

ATHLETICS SOUTH

**WINTER
COMPETITION
2009**

*dedicated to the memory of
Maxwell George Cherry*

OAM (1927-2008)

SPORTSCO

Road Championships:

Round 1	9 May	Government House 3.2km
Round 2	30 May	Ridgeway 2.5km & 5km
Round 3	4 July	Kempton 4km & 8km

Cross Country Championships:

Round 1	13 June	Opossum Bay 5km & 10km
Round 2	11 July	Axiom Way 3.5km & 7km
Round 3	22 August	Risdon Brook Dam 4km & 8km
Round 4	5 September	Huntingfield 5km & 10km
Round 5	12 September	Domain 4km & 8km

Handicap Award

Round 1	2 May	Wentwork Park 3km & 6km
Round 2	6 June	Pipeline 4km & 8km
Round 3	8 August	Waterworks 2.5km & 5km
Round 4	29 August	Tynwald Park 5km & 10km

Relay Championship:

Round 1	18 April	Geilston Bay
Round 2	20 June	Gellibrand Drive - XC
Round 3	19 September	Tolosa Park - Road

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
Round 2	Risdon Brook Dam Road
Round 3	Geilston Bay Relay
Round 4	Domain XC Short Course
Round 5	Government House Road
Round 6	Bagdad XC
Round 7	Ridgeway Road
Round 8	Opossum Bay XC
Round 9	Gellibrand Drive Relay
Round 10	Grove XC

- Round 11 Kempton Road
- Round 12 Axiom Way XC
- Round 13 5 Mile Beach XC
- Round 14 Risdon Brook Dam XC
- Round 15 Huntingfield XC
- Round 16 Domain XC
- Round 17 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 2009 to 31 Mar 2010):

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	Eastern Suburbs
Risdon Brook Road	Northern Suburbs
Geilston Bay Relay	Sandy Bay
Domain XC Short	TMA
Wentworth Park HC	Eastern Suburbs
Lower Domain	Sandy Bay
Bagdad XC	Northern Suburbs
Ridgeway	TMA
Fern Tree HC	Eastern Suburbs
Opossum Bay XC	Northern Suburbs
Sandford G/Drive Relay	Sandy Bay
Grove XC	TMA
Kempton	Northern Suburbs
Acton XC	Eastern Suburbs
Sandford G/Drive XC	Sandy Bay
5 Mile Beach	TMA
Waterworks HC	Northern Suburbs
Risdon Brook XC	Sandy Bay
New Norfolk HC	Eastern Suburbs
Huntingfield XC	TMA
Domain X Roads XC	Sandy Bay/TMA
Tolosa Park	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/35 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
Over35	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 2009 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.

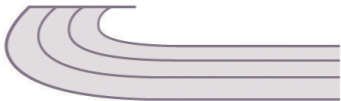
Sportsco Merit Award - is based on votes cast on the day on a 3,2,1 basis by two people. These are based primarily on personal performance and should give every athlete an opportunity to win.

Road, Cross Country and Handicap 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 point		

The same scoring system will be used to determine the handicap champion.



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Proudly sponsored by

SPORTSCO

**EASTLANDS
NORTHGATE
KINGSTON**

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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 (03) 6236 9766

<http://www.athleticssouth.org.au/>

Athletics Tasmania (03) 6234 9551

<http://www.tasathletics.org.au/>

Club Contacts:

Eastern Suburbs Athletics Club (ES) (03) 6244 2766

<http://www.easternsuburbs.org.au/>

Northern Suburbs Athletics Club (NS) (03) 6249 4881

<http://www.nsac.org.au/>

Old Virgilians & Associates (OVA) (03) 6268 6379

<http://www.ova.org.au/>

Sandy Bay Harrier Club (SB) (03) 6225 0999

<http://www.sandybayharriers.org.au/>

Tasmanian Masters Athletics (TMA) (03) 6229 4263

<http://www.tasmastersathletics.org.au/>

Athletics South Winter Program 2009

APRIL

Sat 4	AS	* Graeme Cruise Memorial 3km & 6km	Bellerive Beach
Sun 5	RO	Oatlands Fun Run 2km, 4km & 8km	Oatlands - 11am
Sat 11	AS	* Risdon Brook Dam 4.5km & 9km	Risdon Brook
Sat 18	AS	* Geilston Bay Relay 3 x 3km	Geilston Bay
Sun 19	ES	Round the River Fun Runs 2.5km, 5km & 10km	Eastern Shore
Sat 25	AS/AT	* Domain Cross Country 4km 1.30pm Start (Inc. AT Short Course X/C Titles)	Domain X Roads

MAY

Sat 2	AS	Wentworth Park Handicaps (Salacia Ave) 3km & 6km	Howrah
Sat 9	AS/W	* John Keenan Memorial Government House 3.2km inc. RWT Walks	Lower Domain
Sun 10	S2F	Mothers Day Classic Fun Run 4km & 8km	DAC, Domain
Sun 10	TMA	Jim Burr Memorial Mountain Run 9am (Solo/Relay)	Hobart GPO
Sun 17	AS	City to Casino Fun Runs 2.7km, 7km & 11km	Hobart
Sat 23	AS	* Bagdad Cross Country 4km & 8km	Bagdad
Sun 24	RK	Rotary Kingston Fun Run 6km & 11km 9.30am	Kingston
Sat 30	AS/W	* Ridgeway Road 2.5km & 5km inc. RWT Walks	Ridgeway
Sun 31	T/B	Bicheno Fun Run 10km	Bicheno

JUNE

Sat 6	AS	Pipeline Handicaps 4km & 8km	Fern Tree
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Sat 13	AS	* Opossum Bay Cross Country 5km & 10km	Opossum Bay
Sun 14	AT	Tasmanian Underage and Overage Road Championships	Campbell Town
Sat 20	AS	* Gellibrand Drive Cross Country Relay 4 runners x 3 x 1.2km Legs	Sandford
Sun 21	NS	Glenorchy Classic Fun Runs 2.5km, 5km & 10km	DEC Glenorchy
Sat 27	AS	* Smith's Apple Orchard 2.4km & 7km	Grove
Tue 30	AT	Tasmanian All Schools (Secondary) Cross Country	Symmons Plains

JULY

Sat 4	AS/W	* Kempton Road 4km & 8km inc. RWT Walks	Kempton
Wed 8	AT	Tasmanian All Schools (Primary) Cross Country	Symmons Plains
Sat 11	AS	* Axiom Way Cross Country 3.5km & 7km	Acton
Sat 18	AS	Gellibrand Drive Cross Country 3km & 6km	Sandford
Sun 19	EVS/AT	Launceston Ten Fun Run (inc. AT Open 10km Road Championships)	Launceston
Sat 25	AT/TMA	Tasmanian Cross Country Championships (Combined AT & TMA Age Related Distances)	Pontville

AUGUST

Sat 1	AS	* 5 Mile Beach Cross Country 4km & 8km	5 Mile Beach
Sat 8	AS	Froggy Wise Memorial Handicaps 2.5km & 5km	Waterworks
Sun 16	AS	Budget Rent A Car Fun Run & Walk 2.5km & 5km	Hobart

Sat 22	AS	* Risdon Brook Dam Cross Country 4km & 8km	Risdon Brook
Sat 29	AS	Tynwald Park Handicap 5km & 10km	New Norfolk
Sat 29	AA	<i>Australian Cross Country Championships inc All Schools & Primary Exchange</i>	Camden NSW
Sun 30	AA	<i>Australian Schools Cross Country Championship Relays & Australian Walks Titles</i>	Camden NSW

SEPTEMBER

Sat 5	AS	* Tas Bevis Memorial Cross Country 5km & 10km	Huntingfield
Sat 12	AS	* Domain Cross Country 4km & 8km	Domain X Roads
Sat 19	AS	* Tolosa Park Relay 4 Runners x 3 x 1mile	Glenorchy
Sun 20	AT	Mosey Along the Mersey Fun Run inc. Tasmanian Road Champs 5km	Devonport
Sun 27	TMA	Brighton Country Challenge Fun Run 4km & 8km - 11am	Pontville

OCTOBER

Sun 18	BSE	Burnie Ten Fun Run 10km	Burnie
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NOVEMBER

Sun 22	ET	Point to Pinnacle	Hobart
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DECEMBER

Sat 5	ULT	Bruny Island Ultra Run / Relay 64km	Bruny Island
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* 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 Axiom Way, off Acton Rd, around 1km 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. 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.

New Norfolk (Tynwald Park) – Starts at the playgrounds in Tynwald Park, with an out and back course beside the creek into the old Royal Derwent grounds. Toilets & BBQ facilities 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 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.

Risdon Brook Dam (Cross Country) – Course follows road and tracks in the hills surrounding the Dam. There are some significant slopes Toilets and BBQ facilities 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 loops & 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.