

ATHLETICS SOUTH

**WINTER
COMPETITION
2008**

SPORTSCO

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Road Championships:

Round 1	26 April	Ridgeway 2.5km & 5km
Round 2	10 May	Government House 3.2km
Round 3	26 July	Kempton 4km & 8km

Cross Country Championships:

Round 1	24 May	Opossum Bay 5km & 10km
Round 2	7 June	Domain 4km & 8km
Round 3	12 July	Axiom Way 4km & 8km
Round 4	30 August	Risdon Brook Dam 4km & 8km
Round 5	6 September	Huntingfield 5km & 10km

Handicap Award

Round 1	3 May	Wentwork Park 3km & 6km
Round 2	21 June	Pipeline 4km & 8km
Round 3	9 August	Waterworks 2.5km & 5km
Round 4	23 August	Tynwald Park 5km & 10km

Relay Championship:

Round 1	19 April	Geilston Bay
Round 2	14 June	Gellibrand Drive - XC
Round 3	20 September	Tolosa Park - Road

Premiership Rounds:

There will be 17 rounds to decide the Winter 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	Hobart Airport
Round 3	Geilston Bay Relay
Round 4	Ridgeway
Round 5	Government House
Round 6	Opossum Bay XC
Round 7	Risdon Brook Road
Round 8	Domain XC
Round 9	Gellibrand Dr Relay
Round 10	Grove XC

- Round 11 Bagdad XC
- Round 12 Axiom Way XC
- Round 13 5 Mile Beach XC
- Round 14 Kempton
- Round 15 Risdon Brook XC
- Round 16 Huntingfield XC
- Round 17 Tolosa Park Relay

All Athletes must be registered to score Club Premiership points, except for the first two events of the season.

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. Although it is not compulsory to join a club, athletes are strongly encouraged to do so. Athletes will be permitted to compete twice unregistered after which they must pay the unregistered fee. 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	*Unregistered Adults	\$5.50
Registered U/16	\$2.50	*Unregistered U/16	\$4.50
Family (2 adults & 2 students)	\$7.00		

Athletics Tasmania Registration Fees:

Athletes Out of Stadium <u>only</u> – all ages (Includes State XC Entry)	\$30.00
Athletes 14 & over All competitions	\$99.00
Athletes 10 to 13 Years All Competitions	\$60.00

All fees include GST.

* Unregistered athletes are not covered by Athletics Tasmania's Personal Accident and Injury insurance policy.

Duty Clubs:

Bellerive Beach XC	Eastern Suburbs
Hobart Airport	Northern Suburbs
Geilston Bay Relay	Sandy Bay
Ridgeway	TMA
Wentworth Park HC	Eastern Suburbs
Lower Domain	Sandy Bay
Opossum Bay XC	Northern Suburbs
Risdon Brook	TMA
Domain X Roads XC	Eastern Suburbs (assisted by TMA)
Sandford G/Drive Relay	Northern Suburbs
Fern Tree HC	Sandy Bay
Grove XC	TMA
Bagdad XC	Northern Suburbs
Acton XC	Eastern Suburbs
5 Mile Beach	Sandy Bay
Kempton	TMA
Waterworks HC	Eastern Suburbs
New Norfolk HC	Northern Suburbs
Risdon Brook XC	Sandy Bay
Huntingfield	TMA
Sandford G/Drive XC	TMA/Sandy Bay
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, Open, O/35 and O/50), in both Men and Women, according to the following schedule:

Division:	1st	2nd	3rd	4th	5th	6th
Open	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 2008 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:

Athletics South will make awards to the male and female athlete accumulating the greatest number of points throughout the season during the premiership rounds. Scoring will be on the following basis:

1st - 6 points	2nd - 4 points	3rd - 3 points
4th - 2 points	5th - 1 point	

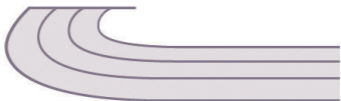
In addition, there will be an award based on votes cast on the day on a 3,2,1 basis by two people. These are based primarily on personal performance and should give every athlete an opportunity to win.

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. 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		

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



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Proudly sponsored by

SPORTSCO

**EASTLANDS
NORTHGATE
KINGSTON**

Athletics South Winter Committee:

Director	Peter Keenan Ph: 0400 129 466
Program	Peter Keenan, Peter Lyden, Tony Sansom, Roger Howlett, Chris Sullivan & Jim Court
Chief Course Marshall	Peter Keenan
Handicaps	Greg Hawthorne
Results	Jim Court court@tasmail.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.

Club Contacts:

Eastern Suburbs Athletics Club (ES)	(03) 62436932
Northern Suburbs Athletics Club (NS)	(03) 62235778
Old Virgilians & Associates (OVA)	(03) 62278641
Sandy Bay Harriers Club (SB)	(03) 62439666
Tasmanian Masters Athletics (TMA)	(03) 62294263

Athletics South (03) 62369766
<http://athleticssouth.trump.net.au>

Athletics Tasmania (03) 62349551
<http://www.tasathletics.org.au>

Athletics South Winter Program 2008

MARCH

Sun 30 AS K&D Mitre10 - 48 Hour Relay
Fun Run 4km & 8km DAC, Domain

APRIL

Sat 5 AS * Graeme Cruise Memorial
3km & 6km Bellerive Beach

Sun 6 RO Oatlands Fun Run 2km, 4km & 8km Oatlands - 11am

Thur 10 AT Bridgewater Road Mile Bridgewater

Sat 12 AS * Hobart Airport Road 3km & 6km Hobart Airport

Sat 19 AS * Geilston Bay Relay 3 x 3km Geilston Bay

Sun 20 ES Round the River Fun Runs
2.5km, 5km & 10km Eastern Shore

Sat 26 AS * Ridgeway Road 2.5km & 5km Ridgeway

MAY

Sat 3 AS Wentworth Playground Handicaps
(Salacia Ave) 3km & 6km Howrah

Sun 4 NS Glenorchy Classic Fun Runs
2km, 5km & 10km DEC Glenorchy

Sat 10 AS * John Keenan Memorial
Government House 3.2km Lower Domain

Sun 11 WST Mothers Day Classic Fun Run Domain

Sun 11 TMA Jim Burr Memorial Mountain Run
9am (Solo/Relay) Hobart GPO

Sun 18 AS City to Casino Fun Runs
2.7km, 5.8km & 11km Hobart

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

- Sun 25 RK Rotary Kingston Fun Run
6km & 11km - 9:30am Kingston
- Sat 31 AS * Risdon Brook Dam 4.5km & 9km Risdon Brook

JUNE

- Sat 7 AS * Domain Cross Country 4km & 8km Domain X Roads
- Sat 14 AS *Gellibrand Drive Cross Country Relay
4 Runners x 3km & 1.5km Legs Sandford
- Sat 21 AS Pipeline Handicaps 4km & 8km Fern Tree
- Sun 22 **AT/TMA State Road Championships Multi Distance**
(Combined AT & TMA Age Related Distances) **Campbell Town**
- Sat 28 AS * Smith's Apple Orchard
2.4km & 7km Grove

JULY

- Tue 1 **AT Secondary All Schools State**
Cross Country **Symmons Plains**
- Sat 5 AS * Bagdad Cross Country 4km & 8km Bagdad
- Wed 9 **AT Primary All Schools State**
Cross Country **Symmons Plains**
- Sat 12 AS * Axiom Way Cross Country
4km & 8km Acton
- Sat 19 AS * 5 Mile Beach Cross Country
4km & 8km 5 Mile Beach
- Sun 20 Launceston Ten Launceston
- Sat 26 AS *Kempton Road 4km & 8km Kempton

AUGUST

- Sun 2 **AT/TMA State Cross Country Championships**
(Combined AT & TMA Age Related Distances) **Pontville**

Sat 9	AS	Froggy Wise Memorial Handicaps 2.5km & 5km	Waterworks
Sun 17	AS	Budget Fun Run 2.5km & 5km	Hobart
Sat 23	AS	Tynwald Park Handicaps 5km & 10km	New Norfolk
Sat 23	AA	Australian Cross Country Championships including All Schools & Primary Exchange	Melbourne VIC
Sun 24	AA	Australian Schools Cross Country Championship Relays & Australian Walks Titles	Melbourne VIC
Sat 30	AS	* Risdon Brook Dam Cross Country 4km & 8km	Risdon Brook

SEPTEMBER

Sat 6	AS	* Tas Bevis Memorial Cross Country 5km & 10km	Huntingfield
Sat 13	AS	Gellibrand Drive Cross Country 3km, 6km	Woodbridge
Sun 14	AT	Tasmanian Road Championships 5k Series & Fun Run (Subject to confirmation)	Devonport
Sun 14	TMA	Brighton Country Challenge 10km & 5km	Pontville
Sat 22	AS	* Tolosa Park Relay 4 Runners x 3 x 1mile	Glenorchy

* Club Premiership Rounds

AS = Athletics South
AA = Athletics Australia
ES = Eastern Suburbs Athletic Club
WST = Women's Sport Tasmania
RO = Rotary Club of Kingston

AT = Athletics Tasmania
NS = Northern Suburbs Athletic Club
TMA = Tasmanian Masters Athletics
RK = Rotary Club of Kingston

Course Descriptions:

Acton (Axiom Way Cross Country) – Starts in Valetta Place, off Acton Rd, around 1.3K from the Acton Road/Axiom Way turnoff. Course follows dirt and sand tracks around a 4km loop. Quite tough cross country running. Portaloo will be available.

Bagdad – The course is at "Inglewood", the home of Alan and Dale McPherson, 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. Along Swan Street take a left turn into Green Valley Road. Number 369 is on the left about 4.5km along. Parking in the bottom paddock. The course has significant slopes and passes across grassy paddocks and along lightly wooded bush tracks. A porterloo 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 flat 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. A porterloo will be available.

Geilston Bay – Starts at Geilston Bay High School. Course is all on grass with some small hills. Toilets available.

Glenorchy (Tolosa Park) – Starts at the Tolosa Reserve, Glenorchy. 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.

Hobart Airport – Starts at the first intersection off Hollyman Avenue. Undulating run almost to the terminal, returning with an uphill loop to the tower before a long flat finish. Parking beside Hollyman Avenue. Portaloo will be 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. Cross country 5km loop. Toilets available.

Kempton – Starts at the football grounds with a 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. 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. Toilet & 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. Portaloo

Ridgeway – Starts at the top of Chimney Pot Hill Road. Course is all on flat 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. Toilets and BBQ facilities available.

Sandford (Gellibrand Drive) (Relay & XC) – Starts approx. 3k south of the Gellibrand Drive & Rifle Range Road intersection, Sandford. Cross Country 3km & 1.5km Loops. Portaloo.

Waterworks (Froggy Wise Memorial) – Starts at BBQ Site 9 in the Waterworks Reserve. Course follows Waterworks road down to Romilly Street and loops back along the dirt tracks to the start. Toilets and BBQ facilities available.

Race Walking: For details on the TRWC race walking event program, contact Aileen Slater Ph. 62726158.