club Contacts:

Eastern Suburbs Athletic Club (ES)

esac.run 0409 728 315

Northern Suburbs Athletic Club (NS)

nsac.org.au (03) 6249 4881

Sandy Bay Harrier Club (SB)

sbhc.org.au 0490 507 491

OVA Southern Saints Athletic Club (OVA)

ovasouthernsaints.com.au 0409 543 563

Tasmanian Masters Athletics Inc. (TMA)

tasmastersathletics.org.au 0418 171 834

University of Tasmania Athletics Club (UTAS)

utasathleticsclub.org.au

Athletics South Winter Program 2017

APRIL

Sat 01 AS	* Graeme Cruise Memorial 3km & 6km	Bellerive Beach
Sun 02 ES	Round the River Fun Runs 2.5km, 5km & 10km	Eastern Shore
Sat 08 AS	* 5 Mile Beach Cross Country 4km & 8km	5 Mile Beach
Sat 15	Easter Weekend - No Run	
Sat 22 AS	* Domain Cross Country 4km & 8km	Domain X Roads
Sun 23 RO	Oatlands Fun Run, 2km, 4km & 8km 11am	Oatlands
Sat 29 AS	* Police Academy Road 4.5km & 9km	Rokeby
Sun 30 EDF	Endorfun Trail Run 18km	Tasman Peninsula

MAY

Sat 06 AS	* St Virgils College XC 3.5km & 7km	Austins Ferry
Sun 07 TMA	Jim Burr Memorial Mountain Run 9am (Solo/Relay)	Hobart GPO
Sat 13 AS	* John Keenan Memorial Government House 3.2km	Lower Domain
Sun 14 WIS	Mothers Day Classic Fun Run 4km & 8km	DAC Domain
Sat 20 AS	Wentworth Park Handicap 4km & 8km	Howrah
Sun 21 AS	City to Casino Fun Runs 2.5km, 7km & 11km	Hobart
Sat 27 AS	* Tas Bevis Memorial XC 5km & 10km	Huntingfield
Sun 28 RK	Kingston Fun Run 5km	Kingston
Sun 28 IB	The Icebreaker Multisport Challenge	Trevallyn

JUNE

Sat 03 AS	* Max Cherry Memorial Ridgeway Road 2.5km & 5km	Ridgeway
Sun 04 TMA	Tasmanian Masters Road Titles 11am	Campbell Town
Thu 08 SHSSA	Southern Inter High Schools Cross Country	Rokeby
Sat 10 AS	* Gellibrand Drive Cross Country 4.5km & 9km	Sandford
Sat 17 AS	Claremont Foreshore Handicap 4km & 8km	Claremont
Sun 18 EVS/AT	Launceston Ten Fun Run (Includes AT 10km Road Titles)	Launceston

Sat 24 AS * Bagdad Cross Country 4km & 8km Bagdad

Sun 25 EDF Endorfun Trail Run 10km & 29km Freycinet Peninsula

Tue 27 AT Tasmanian All Schools

(Primary) Cross Country

Symmons Plains

JULY

Sat 01 AS Hobart College XC 4.5km & 9km Mt Nelson

Sun 02 EQGC Gold Coast Marathon & Half Marathon Gold Coast

Tue 04 AT Tasmanian All Schools (Secondary) XC

& AT Underage Championships Symmons Plains

Sat 08 AT/TMA Tasmanian Cross Country Championships

(Combined AT & TMA Age Related Distances) Symmons Plains

Sat 15 AS * Baskerville Raceway Road 4km & 8km Old Beach

Sat 22 AS * Smith's Apple Orchard 4km & 8km Grove

Sat 22 EDF Endorfun Trail Run 6.2km Russell Falls

Sat 29 AS Gellibrand Drive Cross Country
Relay 4 Runners x 3 x 1.1km Sandford

Sun 30 NS Glenorchy Fun Runs 2km, 5km & 10km DEC Glenorchy

AUGUST

Sat 05 AS * Opossum Bay XC 4.5km & 9km Opossum Bay

Sat 12 AS Police Academy XC 3km & 6km (Approx. Start Time 1140) Rokeby

Sat 12 SSA School Sport Australia XC Championships Rokeby

Sun 13 FFM City2Surf 14km Fun Run Sydney

Sat 19 AS Froggy Wise Memorial - Upper Domain Road Loop
Handicaps 4.8km & 9.6km Domain X Roads

Sat 26 AS Dru Point Reserve Cross Country 4km & 8km Margate

Sat 26 AA Australian Cross Country

Championships (Tentative)

Wollongong NSW

Sun 27 WC Winter Challenge Tasmania Orford

SEPTEMBER

Sat 02 AS * Kempton Road 4km & 8km Kempton

Sat 02 FonF Flinders Island Running Festival 26km & 50km Flinders Is

Sun 03 RM Ross Marathon, Half Marathon & 10K Fun Run Ross

- Sat 09 AS * Runnymede Cross Country 5km & 10km Runnymede
 Sat 16 AS * Tolosa Park Relay 3 Runners x 3 x 1.5km Glenorchy
 Sun 17 AS Budget Rent A Car Fun Run & Walk 2.5km & 5km Hobart
 Sun 24 EDF Endorfun Trail Run 17.5km Labillardiere Peninsula

OCTOBER

- Sun 01 TMA Spring Series Race 1
 Fun Run 4.5km & 9km Risdon Brook Dam
 Sat 14 FC The Freycinet Challenge - Day 1 Coles Bay
 Sun 15 FC The Freycinet Challenge - Day 2 Coles Bay
 Sun 15 MM Melbourne Marathon & Half Marathon Melbourne
 Sat 21 AMG Australian Master Games Street Mile Ulverstone
 Sun 22 BSE Burnie Ten (Inc Australian Master Games 10km) Burnie
 Fri 27 AMG Australian Master Games Cross Country Penguin
 Sat 28 AMG Australian Master Games Half Marathon Ulverstone
 Sun 29 TMA Spring Series Race 2
 Fun Run 4.5km & 9km Risdon Brook Dam

NOVEMBER

- Sun 05 SB Sandy Bay Harrier Club Fun Run 4km & 8km Kingston
 Sun 19 PtoP Point to Pinnacle Hobart
 Sun 26 TMA Spring Series Race 3
 Fun Run 4.5km & 9km Risdon Brook Dam

DECEMBER

- Sat 02 ULT Bruny Island Ultra Run/Relay 64km Bruny Island
 Sun 24 SB Christmas Fun Run 1km & 5km Kingston

* Club Premiership Rounds

AS	Athletics South	AT	Athletics Tasmania
AA	Athletics Australia	BSE	Burnie Sports & Events
NS	Northern Suburbs Athletic Club	ES	Eastern Suburbs Athletic Club
TMA	Tasmanian Masters Athletics	SB	Sandy Bay Harrier Club
EDF	Endorfun	ET	Events Tasmania
PtoP	Point to Pinnacle	EVS	Events South
RM	Ross Marathons/UTAS	EQGC	Events Queensland Gold Coast
RK	Rotary Club of Kingston	RO	Rotary Club of Oatlands
S2F	Start 2 Finish	ULT	Ultra Tasmania
AMG	Australian Masters Games	FoF	Fitness on Flinders
SSA	School Sports Australia	WIS	Women in Super
FFM	Fairfax Media	WC	Winter Challenge
IB	Icebreaker Multisport	SHSSA	Southern High Schools Sports Association

Road Championship:

Round 1	29 April	Police Academy 4.5km & 9km
Round 2	13 May	Government House 3.2km
Round 3	03 June	Ridgeway 2.5km & 5km
Round 4	15 July	Baskerville 4km & 8km
Round 5	02 September	Kempton 4km & 8km

Cross Country Championship:

Round 1	22 April	Domain 4km & 8km
Round 2	27 May	Huntingfield 5km & 10km
Round 3	10 June	Gellibrand Drive 4.5km & 9km
Round 4	22 July	Grove 4km & 8km
Round 5	05 August	Opossum Bay 4.5km & 9km

Handicap Award:

Round 1	20 May	Wentworth Park 4km & 8km
Round 2	17 June	Claremont Foreshore 4km & 8km
Round 3	19 August	Froggy Wise Domain Loop 4.8km & 9.6km

Relay Shield:

One Event 16 September Tolosa Park 3 Runners x 3 x 1.5km
All athletes to be registered, no registrations accepted on the day.

Premiership Rounds:

There will be 17 rounds to decide the Winter Premiership. Premiership points and votes for the Athlete of the Season awards are allocated in these rounds as follows:

Round 1	Graeme Cruise Memorial XC Bellerive Beach
Round 2	5 Mile Beach XC
Round 3	Domain Cross Roads XC
Round 4	Police Academy Road
Round 5	Austins Ferry XC
Round 6	John Keenan Memorial Government House Road
Round 7	Tas Bevis Memorial Huntingfield XC
Round 8	Max Cherry Memorial Road Ridgeway
Round 9	Gellibrand Drive XC

- Round 10 Bagdad XC
- Round 11 Baskerville Road
- Round 12 Grove XC
- Round 13 Opossum Bay XC
- Round 14 Froggy Wise Memorial HC Upper Domain Road
- Round 15 Kempton Road
- Round 16 Runnymede XC
- Round 17 Tolosa Park Relay

All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2014 may compete on one occasion only in OOS competition without registering – refer to Club Registrars for conditions and fees.

Entry Procedures:

All Athletics South events start at 10:00am and most events give a choice of two distances. Entries should be received no later than 10 minutes prior to the start of the race. The entry procedure involves completing the entry sheet for your age division and the distance you have chosen. You will also need to fill in a race tag (name and distance), which will be issued to you as you pay your entry. Race tags are collected in order as participants finish the race.

Entry Fees:

Registered Athletes	\$3.00
Family 2 adults (max) & 2+ students	\$10.00

Athletics Tasmania Registration Fees (1 April 2017 to 30 April 2018):

For details on full year, out of stadium (OOS) and dual registration fees, including track training levy, contact your Club registrar. Registration fees include AA/AT Personal Accident and Injury Insurance.

Duty Clubs:

Bellerive Beach XC	Northern Suburbs
Five Mile Beach XC	Eastern Suburbs / TMA
Domain XC	TMA
Police Academy Road	Sandy Bay
Austins Ferry XC	OVA / Northern Suburbs
Lower Domain Road	UTAS
Wentworth Park HC	Eastern Suburbs
Huntingfield XC	TMA
Ridgeway Road	Sandy Bay
Gellibrand Drive XC	Sandy Bay / UTAS
Claremont HC	Eastern Suburbs
Bagdad XC	Northern Suburbs
Hobart College XC	Sandy Bay
Baskerville Road	OVA
Grove XC	TMA
Gellibrand Drive Relay	Eastern Suburbs
Opossum Bay XC	Northern Suburbs / UTAS
Police Academy XC	SSA with Club Assistance
Upper Domain Road HC	Sandy Bay
Margate XC	TMA / OVA
Kempton Road	Northern Suburbs
Runnymede XC	TMA
Tolosa Park Relay	Eastern Suburbs

All clubs must provide enough officials to set up and pack up the course and, act as marshals if required. The duty club is to liaise with Peter Keenan regarding officiating requirements. No points will be awarded to the duty club if they fail to meet their duty requirements on their rostered day.

Point Scoring System:

Points will be awarded to the first seven runners in each of the five age divisions (U/15, U/20, O/20, O/40 and O/50), in both Men and Women, according to the following schedule:

Division:	1st	2nd	3rd	4th	5th	6th	7th
Over 20	10	8	6	5	4	3	2
Over 40	10	8	6	5	4	3	2
Over 50	10	8	6	5	4	3	2
Under 20	10	8	6	5	4	3	2
Under 15	10	8	6	5	4	3	2

- Every finisher after 7th place will receive 1 point.
- Age as at 1 April 2017 will determine age Division for entire season.

Winter Premiership Points:

Club points are allocated for each Premiership round on the following basis:

1st - 6 points	2nd - 5 points	3rd - 4 points
4th - 3 points	5th - 2 points	6th - 1 point

Individual Awards:

Athlete of the Season - Points towards the Athlete of the Season award will be allocated the first six male and female finishers in each premiership race, on the following basis:

1st - 6 points	2nd - 5 points	3rd - 4 points
4th - 3 points	5th - 2 points	6th - 1 point

The male and female Athletes of the Season will be determined by the total of points scored.

The Running Edge Merit Award - The Running Edge Merit Award is based on votes cast on the day on a 3,2,1 basis by three people. These are based primarily on personal performance and should give every athlete an opportunity to receive votes.

Road and Cross Country Champions:

Awards will be made to athletes in each division who score the greatest number of points, with the best four rounds to count only, in the designated Road and Cross Country Championship races. All athletes may enter either the longer or shorter race of the day except for U/15 athletes who are not permitted to enter the long race in cross country championship events nor the Bagdad premiership round. Point scoring is on the following basis:

1st - 10 points	2nd - 9 points	3rd - 8 points
4th - 7 points	5th - 6 points	6th - 5 points
7th - 4 points	8th - 3 points	9th - 2 points
10th - 1 point		

Handicap Champions:

The points scored in handicap races are awarded on the basis of 1st - 15 points, 2nd - 14 points, 3rd - 13 points etc through to 1 point for 15th, regardless of age group or gender. Points earned in the longer race count equally with point earned in the shorter race. The handicap champion is determined by the aggregate of points gained in the handicap races by the end of the season.

Course Descriptions:

Austins Ferry - Starts at St Virgils College rear oval near the Joyce Performing Centre. Course meanders within the school grounds. Toilets available.

Bagdad - The course is at "Inglewood", 369 Green Valley Road, Bagdad. Heading north, turn left off the Midlands Highway into Swan Street which is at the northern end of Bagdad near the Liberty Service Station. From Swan Street take a left turn into Green Valley Road. Number 369 is on the left about 4.5km along. Park in the bottom paddock. The course has significant slopes and passes across grassy paddocks and along lightly wooded bush tracks. A portaloos will be available.

Bellerive Beach (Graeme Cruise Memorial) - Starts at Bellerive Beach directly below Bellerive Oval. Course is predominantly flat and on the beach with a short section around the headland between beaches. Toilets available.

Claremont - Starts at the foreshore car park/reserve near the Box Hill Rd/Cadbury Rd Roundabout. A clockwise loop following the bike/walking track to Cadbury's Estate returning to the reserve via the old railway siding and then following the foreshore to Windermere Beach and returning to the starting point. A crossing over Faulkner's Rivulet. Portaloos available (toilets also at the Village Green 300 metres away).

Domain (Froggy Wise Memorial Handicap) - Starts on the Upper Domain Road opposite the Soldiers Memorial Oval. The course utilises the closed road section of the Upper Domain Road, along with a gravel path segment, to complete an undulating 2.4km loop. Toilets available at the Domain Athletic Centre.

Domain X Roads - Starts at Soldiers Memorial Oval (or the Domain Athletic Centre). Loop course on grass, parts of Soldiers Walk and surrounding tracks. Has a climb or two and is rough in patches, a challenging course. Toilets available.

Five Mile Beach - Starts at the Five Mile Beach car park, located off Pittwater Road in the Seven Mile Beach Public Reserve. Course follows the flat & sandy tracks through the pine trees and returns. Loose sand makes some sections difficult. A portaloos will be available.

Glenorchy - Tolosa Park - Starts at the Tolosa Reserve, Glenorchy. The course is about 1.5km around the dam. Toilets available.

Grove - Starts at the packing shed of Smith's apple orchard, just off the Huon Highway in Grove. Turn off the Huon Highway at the Judbury/Ranelagh intersection. Course follows an undulating 2km loop through the apple orchard. Usually muddy so a change of footwear and clothes is recommended. Toilets available.

Howrah - Wentworth Park Playground - Starts at the playground at the end of Salacia Avenue, Howrah. The course is flat with a 4km loop on the grass through Wentworth Park including Howrah Beach. Toilets available.

Huntingfield (Tas Bevis Memorial) - Huntingfield Pony Club, Huntingfield Estate, Howden. The cross country course of 5km (loop) includes an undulating section over sandy ridges and a relatively flat section through open paddocks and wooded trails. It is rough at times and is quite challenging. Toilets available.

Kempton - Meet at the rotunda in picnic area on highway side of Main Rd opposite Sugarloaf Rd. A flat road 2km loop course through the township. Toilets available.

Lower Domain - Government House (John Keenan Memorial) - Starts at the southern end of the Lower Domain Road and follows this road to the Domain Highway and returns. The course is short but mainly sloping and is harder than it looks. Toilets available at the Botanical Gardens & Regatta Grounds.

Margate - Dru Point Reserve - Turn left at the Margate roundabout into Beach Road and left again at the Esplanade, follow the road into the reserve. The course will be a 2km loop within the bounds of the reserve. Toilets available.

Mount Nelson - Hobart College - Starts in the college car park, an undulating loop course which includes some rough patches, a short rocky descent, fire trails, gravel road and asphalt. Toilets available.

Old Beach - Baskerville - Starts at Baskerville Raceway, off Baskerville Road. The road course follows the 2km loop of the race track. Toilets available.

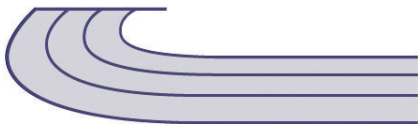
Opossum Bay - Starts in a cul-de-sac on the northern end of the Opossum Bay Peninsula. Drive along Spitfarm Rd and continue north to the end of this road through a new subdivision. A picturesque undulating loop with spectacular water and mountain views - quite tough. Portaloo.

Ridgeway - Starts near the junction of Chimney Pot Hill Road and Ridgeway Road. Course is all on undulating bitumen road, following Chimney Pot Hill Road to Huon Road and return. Participants are urged to car pool to reduce the amount of cars parked on the race course. Portaloo.

Rokeby - Police Academy - Both events will be on the road and held within the grounds of the Police Academy. Toilets Available.

Runnymede - Located on a farm property (Whitemarsh, 4682 Tasman Highway) in Runnymede, on the northern side of the Tasman Highway, 3km past the Levendale turnoff (Woodsdale Road). The cross country course is undulating on trails and vehicle tracks. Portaloo.

Sandford - Gellibrand Drive - Starts approx. 3k south of the Gellibrand Drive & Rifle Range Road intersection, Sandford. The cross country course is flat with some sandy sections on an extended 4.5km loop for the Championship round and a 1.1km loop for the Relay event. Portaloo.



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