

ATHLETICS SOUTH

**WINTER
COMPETITION
2010**

*dedicated to the memory of
Maxwell George Cherry*

OAM (1927-2008)

SPORTSCO

Road Championships:

Round 1	8 May	Government House 3.2km
Round 2	29 May	Ridgeway 2.5km & 5km
Round 3	3 July	Kempton 4km & 8km

Cross Country Championships:

Round 1	22 May	Bagdad 4km & 8km
Round 2	26 June	Grove 2.4km & 7km
Round 3	24 July	Opossum Bay 5km & 10km
Round 4	28 August	Domain 4km & 8km
Round 5	4 September	Huntingfield 5km & 10km

Handicap Award

Round 1	15 May	Wentwork Park 3km & 6km
Round 2	5 June	Pipeline 4km & 8km
Round 3	7 August	Waterworks 2.5km & 5km
Round 4	14 August	Rokeby 4km & 8km

Relay Championship:

Round 1	17 April	Geilston Bay
Round 2	19 June	Gellibrand Drive
Round 3	18 September	Tolosa Park

Premiership Rounds:

There will be 15 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, Bellerive
Round 2	Geilston Bay Relay
Round 3	Domain XC Short Course
Round 4	Police Academy Road, Rokeby
Round 5	Government House Road
Round 6	Bagdad XC
Round 7	Max Cherry Memorial Road, Ridgeway
Round 8	Risdon Brook Road
Round 9	Gellibrand Dr Relay
Round 10	Grove XC

- Round 11 Kempton Road
- Round 12 Opossum Bay XC
- Round 13 Domain XC
- Round 14 Tas Bevis Memorial XC, Huntingfield
- Round 15 Tolosa Park Relay

All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2005 may compete on one occasion only in OOS competition without registering – refer Club Registrars for conditions and fees.

Entry Procedures:

All Athletics South events start at 10:00am. Entries should be received no later than 10 minutes prior to the start of the race. To enter an event, choose the distance of the race you wish to run/walk in and complete the appropriate entry sheet at the entry table. Also complete a tag that indicates your name, club, division and event entered. Carry this tag with you during the race and hand it in to officials as soon as you finish. Please endeavour to stay in your finishing order until your tag has been collected to aid in the recording of times.

Entry Fees:

Registered Adults	\$3.50	Registered U/16	\$2.50
Family (2 adults & 2 students)	\$7.00		

Athletics Tasmania *Registration Fees

(1 April 2010 to 30 April 2011):

Athletes Out of Stadium (OOS) <u>only</u> – all ages (Includes State Long Course XC Entry)	\$47.00
Athletes 15 & over All competitions	\$145.00
Athletes 10 to 14 Years All Competitions	\$88.00

All fees include GST.

* Registration includes AA/AT Personal Accident and Injury Insurance.

Duty Clubs:

Bellerive Beach XC	Eastern Suburbs
Geilston Bay Relay	Northern Suburbs
Domain X/C Short	TMA
Police Academy Road	Eastern Suburbs
Lower Domain Road	Sandy Bay
Wentworth Park HC	Eastern Suburbs
Bagdad XC	Northern Suburbs
Ridgeway Road	TMA
Fern Tree HC	Sandy Bay
Risdon Brook Road	Eastern Suburbs
Sandford G/Drive Relay	Northern Suburbs
Grove XC	TMA
Kempton Road	Sandy Bay
5 Mile Beach XC	TMA
Opossum Bay XC	Northern Suburbs
Waterworks HC	Sandy Bay
Police Academy HC	Eastern Suburbs
Acton XC	Northern Suburbs
Domain XC	Sandy Bay
Huntingfield XC	TMA
Sandford G/Drive X/C	Sandy Bay / TMA
Tolosa Park Relay	Eastern / Northern Suburbs

All clubs must provide enough officials to set 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 divisions (U/16, 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
Over20	10	8	6	5	4	3
Over40	10	8	6	5	4	3
Over50	10	8	6	5	4	3
Under20	10	8	6	5	4	3
Under16	10	8	6	5	4	3

- Every finisher after 6th place will receive 1 point.
- **Age as at 1 April 2010 will determine Division for entire season.**

Winter Premiership Points:

Club points are allocated for each 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.

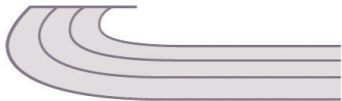
Sportsco Merit Award - is based on votes cast on the day on a 3,2,1 basis by two people. These are based primarily on personal performance and should give every athlete an opportunity to win.

Road and Cross Country Champions:

Awards will be made to athletes in each division who score the greatest number of points in the designated Road and Cross Country Championship races. All athletes may enter either the longer or shorter race of the day. A tie breaker system will be used to split athletes finishing on equal points in determining their respective Championship placing. The athlete with the most points earned in the longer events would prevail, with the exception of U/16 athletes in the X/C Championship who shall only score points in the short race. 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 points		

Handicap Champions - An alternative point scoring system of 1st - 15 points, 2nd - 14 points, 3rd - 13 points etc through to 1 point for 15th place will be used to determine the handicap champion.



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SPORTSCO

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Athletics South Winter Committee:

Director	Peter Keenan Ph: 0400 129 466
Program	Peter Keenan, Peter Lyden, Tony Sansom, Roger Howlett, Chris Sullivan, Jim Court, Mark Lyden & Jarrod Gibson
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	Mrs Jo Cherry
Jury of Appeal	Mr Terry Mahoney (chair), Peter Keenan, Peter Lyden

Appeals:

Any appeal is to be made in writing to the Appeal Chairman within seven days of any decision by the Chief Referee.

Athletics South

<http://www.athleticssouth.org.au/> (03) 6236 9766

Athletics Tasmania

<http://www.tasathletics.org.au/> (03) 6234 9551

Club Contacts:

Eastern Suburbs Athletics Club (ES)

<http://www.easternsuburbs.org.au/> (03) 6244 2766

Northern Suburbs Athletics Club (NS)

<http://www.nsac.org.au/> (03) 6249 4881

Old Virgilians & Associates (OVA)

<http://www.ova.org.au/> (03) 6268 6379

Sandy Bay Harrier Club (SB)

<http://www.sandybayharriers.org.au/> 0400 995 616

Tasmanian Masters Athletics (TMA)

<http://www.tasmastersathletics.org.au/> (03) 6229 4263

Athletics South Winter Program 2010

APRIL

Sat 10	AS	* Graeme Cruise Memorial 3km & 6km	Bellerive Beach
Sun 11	RO	Oatlands Fun Run 2km, 4km & 8km	Oatlands - 11am
Sat 17	AS	* Geilston Bay Relay 3 x 3km	Geilston Bay
Sun 18	ES	Round the River Fun Runs 2.5km, 5km & 10km	Eastern Shore
Sat 24	AS/AT	* Domain Cross Country 4km (Inc. AT Short Course X/C Titles)	Domain X Roads

MAY

Sat 1	AS	* Police Academy Road 4km & 8km	Rokeby
Sat 8	AS/RWT	* John Keenan Memorial Government House 3.2km inc. RWT Walks	Lower Domain
Sun 9	TMA	Jim Burr Memorial Mountain Run 9am (Solo/Relay)	Hobart GPO
Sun 9	S2F	Mothers Day Classic Fun Run & walk 4km & 8km	DAC, Domain
Sat 15	AS	Wentworth Park Handicaps (Salacia Ave) 3km & 6km	Howrah
Sun 16	AS	City to Casino Fun Runs 2.7km, 7km & 11km	Hobart
Sat 22	AS	* Bagdad Cross Country 4km & 8km	Bagdad
Sun 23	RK	Rotary Kingston Fun Run	Kingston
Sat 29	AS/RWT	* Max Cherry Memorial Ridgeway Road 2.5km & 5km inc. RWT Walks	Ridgeway

JUNE

Sat 5	AS	Pipeline Handicaps 4km & 8km	Fern Tree
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**Sun 6 AT/TMA Tasmanian 10km & Age Group
Road Championships Campbell Town
(Combined AT & TMA Age Related Distances)**

Sat 12 AS * Risdon Brook Dam 4.5km & 9km Risdon Brook

Sat 19 AS * Gellibrand Drive Cross Country
Relay 4 runners x 3 x 1.2km Legs Sandford

Sun 20 NS/AT Glenorchy Fun Runs
2km, 5km & 10km DEC Glenorchy

Sat 26 AS * Smith's Apple Orchard
2.4km & 7km Grove

JULY

Sat 3 AS/RWT * Kempton Road 4km & 8km
inc. RWT Walks Kempton

**Tue 6 AT Tasmanian All Schools
(Secondary) Cross Country Symmons Plains**

Sat 10 AT Tasmanian Cross Country Relays Symmons Plains

**Wed 14 AT Tasmanian All Schools
(Primary) Cross Country Symmons Plains**

Sat 17 AS 5 Mile Beach Cross Country
4km & 8km 5 Mile Beach

Sun 18 EVS Launceston Ten Fun Run Launceston

Sat 24 AS * Opossum Bay Cross Country
5km & 10km Opossum Bay

**Sat 31 AT/TMA IGA Tasmanian Cross Country Championships
(Combined AT & TMA Age Related Distances) Pontville**

AUGUST

Sat 7 AS Froggy Wise Memorial Handicaps
2.5km & 5km Waterworks

Sat 14 AS Police Academy Cross Country
Handicaps 4km & 8km Rokeby

Sun 15 AS Budget Rent A Car
Fun Run & Walk 2.5km & 5km Hobart

- Sat 21 AS * Axiom Way Cross Country
3.5km & 7km Acton
- Sat 21 AA *Australian Cross Country Championships
inc All Schools & Primary Exchange Brisbane QLD*
- Sun 22 AA *Australian Schools Cross Country Championship
Relays & Australian Walks Titles Brisbane QLD*
- Sat 28 AS * Domain Cross Country 4km & 8km Domain X Roads

SEPTEMBER

- Sat 4 AS * Tas Bevis Memorial Cross Country
5km & 10km Huntingfield
- Sat 11 AS Gellibrand Drive Cross Country
3km & 6km Sandford
- Sat 18 AS * Tolosa Park Relay
4 Runners x 3 x 1mile Glenorchy
- Sun 19 AT Mosey Along the Mersey Fun Run
inc. Tasmanian Road Champs 5km Devonport**

- Sun 26 TMA Brighton Country Challenge
Fun Run 4km & 8km - 11am Pontville

OCTOBER

- Sat 3 AT Tasmanian Mt. Running Champs Mt Wellington**
- Sun 17 BSE Burnie Ten Fun Run 10km Burnie

NOVEMBER

- Sun 21 ET Point to Pinnacle Hobart

DECEMBER

- Sat 4 ULT Bruny Island Ultra Run / Relay 64km Bruny Island

* Club Premiership Rounds

AS = Athletics South

AA = Athletics Australia

BSE = Burnie Sports & Events

ES = Eastern Suburbs Athletic Club

EVS = Events South

TMA = Tasmanian Masters Athletics

S2F = Start 2 Finish

AT = Athletics Tasmania

RWT = Race Waking Tasmania

NS = Northern Suburbs Athletic Club

ET = Events Tasmania

T/B = Tamar/Bicheno

RO/K = Rotary Club Oatlands/Kingston

ULT = Ultra

Course Descriptions:

Acton (Axiom Way Cross Country) – Starts in Sirocco Court off Axiom Way, around 300M from the Acton Road/Axiom Way turnoff. Course follows dirt and sand tracks around a 3.5km loop. Quite tough cross country running. Portaloo will be available.

Bagdad – The course is at "Inglewood", 369 Green Valley Road, Bagdad. Heading north, turn left off the Midlands Highway into Swan Street 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.

Domain X Roads – Starts at Domain Cross Roads ovals. 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.

Fern Tree (Pipeline) – Starts at the Pipeline track opposite the Fern Tree Tavern. Course follows the gently sloping dirt track along the pipeline and returns. 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 hills. Toilets available.

Glenorchy (Tolosa Park) – Starts at the Tolosa Reserve, Glenorchy. The course is about 1.6Km around the dam. Toilets available.

Grove (Smith Apple Orchard) – 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. 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. 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. Toilet available.

Kempton – Starts at the football grounds with a flat road course through the township. Toilets available.

Lower Domain (Government House - John Keenan Memorial) – Starts at the 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.

Opossum Bay – Starts in a cul-de-sac on the northern end of the Opossum Bay Peninsula. Drive along Spitfarm Rd and continue north through a new subdivision. A picturesque, undulating loop with spectacular water and mountain views - quite tough. Portaloo.

Ridgeway – 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.

Risdon Brook Dam (Road) – Course follows the road (closed to vehicles) around the 4.5km loop of Risdon Brook Dam. Some small hills. Toilets and BBQ facilities available.

Rokeby - Police Academy – 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 & XC) – Starts approx. 3k south of the Gellibrand Drive & Rifle Range Road intersection, Sandford. The course is flat with on dirt tracks with some sandy sections. Cross Country is 3km loop & the Relay is 1.2km 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:

For full details on the RWT race walking event program, contact Rosemary Coleman on 62686379. Walks start at 1pm on Saturdays (unless otherwise advised), other than those conducted in conjunction with the AS Cross Country Program, which start at 10am.