



ATHLETICS SOUTH

WINTER COMPETITION 2018

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	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:

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

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

This will be an interim registration fee and will cover all competition until a new fee structure is implemented on 1 October 2018. For further details, 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
Police Academy Road	Northern Suburbs
Domain XC	TMA
Green Point Reserve Relay	Sandy Bay / TMA
Austins Ferry XC	OVA / Northern Suburbs
Lower Domain Road	UTAS
Wentworth Park HC	Eastern Suburbs
Opossum Bay XC	Northern Suburbs
Gellibrand Drive Relay	Sandy Bay
Ridgeway Road	Eastern Suburbs
Huntingfield XC	TMA
Hobart College XC	Sandy Bay / Northern Suburbs
Snug XC	Sandy Bay
Grove XC	TMA
Upper Domain Loop HC	UTAS
Claremont HC	Eastern Suburbs
Baskerville Road	OVA
Bagdad XC	Northern Suburbs
Gellibrand Drive XC	Sandy Bay
Margate XC	TMA / OVA
Kempton Road	Northern Suburbs
Runnymede XC	TMA
Tolosa Park Relay	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 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 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.



ATHLETICS SOUTH

WINTER COMPETITION 2018

Proudly sponsored by

THE
RUNNING EDGE

FEET FIRST - RUN WALK OR PLAY



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, Stuart Corney, Chris Sullivan & Daniel Smee.
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 0419 344 278

Sandy Bay Harrier Club (SB)

sbhc.org.au 0447 674 009

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 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

SEPTEMBER

Sat 01 AS	* Kempton Road 4km & 8km	Kempton
Sat 01 FonF	Flinders Island Running Festival 26km & 50km	Flinders Is
Sun 02 RM	Ross Marathon, Half Marathon & 10K Fun Run	Ross
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.