

**ATHLETICS SOUTH**

# **WINTER COMPETITION 2023**

**As at 14 July 2023**

*dedicated to the memory of*

*Maxwell George Cherry*

OAM (1927-2008)

**Proudly sponsored by**



**73 Murray Street Hobart**  
**[therunningedge.com.au](http://therunningedge.com.au)**



## ATHLETICS SOUTH WINTER PROGRAM 2023

### APRIL

Sat 22	AS	* Graeme Cruise Memorial 3.8km & 6.1km <b>1030 Start</b>	Bellerive Beach
Sat 29	AS	* Domain Cross Country 4km & 8km	Domain X Roads

### MAY

Sat 6	AS	*Kempton Road 4km & 8km	Kempton
Sun 7	TMA	Jim Burr Memorial Mountain Run (Pipeline Track) <b>1000 Start</b>	Fern Tree
Sun 7	KTS	Kunanyi Trail Series Tolosa Park 6km & 14km	Glenorchy
Sat 13	AS	* John Keenan Memorial Government House 3.2km	Lower Domain
Sun 14	WIS	Mothers Day Classic Fun Run & Walk 5km	Bellerive Beach
Sun 21	C2C	City to Casino Fun Runs 2.5km, 7km & 12km	Hobart
Sat 27	AS	* St Virgil's Cross Country 4km & 7.5km	Austins Ferry
Sun 28	TMA	Tasmanian Masters Athletics Road Titles 11am	Ross

### JUNE

Sat 3	AS	* Snug Foreshore Handicap 3km & 6km	Snug
Sun 11	EPIC/AT	Launceston Running Festival ( <b>Including AT Half Marathon Championships</b> )	Launceston
Sat 17	AS	* Gellibrand Drive Cross Country 3.1km & 6.2km	Sandford
Tue 20	AT	<b>Tasmanian All Schools (Secondary) Cross Country Championships</b>	<b>Symmons Plains</b>
Sun 25	AT/TMA	<b>Tasmanian Cross Country Championships (Combined AT &amp; TMA Open &amp; Age Related Distances)</b>	<b>Symmons Plains.</b>
Sun 25	EDF	Endorfun Trail Run 11km & 29km	Freycinet Peninsula
Tue 27	AT	<b>Tasmanian All Schools (Primary) Cross Country Championships</b>	<b>Symmons Plains</b>

### JULY

Sat 1	AS	Seven Mile Beach Cross Country 4.5km & 9km	Seven Mile Beach
Sat 1	EQGC	Gold Coast Half Marathon & 5K	Gold Coast
Sun 2	EQGC	Gold Coast Marathon & 10K	Gold Coast
Sat 8	AS	*Peter Murrell Reserve Cross Country 5.3km & 10.6km	Huntingfield
Sat 15	AS	* Max Cherry Memorial Upper Domain Road 2.4km & 7.2km (Sealed Handicap) <b>1030 Start</b>	Domain X Roads
Sat 22	AS	* Smith's Apple Orchard 4.2km & 8.4km	Grove
Sat 29	AS	* Baskerville Raceway Road 4km & 8km	Old Beach
Sun 30	EDF	Endorfun Trail Run 6.2km	Russell Falls

**AUGUST**

Sat 5	AS	* Rosny Parklands Cross Country 4.6km & 9.2km	Rosny Park
Sun 6	KTS	Kunanyi Trail Series Tolosa Half 21km & 9.8km	Glenorchy
Sat 12	AS	* Dru Point Reserve Handicap 4km & 8km	Margate
<b>Sun 13</b>	<b>AA</b>	<b>Australian Half Marathon Championships</b>	<b>Sunshine Coast</b>
Sat 19	AS	* Gellibrand Drive Cross Country 4.6km & 9.2km	Sandford
Sat 26	AS	Claremont Foreshore Handicap 4km	Claremont
Sat 26	<b>AA</b>	<b>Australian and All Schools Cross Country Championships</b>	<b>Canberra</b>
Sun 27	<b>AA</b>	<b>Australian and All Schools Cross Country Championships</b>	<b>Canberra</b>

**SEPT**

Sat 2	AS	* Jenny Lennon Memorial Cross Country 5km & 10km	Runnymede
Sat 9	AS	Froggy Wise Memorial Handicap Green Point Reserve 4km & 8km	Bridgewater
Sun 10	EDF	Endorfun Trail Run 17.5km	Labillardiere Peninsula
Sat 16	AS	Tolosa Park Relay 3 Runners x 2 x 2km	Tolosa Park
<b>Sun 17</b>	<b>AA</b>	<b>Australian Marathon Championships</b>	<b>Sydney</b>
Sun 24	RM	Ross Running Festival	Ross

**OCT**

Sun 1	NS	Glenorchy Fun Run 2km, 5km & 10km <b>1100 Start</b>	Glenorchy
Sun 15	MM	Melbourne Marathon & Half Marathon	Melbourne
Sun 21	KTS	Kunanyi Trail Series Cascade Slide 11km & 4km	South Hobart
Sun 29	EPIC/AT	UTAS Burnie Ten Fun Run 10km ( <b>Including AT 10km Road Championships</b> )	Burnie

**NOV**

Sun 5	DFR	Dover Fun Run 10km	Dover
Sun 12	TTMR	Triple Top Mountain Run	Sheffield
Sun 19	P2P	Knight Frank Point to Pinnacle	Hobart

**DEC**

Sat 2	ULT	Bruny Island Ultra Run/Relay 64km	Bruny Island
Sun 3	RK	Kingston Fun Run 5km	Kingston

**\* Club Premiership Rounds**

**Program subject to change in accordance with course availability / conditions / guidelines applying at the time.**

<b>AS</b>	<b>Athletics South</b>	<b>MM</b>	<b>Melbourne Marathon</b>
<b>AT</b>	<b>Athletics Tasmania</b>	<b>NS</b>	<b>Northern Suburbs Athletic Club.</b>
<b>AA</b>	<b>Athletics Australia</b>	<b>P2P</b>	<b>Point to Pinnacle</b>
<b>C2C</b>	<b>City to casino</b>	<b>RK</b>	<b>Rotary Kingston</b>
<b>DFR</b>	<b>Dover Fun Run</b>	<b>RM</b>	<b>Ross Marathons/UTAS</b>
<b>EDF</b>	<b>Endorfun</b>	<b>TMA</b>	<b>Tasmanian Masters Athletics</b>
<b>EPIC</b>	<b>EPIC Events &amp; Marketing</b>	<b>TTMR</b>	<b>Triple Top Mountain Run</b>
<b>EQGC</b>	<b>Events Queensland Gold Coast</b>	<b>ULT</b>	<b>Ultra Tasmania</b>
<b>KTS</b>	<b>kunyani Trail Series</b>	<b>WIS</b>	<b>Women In Super</b>

### **Cross Country Championship:**

Round 1	8 July	*Huntingfield 5.3km & 10.6km
Round 2	22 July	*Grove 4.2km & 8.4km
Round 3	5 August	*Rosny Parklands 4.6km & 9.2km
Round 4	19 August	*Gellibrand Drive 4.6km & 9.2km
Round 5	2 September	*Runnymede 5km & 10km

### **Handicap Award:**

Round 1	6 June	*Snug Foreshore 3km & 6km
Round 2	15 July	*Upper Domain Road 2.4km & 7.2km (Sealed)
Round 3	12 August	*Dru Point Reserve 4km & 8km
Round 4	26 August	Claremont Foreshore 4km
Round 5	9 September	Froggy Wise Green Point Reserve 4km & 8km

### **Premiership Rounds:**

There will be 15 rounds to decide the Winter Premiership. Premiership points, Consistency Awards points and Athlete of the Season Awards points are allocated in these rounds as follows:

Round 1	Graeme Cruise Memorial XC Bellerive Beach
Round 2	Domain Cross Roads XC
Round 3	Kempton Road
Round 4	John Keenan Memorial Government House Road
Round 5	St Virgils XC
Round 6	Snug Foreshore HC
Round 7	Gellibrand Drive 3/6 XC
Round 8	Peter Murrell Reserve XC
Round 9	Max Cherry Memorial Upper Domain Road
Round 10	Grove XC
Round 11	Baskerville Raceway Road
Round 12	Rosny Parklands XC
Round 13	Dru Point Reserve HC
Round 14	Gellibrand Drive 4/9 XC
Round 15	Jenny Lennon Memorial Runnymede 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 points, all athletes must be registered prior to 1800 (6pm) on the Friday beforehand.**

**Entry Procedures:**

All Athletics South events start at 10:00am (with the exception of 22 April & 15 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 nominating the race distance you have chosen with your respective Club, failure to complete that race will result in a DNF being recorded. 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.**

**Athletics Tasmania Registration Fees (1 October 2022 to 30 September 2023):**

Out of Stadium Registration Fee \$65.00. Includes entry to all Athletic South events and eligibility for all State Road and Cross Country Championships. For further details, including full year and track training levy, contact your Club Registrar. Registration fees include AA/AT Personal Accident and Injury Insurance.

Athletics Tasmania All Year Registration includes Out of Stadium Registration

**Duty Clubs:**

Bellerive Beach XC	ESAC
Domain XC	TMA
Kempton Road	SBHC
Lower Domain Road	UTAS
St Virgils XC	NSAC
Snug HC	SBHC
Gellibrand Drive 3/6 XC	ESAC
Seven Mile Beach	NSAC
Peter Murrell Reserve	TMA
Upper Domain X Roads	SBHC
Grove XC	TMA
Baskerville Road	OVA
Rosny Parklands XC	NSAC
Dru Point Reserve HC	ESAC
Gellibrand Drive 4/9 XC	SBHC
Claremont HC	NSAC
Runnymede XC	TMA
Green Point Reserve HC	ESAC
Tolosa Park Relay	All Clubs

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 for Premiership and Consistency Awards**

Points will be awarded to the first seven runners in each of the six age divisions (U/15, U/20, O/20, O/40, O/50 and O/60), in both Men and Women, according to the following schedule:

<b>Division:</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>
<b>Over 20</b>	10	8	6	5	4	3	2
<b>Over 40</b>	10	8	6	5	4	3	2
<b>Over 50</b>	10	8	6	5	4	3	2
<b>Over 60</b>	10	8	6	5	4	3	2
<b>Under 20</b>	10	8	6	5	4	3	2
<b>Under 15</b>	10	8	6	5	4	3	2

- Every finisher after 7<sup>th</sup> place will receive 1 point.
- **Age as at 1 April 2023 will determine age Division for entire season.**

### **Winter Premiership Points:**

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

1 <sup>st</sup>	6 points	4 <sup>th</sup>	3 points
2 <sup>nd</sup>	5 points	5 <sup>th</sup>	2 points
3 <sup>rd</sup>	4 points	6 <sup>th</sup>	1 point

### **Individual Awards:**

#### ***Consistency Awards by Division***

Points towards the Consistency Awards will be allocated in all Premiership rounds, as per the above table, to both Men and Women in all Divisions.

Under 15 athletes will only score Premiership, Consistency, Cross Country and Handicap individual points in the short race of the day, with the exception of the following events where they may compete and score points in the longer race; Bellerive Beach, Snug, and Gellibrand Drive 3/6.

#### ***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:

1 <sup>st</sup>	6 points	4 <sup>th</sup>	3 points
2 <sup>nd</sup>	5 points	5 <sup>th</sup>	2 points
3 <sup>rd</sup>	4 points	6 <sup>th</sup>	1 point

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

#### ***Cross Country Championship***

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 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. Point scoring is on the following basis: 1<sup>st</sup> - 10 points, 2<sup>nd</sup> - 9 points, 3<sup>rd</sup> - 8 points etc through to 1 point for 10<sup>th</sup> place.

#### ***Handicap Champion***

The points scored in handicap races are awarded on the basis of 1<sup>st</sup> - 15 points, 2<sup>nd</sup> - 14 points, 3<sup>rd</sup> - 13 points etc through to 1 point for 15<sup>th</sup>, regardless of age group or gender. Points earned in the longer race (rounds 1, 3 and 5) 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. **For eligibility criteria, refer Handicaps Provisions 2023 download.**

## Athletics South Winter Committee:

<b>OOS Director</b>	<b>Paul Luttrell</b>
<b>Program</b>	Pau Luttrell, Peter Lyden, Tony Sansom, Daniel Smee, Jarrod Gibson, Chris Sullivan, Jim Court.
<b>Handicaps</b>	Greg Hawthorne, Jim Court <a href="mailto:jcourt43@gmail.com">jcourt43@gmail.com</a>
<b>Results</b>	Chris Sullivan <a href="mailto:cdscrows@yahoo.com.au">cdscrows@yahoo.com.au</a>
<b>Entries</b>	Clubs
<b>Chief Time Keeper</b>	Duty Club
<b>OOS Referee</b>	Peter Lyden
<b>Jury of Appeal Chair</b>	Helen Lee

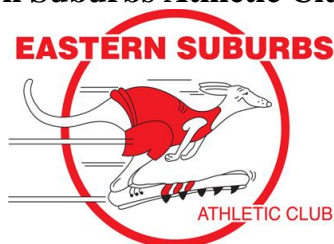
**Appeals:** Any appeal is to be made in writing to the Jury of Appeal Chair within three days of any decision by the OOS Referee.

**Athletics South** [athleticssouth.org.au](http://athleticssouth.org.au) (03) 6236 9766

**Athletics Tasmania** [tasathletics.org.au](http://tasathletics.org.au) (03) 6234 9551

### Club Contacts:

#### Eastern Suburbs Athletic Club (ES)



[esac.run](http://esac.run)

0409 728 315

#### Northern Suburbs Athletic Club (NS)



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

0439 305 179

#### Sandy Bay Harrier Club (SB)



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

0447 674 009

#### OVA Southern Saints Athletic Club (OVA)



[ovasouthernsaints.com.au](http://ovasouthernsaints.com.au)

0409 543 563

#### Tasmanian Masters Athletics Inc. (TMA)



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

0418 171 834

#### University of Tasmania Athletics Club (UTAS)



UNIVERSITY of  
TASMANIA

**ATHLETICS**

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

## Course Descriptions:

***Austins Ferry*** - Starts at St Virgils College rear oval near the Joyce Performing Centre. Course meanders within the school grounds. Toilets 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. Toilets available 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.

***Green Point Reserve (Froggy Wise Memorial Handicap) - 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. Portaloo.

***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. Portaloo.

***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.

***Old Beach – Baskerville*** - Starts at Baskerville Raceway, off Baskerville Road. The road course follows the 2km loop of the race track. Toilets available.



***Rosny Parklands*** – Located on the old Rosny Park Golf Course, adjacent to the Eastlands Shopping Centre, with the start next to the Golf Tasmania building. The course will be on a 2.3km undulating, grassy cross country loop within the bounds of the parklands. Toilets available.

***Runnymede (Jenny Lennon Memorial)*** - Located on a farm property (Whitemarsh), in Runnymede, the driveway directly after the “Welcome to Glamorgan Spring Bay” sign 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 Premiership round 14 and a shorter 3K loop for Premiership round 7. Portaloo.

***Seven Mile Beach*** – Located at the junction of Surf Rd and Grueber Ave at Seven Mile Beach (next to the nursery, opposite the closed section of Surf Rd). The course follows a mixture of fire trail, gravel single-track and compacted sand paths through the pine forests that back onto Llanherne golf course. The 4.5km loop is flat but the varied terrain provides a challenge underfoot. 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.

***Tolosa Park - Glenorchy*** – Starts in Tolosa Park near the Music Bowl. It is run on a variety of surfaces/tracks within the Park itself and the adjacent Glenorchy MTB Park and consists of a 2K loop. Toilets available.

***Upper Domain X Roads*** - Starts on the Upper Domain Road opposite the Soldiers Memorial Oval. The course utilises the 2.4K Max's Infinity Loop. Toilets and parking available at the Domain Athletic Centre. **Start Time 10:30am.**