



**ATHLETICS SOUTH**



**WINTER  
COMPETITION  
2018**

*dedicated to the memory of  
Maxwell George Cherry*

*OAM (1927-2008)*

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RUNNING EDGE**

FEET FIRST - RUN WALK OR PLAY



## **Athletics South Winter Program 2018**

### **APRIL**

Sat 07 AS \* Graeme Cruise Memorial 3km & 6km Bellerive Beach  
Sat 07 EDF Endorfun Trail Run 14km Dove Lake

### **Sun 08 AA Australian Mountain Running Championships**

**Mt Wellington - Tolosa Park**

**Glenorchy**

Sat 14 AS \* Police Academy Road 4.5km & 9km Rokeby  
Sun 15 RO Oatlands Fun Run 2km, 4km & 8km 11am Oatlands  
Sat 21 AS \* Domain Cross Country 4km & 8km Domain X Roads  
Sat 28 AS \* Green Point Reserve Relay 3 x 3 x 1.9km Bridgewater  
Sun 29 EDF Endorfun Trail Run 18km Tasman Peninsula

### **MAY**

Sat 05 AS \* St Virgils Cross Country 4km & 7.5km Austins Ferry  
Sun 06 TMA Jim Burr Memorial Mountain Run  
(Pipeline Track) 9am Fern Tree  
Sat 12 AS \* John Keenan Memorial  
Government House 3.2km Lower Domain  
Sun 13 WIS Mothers Day Classic Fun Run 4km & 8km Domain  
Sat 19 AS Wentworth Park Handicap 3km & 6km Howrah  
Sun 20 AS City to Casino Fun Runs 2.5km, 7km & 11km Hobart  
Sat 26 AS \* Opossum Bay XC 4.5km & 9km Opossum Bay  
Sun 27 RK Kingston Fun Run 5km Kingston

### **JUNE**

Sat 02 AS Gellibrand Drive Cross Country  
Relay 4 Runners x 3 x 1.1km Sandford

### **Sun 03 EVS/AT Launceston Ten Fun Run**

**(Includes AT 10km Road Titles)**

**Launceston**

Sat 09 AS \* Max Cherry Memorial  
Ridgeway Road 2.5km & 5km Ridgeway  
Sun 10 TMA Tasmanian Masters Road Titles 11am Campbell Town  
Wed 13 SHSSA Southern Inter High Schools Cross Country Rokeby

- Sat 16 AS \* Peter Murrell Reserve XC 5km & 10km Huntingfield  
Sat 23 AS \* Hobart College XC 4.5km & 9km Mt Nelson  
Sun 24 OT Tolosa Park Orienteering - Invitation Event 1 Glenorchy

**Tue 26 AT Tasmanian All Schools (Primary)**

**Cross Country Championships Symmons Plains**

- Sat 30 AS Snug Foreshore Cross Country 3km & 6km Snug

**JULY**

- Sun 01 EQGC Gold Coast Marathon & Half Marathon Gold Coast

- Sun 01 EDF Endorfun Trail Run 10km & 29km Freycinet Peninsula

**Tue 03 AT Tasmanian All Schools (Secondary)**

**Cross Country Championships Symmons Plains**

- Sat 07 AS \* Smith's Apple Orchard 4km & 8km Grove

- Sat 14 AS \* Froggy Wise Memorial - Upper Domain Loop  
Handicaps 4.8km & 9.6km **11am Start** Domain X Roads

- Sun 15 OT Fahan School Orienteering - Invitation Event 2 Sandy Bay

**Sat 21 AT/TMA Tasmanian Cross Country Championships  
(Combined AT & TMA Open & Age Related Distances) Rokeby**

- Sat 28 AS Claremont Foreshore Handicap 4km & 8km Claremont

- Sat 28 EDF Endorfun Trail Run 6.2km Russell Falls

- Sun 29 NS Glenorchy Fun Runs 2km, 5km & 10km DEC Glenorchy

**AUGUST**

- Sat 04 AS \* Baskerville Raceway Road 4km & 8km Old Beach

- Sat 11 AS \* Bagdad Cross Country 4km & 8km Bagdad

- Sun 12 FFM City2Surf 14km Fun Run Sydney

- Sat 18 AS \* Gellibrand Drive Cross Country 4.5km & 9km Sandford

**Sun 19 AA Australian Half Marathon Champs Sunshine Coast**

- Sun 19 AMA Australian Masters Half Marathon Champs Canberra

- Sat 25 AS Dru Point Reserve Handicap 4km & 8km Margate

**Sat 25-26 AA Australian and All Schools**

**Cross Country Championships Sunshine Coast**

- Sun 26 RM Ross Marathon, Half Marathon & 10K Fun Run Ross

## SEPTEMBER

- Sat 01 AS \* Kempton Road 4km & 8km Kempton  
Sat 01 FonF Flinders Island Running Festival 26km & 50km Flinders Is  
  
Sat 08 AS \* Jenny Lennon Memorial XC 5km & 10km Runnymede  
Sun 09 OT Geilston Gully Orienteering - Invitation Event 3 Geilston Bay  
Sat 15 AS Tolosa Park Relay 3 Runners x 3 x 1.5km  
(Includes BBQ & AS Awards Presentations) Glenorchy  
Sun 16 AS Cranke Fun Run & Walk 2.5km & 5km Hobart  
**Sun 16 AA Australian Marathon Championships Sydney**  
Sun 23 EDF Endorfun Trail Run 17.5km Labillardiere Peninsula

## OCTOBER

- Sat 06 4AC The Freycinet Challenge - Day 1 Coles Bay  
Sun 07 4AC The Freycinet Challenge - Day 2 Coles Bay  
Sun 14 MM Melbourne Marathon & Half Marathon Melbourne  
Sun 21 BSE Burnie Ten Fun Run 10km Burnie  
Sun 28 EDF Endorfun Trail Run 32km Blue Tier

## NOVEMBER

- Sun 04 SB Sandy Bay Harrier Club Fun Run 1km, 4km & 8km Kingston**  
Sun 18 PtP Point to Pinnacle Hobart

## DECEMBER

- Sat 01 ULT Bruny Island Ultra Run/Relay 64km Bruny Island  
**Mon 24 SB Christmas Fun Run 1km & 5km Kingston**

### \* Club Premiership Rounds

AS	Athletics South	AT	Athletics Tasmania
AA	Athletics Australia	AMA	Australian Masters Athletics
BSE	Burnie Sports & Events	NS	Northern Suburbs Athletic Club
EDF	Endorfun	EQGC	Events Queensland Gold Coast
ES	Eastern Suburbs Athletic Club	EVS	Events South
FonF	Fitness on Flinders	OT	Orienteering Tasmania
PtP	Point to Pinnacle	TMA	Tasmanian Masters Athletics
RK	Rotary Club of Kingston	RM	Ross Marathons/UTAS
RO	Rotary Club of Oatlands	SBHC	Sandy Bay Harrier Club
ULT	Ultra Tasmania	WIS	Women In Super
4AC	4adventure Crew		

## 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. **Start Time 11am.**

**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.

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

**Green Point Reserve - Bridgewater** - Driving north along the East Derwent Highway, turn left into Scott Road at the first roundabout after the Jordan River Bridge (near Woolworths). Follow Scott Road until it ends and turn right into Killarney Road. Continue until the road ends. The 1.9K relay loop is on an undulating gravel path around the reserve headland with picturesque river views. Portaloos.

**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 3km loop on the grass through Wentworth Park and including Howrah beach. Toilets available.

**Huntingfield** - Huntingfield Pony & Riding 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** - The road event will be held within the confines 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, 3 km 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 4.5K loop for the Championship round and a 1.1K loop for the Relay event. Portaloo.

**Snug** - Starts at Snug Beach foreshore, Beach Road, Snug. The course is a 3K loop consisting of mostly gravel paths, with a slight hill and a footbridge crossing. Toilets available.

## **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 & Daniel Smee.

### **Chief Course Marshall**

Peter Keenan

### **Handicaps**

Greg Hawthorne

### **Results**

Jim Court [jcourt43@gmail.com](mailto: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.



## **Sandy Bay Harrier Club (SB)**

Web:

<https://www.sbhc.org.au>

Facebook:

<https://facebook.com/SBHC.Athletics>

Instagram:

<https://www.instagram.com/sandybayharriers/>

Phone:

0400 995 616

Registration: <https://memberdesq.onesporttechnology.com/1866/org>

## **Athletics South (AS)**

[athleticssouth.org.au](http://athleticssouth.org.au)

(03) 62369766

## **Athletics Tasmania (AT)**

[tasathletics.org.au](http://tasathletics.org.au)

(03) 6234 9551

### **Road Championship:**

Round 1	14 April	Police Academy 4.5km & 9km
Round 2	12 May	Government House 3.2km
Round 3	09 June	Ridgeway 2.5km & 5km
Round 4	04 August	Baskerville 4km & 8km
Round 5	01 September	Kempton 4km & 8km

### **Cross Country Championship:**

Round 1	21 April	Domain 4km & 8km
Round 2	26 May	Opossum Bay 4.5km & 9km
Round 3	16 June	Huntingfield 5km & 10km
Round 4	07 July	Grove 4km & 8km
Round 5	18 August	Gellibrand Drive 4.5km & 9km

### **Handicap Award:**

Round 1	19 May	Wentworth Park 3km & 6km
Round 2	09 June	Ridgeway 2.5km & 5km (Sealed)
Round 3	14 July	Domain Loop 4.5km & 9km (Premiership)
Round 4	28 July	Claremont Foreshore 4km & 8km
Round 5	25 August	Dru Point Margate 4km & 8km

### **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	Police Academy Road
Round 3	Domain Cross Roads XC
Round 4	Green Point Reserve Relay
Round 5	Austins Ferry XC
Round 6	John Keenan Memorial Government House Road
Round 7	Opossum Bay XC
Round 8	Max Cherry Memorial Road Ridgeway
Round 9	Huntingfield XC
Round 10	Mt Nelson XC
Round 11	Grove XC
Round 12	Froggy Wise Memorial HC Upper Domain Loop



- Round 13 Baskerville Road
- Round 14 Bagdad XC
- Round 15 Gellibrand XC
- Round 16 Kempton Road
- Round 17 Jenny Lennon Memorial Runnymede XC

**All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2015 may participate on one occasion only in OOS competition without registering – refer to Club Registrars for conditions and fees.**

**Orienteering Tasmania (OT) members are eligible to compete in Premiership Rounds 9, 11 and 15, with reciprocal arrangements for Athletics Tasmania registered athletes to compete in OT Invitational Events scheduled for 24 June, 15 July & 9 September, as per calendar.**

### **Entry Procedures:**

All Athletics South events start at 10:00am (with the exception of 14 July) 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:**

<b>Registered Athletes</b>	<b>\$3.00</b>
<b>Family 2 adults (max) &amp; 2+ students</b>	<b>\$10.00</b>

**Athletics Tasmania Registration Fees (1 April 2018 to 30 September 2018):**  
Sandy Bay price are below for more info contact the SB club registrar.  
<https://memberdesq.onesporttechnology.com/1866/org>

### **Interim Registration 2018 (AT/AS/SB) - \$35.00**

This will be an interim registration fee and will cover all competition until a new fee structure is implemented on 1 October 2018. Registration fees include with AA/AT Personal Accident and Injury Insurance.

### **Duty Clubs:**

Bellerive Beach XC  
Police Academy Road  
Domain XC

### **Green Point Reserve Relay**

Austins Ferry XC  
Lower Domain Road  
Wentworth Park HC  
Opossum Bay XC

### **Gellibrand Drive Relay**

Ridgeway Road  
Huntingfield XC

### **Hobart College XC**

### **Snug XC**

Grove XC  
Upper Domain Loop HC  
Claremont HC  
Baskerville Road  
Bagdad XC

### **Gellibrand Drive XC**

Margate XC  
Kempton Road  
Runnymede XC  
Tolosa Park Relay

Eastern Suburbs  
Northern Suburbs  
TMA

### **Sandy Bay / TMA**

OVA / Northern Suburbs  
UTAS  
Eastern Suburbs  
Northern Suburbs

### **Sandy Bay**

Eastern Suburbs  
TMA

### **Sandy Bay / Northern Suburbs**

### **Sandy Bay**

TMA  
UTAS  
Eastern Suburbs  
OVA  
Northern Suburbs

### **Sandy Bay**

TMA / OVA  
Northern Suburbs  
TMA  
Eastern Suburbs / UTAS

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 2018 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.



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