

ATHLETICS SOUTH



**WINTER
COMPETITION
2013**

*dedicated to the memory of
Maxwell George Cherry*

OAM (1927-2008)

Proudly sponsored by

SPORTSCO

Road Championship:

Round 1	04 May	Police Academy 4km & 8km
Round 2	11 May	Government House 3.2km
Round 3	25 May	Ridgeway 2.5km & 5km
Round 4	08 June	Baskerville 4km & 8km
Round 5	29 June	Kempton 4km & 8km

Cross Country Championship:

Round 1	27 April	Domain 4km & 8km
Round 2	01 June	Bagdad 4km & 8km
Round 3	22 June	Opossum Bay 4.5km & 9km
Round 4	13 July	Grove 2.4km & 7km
Round 5	7 September	Huntingfield 5km & 10km

Handicap Award:

Round 1	18 May	Wentworth Park 3km & 6km
Round 2	15 June	Austins Ferry 3.5km & 7km
Round 3	06 July	Police Academy 3.5km & 7km
Round 4	03 August	Waterworks 2.5km & 5km

Relay Championship:

Round 1	20 April	Geilston Bay
Round 2	20 July	Gellibrand Drive
Round 3	21 September	Tolosa Park

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
Round 2	Pontville XC
Round 3	Geilston Bay Relay
Round 4	Domain XC
Round 5	Police Academy Road
Round 6	Government House Road
Round 7	Max Cherry Memorial Road, Ridgeway
Round 8	Bagdad XC
Round 9	Baskerville Road
Round 10	Opossum Bay XC

Round 11	Kempton Road
Round 12	Grove XC
Round 13	Gellibrand Drive Relay
Round 14	Five Mile Beach XC
Round 15	Baskerville XC
Round 16	Gellibrand Dr XC
Round 17	Huntingfield 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 2010 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

Register for Winter 2013 - sandybayharriers.org.au/members/

Athletics Tasmania *Registration Fees (1 Apr 13 to 30 Apr 14):

Athletes Out of Stadium (OOS) only – All Ages (13+) \$55.00
Athletes Out of Stadium (OOS) only - Dual Registered LA's (Ages 9-12) \$30.00

For details on full year, top up to full year, dual registration fees and track training levy, contact SB registrar Helen West. Registration fees include entry to AT Long Course X/C Championships, along with AA/AT Personal Accident and Injury Insurance.

Duty Clubs:

Bellerive Beach XC
Pontville XC
Geilston Bay Relay
Domain XC
Police Academy Road
Government House Road
Wentworth Park HC
Ridgeway Road
Bagdad XC
Baskerville Road
Austins Ferry HC
Opossum Bay XC
Kempton Road
Police Academy XC HC
Grove XC
Gellibrand Drive Relay
Waterworks HC
5 Mile Beach XC
Baskerville XC
Gellibrand Drive XC
Huntingfield XC
Claremont XC
Tolosa Park Relay

Eastern Suburbs
Northern Suburbs

Sandy Bay

TMA

Eastern Suburbs
Northern Suburbs

Sandy Bay

TMA

Northern Suburbs
Eastern Suburbs

Northern Suburbs / **Sandy Bay**

Northern Suburbs

Sandy Bay

Eastern suburbs

TMA

Sandy Bay

Eastern Suburbs

TMA

TMA / Eastern Suburbs

Sandy Bay

TMA

Northern Suburbs

All Clubs

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 six 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
Over 20	10	8	6	5	4	3
Over 40	10	8	6	5	4	3
Over 50	10	8	6	5	4	3
Under 20	10	8	6	5	4	3
Under 15	10	8	6	5	4	3

- Every finisher after 6th place will receive 1 point.
- Age as at 1 April 2013 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 - 4 points	3rd - 3 points
4th - 2 points	5th - 1 point	

Individual Awards:

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

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

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

Sportsco Merit Award - The Sportsco 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.

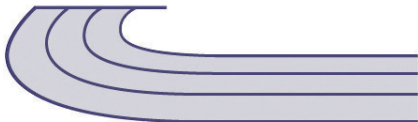
Road and Cross Country Champions:

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. 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.



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2013**

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SPORTSCO

EASTLANDS
sportsco.com.au

Athletics South Winter Committee:

Director

Peter Keenan Ph: 0400 129 466

Program

Peter Keenan, Peter Lyden, Tony Sansom,
Roger Howlett, Jim Court, Chris Sullivan,
Jarrod Gibson, Mark Lyden & Mandy Giblin.

Chief Course Marshall

Peter Keenan

Handicaps

Greg Hawthorne

Results

Jim Court jcourt43@gmail.com

Entries

Mrs Jenny Lennon

Chief Time Keeper

Mr Terry Mahoney

Chief Referee

Peter Lyden

Jury of Appeal

Mr 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.



Sandy Bay Harrier Club (SB)

Web:

sandybayharriers.org.au & sbhc.org.au

Facebook:

facebook.com/SBHC.Athletics

Phone:

Mark Lyden
Helen West

0400 995 616
(03) 6225 0999

Register:

sandybayharriers.org.au/members/

Email:

committee@lists.sandybayharriers.org.au

Mail Address:

GPO Box 1235, Hobart, Tasmania 7001

Athletics South Winter Program 2013

April

Sat 06 AS	* Graeme Cruise Memorial 3km & 6km	Bellerive Beach
Sat 13 AS	* Pontville Cross Country 4.5km & 9km	Pontville
Sat 20 AS	* Geilston Bay Relay 3 runners x 2 x 2km	Geilston Bay
Sat 20	Fire Relief Appeal Fun Run 3pm	Domain AC
Sun 21 ES	Round the River Fun Runs 2.5km, 5km & 10km	Eastern Shore
Sat 27 AS	* Domain Cross Country 4km & 8km	Domain X Roads
Sun 28 RO	Oatlands Fun Run, 2km, 4km & 8km 11am	Oatlands
Sun 28 EDF	Endorfun Trail Run	Labilladiere Peninsula
Sun 28 EVS	Tas Mud Run 5km Van Dieman Brewery	Evandale

MAY

Sat 04 AS	* Police Academy Road 4km & 8km	Rokeby
Sun 05 TMA	Jim Burr Memorial Mountain Run 9am (Solo/Relay)	Hobart GPO
Sat 11 AS/RWT	* John Keenan Memorial Government House 3.2km (includes RWT Walks)	Lower Domain
Sun 12 S2F	Mother's Day Classic Fun Run 4km & 8km	DAC Domain
Sat 18 AS	Wentworth Park Handicaps 3km & 6km	Howrah
Sun 19 AS	City to Casino Fun Runs 2.5km, 7km & 11km	Hobart
Sat 25 AS/RWT	* Max Cherry Memorial Ridgeway Road 2.5km & 5km (includes RWT Walks)	Ridgeway
Sun 26 RK	Kingston Fun Run 6km	Kingston
Sun 26 TMA	Tasmanian Masters Road Titles 11am	Campbell Town

JUNE

Sat 01 AS	* Bagdad Cross Country 4km & 8km	Bagdad
Sat 08 AS	* Baskerville Raceway Road 4km & 8km	Old Beach
Sat 15 AS	St Virgils College Handicap 3.5km & 7km	Austins Ferry
Sun 16 EVS/AT Launceston Ten Fun Run (Includes AA & AT 10km Road Titles)		Launceston

Sat 22 AS * Opossum Bay Cross Country 4.5km & 9km Opossum Bay
Sun 23 EDF Endorfun Trail Run Freycinet Peninsula

Wed 26 AT Tasmanian All Schools

(Primary) Cross Country

Symmons Plains

Sat 29 AS/RWT * Kempton Road 4km & 8km
(includes RWT Walks)

Kempton

JULY

Tue 02 AT Tasmanian All Schools

(Secondary) Cross Country

Symmons Plains

Sat 06 AS Police Academy Handicap 3.5km & 7km Rokeby

Sun 07 EQGC Gold Coast Marathon & Half Marathon Gold Coast

Sat 13 AS * Smith's Apple Orchard 2.4km & 7km Grove

Sat 20 AS * Gellibrand Drive Cross Country

Relay 4 runners x 3 x 1.1km

Sandford

Sun 21 NS Glenorchy Fun Runs 2km, 5km & 10km. DEC Glenorchy

Sun 28 AT/TMA IGA Tasmanian Cross Country

Championships (Combined AT &

TMA Age Related Distances)

Pontville

AUGUST

Sat 03 AS Froggy Wise Memorial

Handicaps 2.5km & 5km

Waterworks

Sun 04 AS Budget Rent A Car Fun Run & Walk 2.5km & 5km Hobart

Sat 10 AS * 5 Mile Beach Cross Country 4km & 8km 5 Mile Beach

Sun 11 FE City2Surf 14km Fun Run

Sydney

Sat 17 AS * Baskerville Cross Country (2 Distances TBA) Old Beach

Sun 18 EDF Winter Challenge

Franklin

Sat 24 AS * Gellibrand Drive Cross Country 3km & 6km Sandford

Sat 31 AA Australian Cross Country Championships

including All Schools

Symmons Plains

SEPTEMBER

Sun 01 AA Australian Schools Cross Country

Championship Relays & Australian Walks Titles

Symmons Plains

Sun 01 RM	Ross Marathon, Half Marathon & 10K Fun Run	Ross
Sun 01	Flinders Island Running Festival	Flinders Island
Sat 07 AS	* Tas Bevis Memorial	
	Cross Country 5km & 10km	Huntingfield
Sat 14 AS	Claremont Foreshore 4km & 8km	Claremont
Sun 15 TMA	Brighton Country Challenge 4km & 8km 11am	Pontville
Sat 21 AS	* Tolosa Park Relay 4 Runners x 3 x 1mile	Glenorchy
Sun 22	Sydney Marathon & Half Marathon	Sydney
Sun 29 TMA	Spring Series Race 1	
	Fun Run 4.5km & 9km	Risdon Brook Dam

OCTOBER

Sat 12 ULT	Freycinet Lodge Challenge Day 1	Coles Bay
Sun 13 ULT	Freycinet Lodge Challenge Day 2	Coles Bay
Sun 13	Melbourne Marathon & Half Marathon	Melbourne
Sun 20 BSE	Burnie Ten	Burnie
Sun 27 TMA	Spring Series Race 2	
	Fun Run 4.5km & 9km	Risdon Brook Dam
Sun 27 EDF	Endorfun Trail Run	Tasman Peninsula

NOVEMBER

Sun 17 PtoP	Point to Pinnacle	Hobart
Sat 30 ULT	Bruny Island Ultra Run/Relay 64km	Bruny Island

*** Club Premiership Rounds**

AS	Athletics South	AT	Athletics Tasmania
AA	Athletics Australia	BSE	Burnie Sports & Events
AS	Athletics South	AT	Athletics Tasmania
AA	Athletics Australia	BSE	Burnie Sports & Events
NS	Northern Suburbs Athletic Club	EDF	Endorfun
EQGC	Events Queensland Gold Coast	ES	Eastern Suburbs Athletic Club
ET	Events Tasmania	EVS	Events South
PtoP	Point to Pinnacle	TMA	Tasmanian Masters Athletics
RK	Rotary Club of Kingston	RM	Ross Marathons/UTAS
RO	Rotary Club of Oatlands	RWT	Race Walking Tasmania
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 portaloo 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. Portaloo 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 Reserve car park. Course follows the flat & sandy tracks through the pine trees and returns. Loose sand makes some sections difficult. A portaloo will be available.

Geilston Bay - Starts at Geilston Bay High School. Course is all on grass with some small hills. Cross Country relay, 3 runners x 2 x 2km Loops. Toilets available.

Glenorchy - Tolosa Park - Starts at the Tolosa Reserve, Glenorchy. The relay 4 runners x 3 x 1mile course around the dam. Toilets available.

Grove - Starts at the packing shed of Smith's apple orchard, just off the Huon Highway in Grove. Course follows an undulating 2.4km 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. Course follows a flat 3km loop on the grass through Wentworth Park and along Howrah Beach. Toilets available.

Huntingfield (Tas Bevis Memorial) - Huntingfield Pony Club, Huntingfield Estate, Howden. The cross country course of 5km 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.

Old Beach (Road & X-Country) - Starts at Baskerville Raceway, off Baskerville Road. Road course is loop of the raceway circuit. X-Country course itself is in the vicinity of the raceway circuit. 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.

Pontville - This out and back run commences the Pontville Sports Centre and follows start of the Jordan River Trail with the turning point approx 2.2K out. Smooth gravel surface plus a 400M concreted section. Toilets are available.

Ridgeway (Max Cherry Memorial) - Starts at the top of Chimney Pot Hill Road. Course is all on undulating bitumen road, following Ridgeway Road to Huon Road and return. Portaloo.

Rokeby - Police Academy - Both a road and cross country event will be held within the grounds of the Police Academy. Toilets Available.

Sandford - Gellibrand Drive (Relay & X-Country) - Starts approx. 3k south of the Gellibrand Drive & Rifle Range Road intersection, Sandford. The course is flat with some sandy sections. Cross Country is a 3km loop & the is relay 4 runners x 3 x 1.1km Loops. Portaloo.

Waterworks (Froggy Wise Memorial) - Starts at BBQ Site 9 in the Waterworks Reserve. The out and back course includes the walking track to Romilly Street. Toilets and BBQ facilities available.

Race Walking Tasmania:

For full details on the RWT race walking event program, contact Rosemary Coleman on 6268 6379. Walks start at 1pm on Saturdays (unless otherwise advised), other than those conducted in conjunction with the AS Winter Program, which start at 10am.