



ATHLETICS SOUTH

WINTER COMPETITION 2019

dedicated to the memory of

Maxwell George Cherry

OAM (1927-2008)

Proudly sponsored by



**73 Murray Street Hobart
therunningedge.com.au**

Sandy Bay Harrier Club (SB)



Athletics South Winter Committee:

Director

Program

Peter Lyden, Tony Sansom, Jim Court,
Jarrod Gibson, Geoff Gibbons, Chris Sullivan

Handicaps

Greg Hawthorne

Results

Jim Court jcourt43@gmail.com

Chris Sullivan cdscrows@yahoo.com.au

Entries

Lennon Family

Chief Time Keeper

Mr Terry Mahoney

OOS 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.

Athletics South

athleticssouth.org.au

(03) 6236 9766

Athletics Tasmania

tasathletics.org.au

(03) 6234 9551

Club Contacts:

Sandy Bay Harrier Club (SB)



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

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

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

Phone: 0447 674 009

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

OOS Athlete Registration - \$30

This includes Out Of Stadium competitions only. Winter 2019.

OOS Athlete Registration Incl Training - \$85

This includes Out Of Stadium competitions only and including DAC Training Levy. Winter 2019.

Sandy Bay Harriers Club Offer: Sign up to Out Of Stadium Athlete membership with Sandy Bay online by Friday 5th April 2019 and run at the 2019 Bellerive Beach 3.6km & 6.1km event for FREE.

ATHLETICS SOUTH WINTER PROGRAM 2019

APRIL

Sat 6	AS	* Graeme Cruise Memorial 3km & 6km 1030 Start	Bellerive Beach
Sun 7	ES	Round the River Fun Runs 2.5km, 5km & 10km	Eastern Shore
Sat 13	AS	* Domain Cross Country 4km & 8km	Domain X Roads
Sun 14	RM	Ross Marathon, Half Marathon, 10km & 5km Fun Run	Ross
Sat 20		Easter – No Competition	
Sat 27	AS	*St Virgils Cross Country 4km & 7.5km	Austins Ferry
Sun 28	EDF	Endorfun Trail Run 18km	Tasman Peninsula

MAY

Sat 4	AS	*Peter Murrell Reserve Cross Country 5km & 10km	Huntingfield
Sun 5	TMA	Jim Burr Memorial Mountain Run (Pipeline Track) 0930 Start	Fern Tree
Sat 11	AS	* John Keenan Memorial Government House 3.2km	Lower Domain
Sun 12	WIS	Mothers Day Classic Fun Run 4km & 8km	Domain
Sat 18	AS	Wentworth Park Handicap 3km & 6km	Howrah
Sun 19	AS	City to Casino Fun Runs 2.5km, 7km & 11km	Hobart
Sat 25	AS	* Max Cherry Memorial Ridgeway Road 2.5km & 5km	Ridgeway
Sun 26	TMA	Tasmanian Masters Athletics Road Titles 11am	Campbell Town
Sun 26	RK	Kingston Fun Run 5km	Kingston

JUNE

Sat 1	AS	*Green Point Reserve 4km & 8km	Bridgewater
Sat 8	AS	*Gellibrand Drive Cross Country 4.5km & 9km	Sandford
Sat 15	AS	* Upper Domain Road 4km & 8km 1030 Start	Domain X Roads
Sat 22	AS	* Bagdad Cross Country 4km & 8km	Bagdad
Tue 25	AT	Tasmanian All Schools (Primary) Cross Country Championships	Symmons Plains
Sat 29	AS	* Smith's Apple Orchard 4km & 8km	Grove
Sun 30	EDF	Endorfun Trail Run 11km & 29km	Freycinet Peninsula

JULY

Tue 2	AT	Tasmanian All Schools (Secondary) Cross Country Championships	Symmons Plains
Sat 6	AS	Snug Foreshore Cross Country 3km & 6km	Snug
Sun 7	EQGC	Gold Coast Marathon & Half Marathon	Gold Coast
Sat 13	AS	* Kempton Road 4km & 10km	Kempton
Sat 20	AT/TMA	Tasmanian Cross Country Championships (Combined AT & TMA Open & Age Related Distances)	Pontville
Sat 27	AS	Claremont Foreshore Handicap 4km & 8km	Claremont
Sat 27	EDF	Endorfun Trail Run 6.2km	Russell Falls
Sun 28	NS	Glenorchy Fun Run 2km, 5km & 10km	Glenorchy DEC

AUGUST

Sat 3	AS	* Jenny Lennon Memorial Cross Country 5km & 10km	Runnymede
Sun 4	AA	Australian Half Marathon Championships	Sunshine Coast
Sat 10	AS	* Froggy Wise Memorial Handicaps 4.5km & 9km 1030 Start	Risdon Brook
Sat 17	AS	* Baskerville Raceway Road 4km & 8km	Old Beach
Sat 24	AS	Dru Point Reserve Handicap 4km & 8km	Margate
Sat 24-25	AA	Australian and All Schools Cross Country Championships	Wollongong
Sat 31	AS	* Opossum Bay Cross Country 4.5km & 9km	Opossum Bay
Sat 31	FonF	Flinders Island Running Festival 26Km Pub2Pub & 42km Trail Marathon	Flinders Island

SEPT

Sat 7	AS	*Hobart College Cross Country 4.5km & 9km	Mt Nelson
Sat 14	AS	*Gellibrand Drive Cross Country 3km & 6km	Sandford
Sun 15	AS	Cranke Fun Run & Walk 2.5km & 5km	Hobart
Sun 15	EDF	Endorfun Trail Run 17.5km	Labillardiere Peninsula
Sun 15	AA	Australian Marathon Championships	Sydney
Sat 21	AS	Tolosa Park Relay 3 Runners x 3 x 1.5km (Includes BBQ & Awards Presentations)	Glenorchy
Sun 22	LM	Launceston Marathon Festival 100km, 42.2km, 21.1km, 10.55km & 5km	Launceston

OCT

Sat 5	4AC	Freycinet Lodge Challenge Day 1	Coles Bay
Sun 6	4AC	Freycinet Lodge Challenge Day 2	Coles Bay
Sun 13	MM	Melbourne Marathon & Half Marathon	Melbourne
Sun 20	BSE	Burnie Ten Fun Run 10km	Burnie
Sun 27	EDF	Endorfun Trail Run 32km	Blue Tier

NOV

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

* Club Premiership Rounds

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

Road Championship:

Round 1	11 May	Government House 3.2km
Round 2	25 May	Ridgeway 2.5km & 5km
Round 3	15 June	Upper Domain X Roads 4km & 8km
Round 4	13 July	Kempton 4km & 10km
Round 5	17 August	Baskerville 4km & 8km

Cross Country Championship:

Round 1	13 April	Domain 4km & 8km
Round 2	4 May	Huntingfield 5km & 10km
Round 3	8 June	Gellibrand Drive 4.5km & 9km
Round 4	29 June	Grove 4km & 8km
Round 5	31 August	Opossum Bay 4.5km & 9km

Handicap Award:

Round 1	18 May	Wentworth Park 3km & 6km
Round 2	15 June	Upper Domain 4km & 8km (Sealed & P/Ship)
Round 3	27 July	Claremont Foreshore 4km & 8km
Round 3	10 August	Risdon Brook 4.5km & 9km (Premiership)
Round 5	24 August	Dru Point Margate 4km & 8km

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	Domain Cross Roads XC
Round 3	Austins Ferry XC
Round 4	Huntingfield XC
Round 5	John Keenan Memorial Government House Road
Round 6	Max Cherry Memorial Road Ridgeway
Round 7	Green Point Reserve Trail
Round 8	Gellibrand 4.5/9 XC
Round 9	Upper Domain X Roads
Round 10	Bagdad XC
Round 11	Grove XC
Round 12	Kempton Road
Round 13	Jenny Lennon Memorial Runnymede XC
Round 14	Froggy Wise Memorial HC Risdon Brook
Round 15	Baskerville Road
Round 16	Opossum Bay XC
Round 17	Hobart College Mt Nelson XC
Round 18	Gellibrand 3/6 XC

All Athletes must be registered for out of stadium (OOS) competition to compete, as per the requirements of Athletics Tasmania. Refer to Club Registrars for conditions and fees. To be eligible to score Interclub/Championship points, all athletes must be registered prior to 2200 (10pm) on the Friday beforehand.

Entry Procedures:

All Athletics South events start at 10:00am (with the exception of 6 April, 15 June & 10 August) 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 paying your entry fee and nominating the race distance you have chosen. All athletes will be required to have a personal barcode to be scanned with their finishing order barcode to record results. No barcode, no result.

Entry Fees:

Registered Athletes \$3.00

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

Athletics Tasmania Registration Fees (1 October 2018 to 30 September 2019):

SB Club Portal site: <https://memberdesq.onesporttechnology.com/1866/org>

Out of Stadium Registration Fee \$30.00. For further details, including full, track & field, track training levy contact the SB club registrar 0447 674 009. Registration fees include AA/AT Personal Accident and Injury Insurance.

Duty Clubs:

Bellerive Beach XC

Eastern Suburbs

Domain XC

Sandy Bay

Austins Ferry XC

Northern Suburbs

Huntingfield XC

TMA

Lower Domain Road

OVA

Wentworth Park HC

UTAS

Ridgeway Road

Eastern Suburbs

Green Point Reserve Trail

Sandy Bay

Gellibrand Drive 4.5/9 XC

TMA

Upper Domain X Roads

OVA

Bagdad XC

Northern Suburbs

Grove XC

TMA

Snug XC

Sandy Bay

Kempton Road

Eastern Suburbs

Claremont HC

UTAS

Runnymede XC

TMA

Risdon Brook Trail

Northern Suburbs

Baskerville Road

OVA

Margate XC

Eastern Suburbs

Opossum Bay XC

Northern Suburbs

Hobart College XC

Sandy Bay

Gellibrand Drive 3/6 XC

UTAS

Tolosa Park Relay

All Clubs – TMA Trailer

All clubs must provide enough officials to set up and pack up the course and, act as marshals and timekeepers/recorders as required. It is the responsibility of the duty club to collect and return the AS Winter Trailer from the Domain Athletic Centre. 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:	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th
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 2019 will determine age Division for entire season.**

Winter Premiership Points:

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

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

Individual Awards:

Athlete of the Season

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

1 st	6 points	4 th	3 points
2 nd	5 points	5 th	2 points
3 rd	4 points	6 th	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 etc through to 1 point for 10th place.

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 points 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, with the best four rounds to count only.

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. **Start Time 10:30am**

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 X Roads - Starts on the Soldiers Memorial Oval. 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 course is on an undulating gravel path loop 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.

Risdon Brook Dam (Froggy Wise Memorial Handicap) - Course follows the road (closed to vehicles) around the 4.5km loop of Risdon Brook Dam. Some small hills. Toilets and BBQ facilities available. **Start Time 10:30am**

Runnymede (Jenny Lennon Memorial) - 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 3K loop for the other round. 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.

Upper Domain X Roads - Starts on the Upper Domain Road opposite the Soldiers Memorial Oval. The course utilises the closed road section of the Upper Domain Road, with an out and back journey to complete an undulating 4km lap. Toilets and parking available at the Domain Athletic Centre. **Start Time 10:30am.**