



ATHLETICS SOUTH

WINTER COMPETITION 2016

*dedicated to the memory of
Maxwell George Cherry*

OAM (1927-2008)

Proudly sponsored by

THE
RUNNING EDGE

FEET FIRST - RUN WALK OR PLAY



Road Championship:

Round 1	07 May	Government House 3.2km
Round 2	28 May	Ridgeway 2.5km & 5km
Round 3	04 June	Police Academy 3.5km & 7km
Round 4	16 July	Kempton 4km & 8km
Round 5	13 August	Baskerville 4km & 8km

Cross Country Championship:

Round 1	23 April	Domain 4km & 8km
Round 2	21 May	Huntingfield 5km & 10km
Round 3	18 June	Opossum Bay 4.5km & 9km
Round 4	09 July	Grove 4km & 8km
Round 5	27 August	5 Mile Beach 4km & 8km

Handicap Award:

Round 1	11 June	Dru Point Margat 4km & 8km
Round 2	30 July	Claremont Foreshore 4km & 8km
Round 3	06 August	Froggy Wise Rokeby 3.5km & 7km

Relay Shield:

One Event 26 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 18 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	Upper Domain Relay
Round 3	Bagdad XC
Round 4	Domain Cross Roads XC
Round 5	John Keenan Memorial Government House Road
Round 6	Tas Bevis Memorial Huntingfield XC
Round 7	Max Cherry Memorial Road Ridgeway
Round 8	Police Academy Road
Round 9	Opossum Bay XC

- Round 10 Kingston Relay
- Round 11 Upper Domain Road
- Round 12 Grove XC
- Round 13 Kempton Road
- Round 14 Baskerville Road
- Round 15 5 Mile Beach XC
- Round 16 Gellibrand Dr XC
- Round 17 Baskerville XC
- Round 18 Tolosa Park Relay

All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2013 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 2016 to 30 April 2017):

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	Eastern Suburbs
Upper Domain Relay	Sandy Bay
Bagdad XC	Northern Suburbs
Domain XC	TMA
Gellibrand Drive XC	Sandy Bay
Lower Domain Road	Northern Suburbs / UTAS
Wentworth Park Relay	Eastern Suburbs
Huntingfield XC	TMA / Northern Suburbs
Ridgeway Road	Sandy Bay
Rokeby Road	Eastern Suburbs
Margate HC	TMA / OVA
Opossum Bay XC	Northern Suburbs / UTAS
Kingston Relay	TMA
Upper Domain Road	Sandy Bay
Grove XC	TMA
Kempton Road	Northern Suburbs
Claremont HC	Eastern Suburbs
Rokeby HC	TMA / OVA
Baskerville Road	Sandy Bay
Runnymede XC	TMA
5 Mile Beach XC	TMA / Eastern Suburbs
Gellibrand Drive XC	Sandy Bay
Baskerville XC	TMA / OVA
Austins Ferry XC	Northern Suburbs / UTAS
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 2016 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 two 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.



ATHLETICS SOUTH

WINTER COMPETITION 2016

Proudly sponsored by



73 Murray Street Hobart
therunningedge.net.au

Athletics South Winter Committee:

Director	Peter Keenan Ph: 0400 129 466
Program	Peter Keenan, Peter Lyden, Tony Sansom, Jim Court, Jarrod Gibson, Mark Lyden, 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) 62369766

Athletics Tasmania (AT)

tasathletics.org.au

(03) 6234 9551

Club Contacts:

Eastern Suburbs Athletic Club (ES)

easternsuburbs.org.au

0409 728 315

Northern Suburbs Athletic Club (NS)

nsac.org.au

(03) 6249 4881

Sandy Bay Harrier Club (SB)

sbhc.org.au

0400 995 616

Tasmanian Masters Athletics Inc. (TMA)

tasmastersathletics.org.au

0418 171 834

OVA Southern Saints Athletic Club (OVA)

ovasouthernsaints.com

0409 543 563

University of Tasmania Athletics Club (UTAS)

utasathleticsclub@iinet.net.au

Athletics South Winter Program 2016

APRIL

Sat 02 AS	* Graeme Cruise Memorial 3km & 6km	Bellerive Beach
Sat 09 AS	* Upper Domain Road Loop Relay	
	3 runners x 2 x 2.4km legs.	Domain X Roads
Sat 16 AS	* Bagdad Cross Country 4km & 8km	Bagdad
Sat 23 AS	* Domain Cross Country 4km & 8km	Domain X Roads
Sun 24 RO	Oatlands Fun Run, 2km, 4km & 8km 11am	Oatlands
Sun 24 EDF	Endorfun Trail Run 17.5km	Labilladiere Peninsula
Sat 30 AS	Gellibrand Drive Cross Country 4.5km & 9km	Sandford

MAY

Sun 01 ES	Round the River Fun Runs	
	2.5km, 5km & 10km	Eastern Shore
Sun 01 TMA	Jim Burr Memorial Mountain Run	
	9am (Solo/Relay)	Hobart GPO
Sat 07 AS	* John Keenan Memorial	
	Government House 3.2km	Lower Domain
Sun 08 S2F	Mothers Day Classic Fun Run 4km & 8km	DAC Domain
Sat 14 AS	Wentworth Park Fun Relay 3 x 3 x 2km Legs	Howrah
Sun 15 AS	City to Casino Fun Runs 2.5km, 7km & 11km	Hobart
Sat 21 AS	* Tas Bevis Memorial XC 5km & 10km	Huntingfield
Sun 22 RK	Kingston Fun Run 5km	Kingston
Sat 28 AS	* Max Cherry Memorial	
	Ridgeway Road 2.5km & 5km	Ridgeway
Sun 29 TMA	Tasmanian Masters Road Titles 11am	Campbell Town

JUNE

Sat 04 AS	* Police Academy Road 3.5km & 7km	Rokeby
Sat 11 AS	Dru Point Handicap 4km & 8km	Margate
Sun 12 EVS/AT	Launceston Ten Fun Run (Includes	
	AT 10km Road Titles)	Launceston
Sat 18 AS	* Opossum Bay XC 4.5km & 9km	Opossum Bay

Wed 22 AT Tasmanian All Schools**(Primary) Cross Country****Symmons Plains**

Sat 25 AS * Kingston (Old High School)

Relay 4 Runners x 3 x 1.1km

Kingston

Sun 26 EDF Endorfun Trail Run 10km & 29km

Freycinet Peninsula

Tue 28 AT Tasmanian All Schools**(Secondary) Cross Country****Symmons Plains****JULY**

Sat 02 AS * Upper Domain Road 4.8km & 9.6km Domain X Roads

Sun 03 EQGC Gold Coast Marathon & Half Marathon

(AA Half Marathon Championships)

Gold Coast

Sat 09 AS * Smith's Apple Orchard 4km & 8km

Grove

Sat 16 AS * Kempton Road 4km & 8km

Kempton

Sat 23 AT/TMA IGA Tasmanian Cross Country**Championships (Combined AT &****TMA Age Related Distances)****Pontville**

Sun 24 EDF Endorfun Trail Run 6.2km

Russell Falls

Sat 30 AS Claremont Foreshore Handicap 4km & 8km

Claremont

Sun 31 NS Glenorchy Fun Runs 2km, 5km & 10km DEC Glenorchy

AUGUST

Sat 06 AS Froggy Wise Memorial - Police Academy Road

Handicaps 3.5km & 7km

Rokeby

Sun 07 SB Sandy Bay Harrier Club Fun Run

Kingston

Sat 13 AS * Baskerville Raceway Road 4km & 8km

Old Beach

Sun 14 FE City2Surf 14km Fun Run

Sydney

Sat 20 AS Runnymede Cross Country 4.5km & 9km

Runnymede

Sat 20 AA Australian Cross Country Championships*including All Schools***Canberra ACT****Sun 21 AA Australian Schools Cross Country Championships****Relays & Australian Walks Titles****Canberra ACT**

Sat 27 AS * 5 Mile Beach Cross Country 4km & 8km 5 Mile Beach

SEPTEMBER

Sat 03 AS	* Gellibrand Drive XC 4.5km & 9km	Sandford
Sat 03 FonF	Flinders Island Running Festival 26Km & 50km	Flinders Is
Sun 04 RM	Ross Marathon, Half Marathon & 10K Fun Run	Ross
Sat 10 AS	* Baskerville Cross Country 4km & 8km	Old Beach
Sun 11 TMA	"Call to Arms" Fun Run 4.5km & 9km 10am	New Norfolk
Sat 17 AS	St Virgils College XC 3.5km & 7km	Austins Ferry
Sun 18 AS	Budget Rent A Car Fun Run & Walk 2.5km & 5km	Hobart
Sat 24 AS	* Tolosa Park Relay 3 Runners x 3 x 1.5km	Glenorchy

OCTOBER

Sun 02 TMA	Spring Series Race 1	
	Fun Run 4.5km & 9km	Risdon Brook Dam
Sat 08 FC	The Freycinet Challenge - Day 1	Coles Bay
Sun 09 FC	The Freycinet Challenge - Day 2	Coles Bay
Sun 16 MM	Melbourne Marathon & Half Marathon	
	(AA Marathon Championships)	Melbourne
Sun 23 BSE	Burnie Ten	Burnie
Sun 30 TMA	Spring Series Race 2	
	Fun Run 4.5km & 9km	Risdon Brook Dam
Sun 30 EDF	Endorfun Trail Run	Tasman Peninsula

NOVEMBER

Sun 13 PtoP	Point to Pinnacle	Hobart
Sun 27 TMA	Spring Series Race 3	
	Fun Run 4.5km & 9km	Risdon Brook Dam

DECEMBER

Sat 03 ULT	Bruny Island Ultra Run/Relay 64km	Bruny Island
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* 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

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/waking 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 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 fun relay (3 runners x 3 x 2km) will a flat 2km loop on the grass through Wentworth Park. 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.

Kingston - The relay (4 runners x 3 x 1.1km) course is located within the grounds, and surrounding walkway, of the old Kingston High School off the Channel Highway. Toilets available in nearby shopping complex.

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 with the bounds of the reserve. Toilets available.

Old Beach - Baskerville - Starts at Baskerville Raceway, off Baskerville Road. The road course follows the 2km loop of the race track, the cross country course is in the vicinity of the raceway circuit and meanders throughout the surrounding grounds, including a few muddy creek crossings. 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 at the top of Chimney Pot Hill Road. Course is all on undulating bitumen road, following Ridgeway 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 4km east of the Levendale turnoff (Woodsdale Road) in Runnymede, on the northern side of the Tasman Highway. 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 4.5K loop, which will be run twice during the season. Portaloo.

Upper Domain Road - Starts on the Upper Domain Road opposite the Soldiers Memorial Oval. The 2.4k course loop utilises the closed road section of the Upper Domain Road, along with a gravel path segment to complete the undulating loop. The relay will be 3 runners x 2 x 2.4km loops. Toilets available at the Domain Athletic Centre.