

ATHLETICS SOUTH

WINTER COMPETITION 2024

As at 8 April 2024

dedicated to the memory of

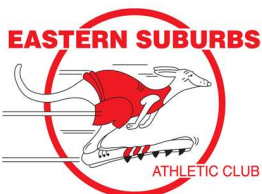
Maxwell George Cherry

OAM (1927-2008)

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ATHLETICS SOUTH WINTER PROGRAM 2024

APRIL

Sat-Fri 13-19	AA	Australian Track & Field Championships	Adelaide
Sat 20	AS	* Graeme Cruise Memorial 3.8km & 6.1km, 1030 Start	Bellerive Beach
Sat 27	AS	* Domain Cross Country 4km & 8km, 10:30 Start	Domain X Roads

MAY

Sat 4	AS	*Peter Murrell Reserve Cross Country 5.3km & 10.6km	Howden
Sun 5	KTS	KTS Organ Pipes Classic 13km/5km	Mt Wellington/ Kunanyi
Sat 11	AS	*John Keenan Memorial Surf Road 3.2km	Seven Mile Beach
Sat 18	AS	* Snug Foreshore Handicap 3km & 6km	Snug
Sun 26	C2C	City to Casino Fun Runs 2.5km, 7km & 12km	Hobart

JUNE

Sat 1	EPIC/AT	Launceston Running Festival (Including AT Half Marathon Championships)	Launceston
Sun 8	AS	*Opossum Bay Cross Country 4.5km & 9km	Opossum Bay
Thurs 13	AT	Tasmanian All Schools (Secondary) Cross Country Championships	Symmons Plains
Sat 15	AS	* Gellibrand Drive Cross Country Sealed Handicap, 3.1km & 6.2km	Sandford
Sun 16	TMA	Tasmanian Masters Athletics Road Titles, 11am	Campbell Town
Tues 18	AT	Tasmanian All Schools (Primary) Cross Country Championships	Symmons Plains
Sat 22	AS	*Rosny Parklands Cross Country 4.6km & 9.2km	Rosny
Sat 29	AS	*Seven Mile Beach Forest Cross Country 4.5km & 9km	Seven Mile Beach
Sun 30	EDF	Endorfun Trail Run 11km & 29km	Freycinet Peninsula

JULY

Sat 6	AS	Claremont Foreshore Handicap 4km & 8km	Claremont
Sat 6	EQGC	Gold Coast Half Marathon & 5K	Gold Coast
Sun 7	EQGC	Gold Coast Marathon & 10K	Gold Coast
Sat 13	AS	* Kempton Road 4km & 8km, 10:30 start	Kempton
Sat 20	AT/TMA A	Tasmanian Cross Country Championships (Combined AT & TMA Open & Age Related Distances)	Pontville
Sat 27	AS	* Smith's Apple Orchard 4.2km & 8.4km	Grove
Sat 27	EDF	Endorfun Trail Run 6.2km	Russell Falls

AUGUST

Sat 3	AS	* Baskerville Raceway Road 4km & 8km	Old Beach
Sun 4	KTS	KTS Tolosa Half/Quarter	Tolosa Park

Sat 10	AS	* Max Cherry Memorial Upper Domain Road 2.4km & 7.2km, 1030 Start	Domain X-Roads
Sun 11	AA	Australian Half Marathon Championships	Sunshine Coast
Sat 17	AS	* Dru Point Reserve Handicap 4km & 8km	Margate
Sat 24	AS	* Gellibrand Drive Cross Country 4.6km & 9.2km	Sandford
Sat 31	AA	Australian and All Schools Cross Country Championships	Symmons Plains
SEPT			
Sun 1	AA	Australian and All Schools Cross Country Championships	Symmons Plains
Sat 7	AS	* Jenny Lennon Memorial Cross Country 5km & 10km	Runnymede
Sun 8	FonF	Flinders Island Running Festival 26km Pub2Pub	Flinders Island
Sat 14	AS	St Virgil's Cross Country 4km & 7.5km	Austins Ferry
Sun 15	EDF	Endorfun Trail Run 17.6km	Labillardiere Peninsula, Bruny
Sat 21	AS	Froggy Wise Memorial Handicap Risdon Brook 4.2km & 8.5km	Risdon Brook
Sun 22	RM	Ross Running Festival, Marathon, Half marathon, 10km, 5km	Ross
OCT			
Sat/Sun 5-6	4AC	Freycinet Challenge	Freycinet
Sun 13	MM	Melbourne Marathon & Half Marathon	Melbourne
Sat 19	KTS	KTS Knockers 11km/4km	Knocklofty
Sun 27	EPIC/AT	Strait Link Burnie Ten Fun Run 10km (Including AT 10km Road Championships TBC)	Burnie
NOV			
Sun 3	DFR	Dover Fun Run 10km	Dover
Sun 10	TTMR	Triple Top Mountain Run	Sheffield
Sun 17	P2P	Knight Frank Point to Pinnacle	Hobart
Sat 30	ULT	Bruny Island Ultra Run/Relay 64km	Bruny Island

* Club Premiership Rounds

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

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

Handicap Award:

Round 1	18 May	*Snug Foreshore 3km & 6km
Round 2	15 June	* Gellibrand Drive Sealed Handicap, 3.1km & 6.2km
Round 3	6 July	Claremont Foreshore 4km
Round 4	17 August	*Dru Point Reserve 4km & 8km
Round 5	21 September	Froggy Wise Risdon Brook 4km & 8km

Premiership Rounds:

There will be 16 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	Peter Murrell Reserve XC
Round 4	John Keenan Memorial Surf Road
Round 5	Snug Foreshore HC
Round 6	Opossum Bay XC
Round 7	Gellibrand Drive 3/6 XC
Round 8	Rosny Parklands XC
Round 9	Seven Mile Beach Forest XC
Round 10	Kempton Road
Round 11	Grove XC
Round 12	Baskerville Raceway Road
Round 13	Max Cherry Memorial Upper Domain Road
Round 14	Dru Point Reserve HC
Round 15	Gellibrand Drive 4/9 XC
Round 16	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 18:00 (6pm) on the Friday beforehand.

Entry Procedures:

All Athletics South events start at 10:00am unless otherwise listed (note 20 April, 27 April, 13 July, 10 August & 21 September as 10:30 starts) and most events give a choice of two distances. To enter, an athlete must tick their chosen distance on the entry forms found in each club tent. Entries should be completed no later than 10 minutes prior to the start of the race. Failure to complete the nominated race will result in a DNF being recorded. All athletes will be required to have a personal parkrun barcode to be scanned with their finishing order barcode to record results. Parkrun barcodes may be obtained at no cost at <https://www.parkrun.com.au/register/>. **No barcode, no result.**

Athletics Tasmania Registration Fees (1 October 2023 to 30 September 2024):

Out of Stadium Registration Fee \$70.00. 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	SBHC
Peter Murrell Reserve XC	TMA
Surf Road	UTAS
Snug HC	ESAC
Opossum Bay XC	NSAC
Gellibrand Drive 3/6 XC	TMA
Rosny Parklands XC	SBHC
Seven Mile Beach XC	NSAC
Claremont HC	ESAC
Kempton Road	NSAC
Grove XC	TMA
Baskerville Road	OVA
Upper Domain X Roads	SBHC
Dru Point Reserve HC	ESAC
Gellibrand Drive 4/9 XC	SBHC
Runnymede XC	TMA
St Virgil's XC	NSAC
Risdon Brook HC	All

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:

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
Over 60	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 2024 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:

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 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.

Handicap Champion

The points scored in handicap races are awarded on the basis of 1st - 30 points, 2nd - 29 points, 3rd - 28 points etc through to 1 point for 30th, 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. **For eligibility criteria, refer Handicaps Provisions 2024 download available on the Athletics South website.**

Athletics South Winter Committee:

OOS Director	Eloise Fisher
Program	Eloise Fisher, Peter Lyden, Tony Sansom, Daniel Smee, Jarrod Gibson, Chris Sullivan, Jim Court.
Handicaps	Greg Hawthorne, Jim Court jcourt43@gmail.com
Results	Chris Sullivan cdscrows@yahoo.com.au
Entries	Clubs
Chief Time Keeper	Duty Club
OOS Referee	Peter Lyden
Jury of Appeal Chair	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 (03) 6236 9766

Athletics Tasmania 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
0439 305 179

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)



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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, Bridgewater – not scheduled in 2024] 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. **Start time 10:30**

[Lower Domain - Government House – not scheduled in 2024] 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.

Risdon Brook Dam – starting at the Risdon Dam carpark. A clockwise loop of 4km. Toilets available. **Start time 10:30.**

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 Forest – 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.

Surf Road – A flat, out-and-back road running course starting near the junction of Grueber Avenue and Surf Road, and running past the airport towards Pittwater Road. 2 laps. Portaloo.

[Tolosa Park - Glenorchy – not scheduled in 2024] 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.**