



2019

SUTHERLAND DISTRICT ATHLETICS CLUB



Winter
Handbook

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Chairman's Welcome

Welcome to the 2019 Winter Cross Country season. I hope you achieve your goals for the season, enjoy the spirit of competition, make new friends or renew acquaintances and maybe win a trophy for your efforts.

The main means of communication is through our website (www.sutherlandathletics.com.au) and Facebook. You do not need a Facebook account to access the site, just go to our website and click on the Facebook icon. Facebook will provide you with stop press information and a general dialogue between members. Our website contains formal information on how the Club operates, the program of races and addresses of venues. Please use these facilities as your first point of call.

Again this year ANSW events will allow non-registered athletes to compete in all State races. You may wish to take advantage of entering a State race rather than competing in our alternate events. You will be given starters points for your efforts the same as we have been doing for the last number of years. You will need to go to the ANSW web site for the latest information on their events. We will also publicise the information on our sites as it comes to hand.

Additionally a new fee structure has been implemented in an effort to make the 2019 Winter Cross Country season as inexpensive as possible.

Enjoy the Winter season.

Chairperson,

Winter Cross Country Committee.

Winter Committee

Chairperson	Justin Low	0435 559 095
Deputy Chairperson	Jo Wilson	0403 197 729
Registrar	Peter Hutton	0410 571 203
Minute Secretary	Linda Henderson	0418 491 161
Facebook Manager	Ros Raimond	0400 115 168
Website Manager	Anne Davies	0403 370 049
Committee Support	John Bowers Jnr. Andrew Cross Michael Lyons Pat Webb	0450 616 751 0402 945 214 9525 2555 0420 548 314
Handicap Coordinator	Prahlad Warszawski	0435 071 556
Program/ Handbook Organiser	Steve Henderson	0439 433 267
Half Marathon Organiser	Garry Keir	0414 873 747
Social Organiser	Dave Burns	0412 728 736
Event Manager	Justin Low	As above
Uniform Coordinator	Jo Wilson	As above

Welcome to Sutherland Club's winter program for 2019. It is an extremely varied program on the road, along bush trails and near the beach. Our home races are run at various beautiful locations, and there are a number of State Championship events to participate in, both in and outside of Sydney.

We look forward to another challenging and rewarding season. Your enjoyment is a priority for the Club.

We welcome new members in advance and assure them we are a friendly group, and look forward to helping all members achieve their running goals by sharing our support and experience.

www.sutherlandathletics.com.au

Child Protection Policy

All Officials and athletes with the Sutherland DAC adhere to the Athletics NSW Child Protection and Intervention Policy (available on ANSW's website <http://www.nswathletics.org.au>).

Year 2019 Overview

The season has been shortened in recent seasons to avoid the hottest weekends in autumn and spring and to reduce the load on our dedicated team of Race Day Volunteers.

There will be events on 22 consecutive weekends from Saturday 16th March through to our Presentation Day on 10th August, which will be held at the very popular Woronora Dam Picnic Grounds. The Club's 2019 Winter Program Calendar can be found on our website: www.sutherlandathletics.com.au

On those Saturdays where NSW State Championship events are held at locations including Homebush, Nowra, Ourimbah and Rydalmere alternative club runs have been scheduled at venues within the Sutherland Shire (refer to the Winter Calendar Program for further details). Please bear in mind that ANSW are now allowing non ANSW members to participate in all of their State Championship events.

Run Categories

We run five distances each week. The 1k race is an informal* run for under 9s which commences at 1.50pm - all other races are open events. In essence, however, the 2k event caters for under 11s; the 3k for under 14s; the 5k (which varies between 4k and 8k) for a combination of under 17s, under 20s and seniors; and the main event 10k (i.e. between 8k and 16k) for seniors. In addition, we will host the Sutherland Half Marathon on 27th July, at Audley.

IMPORTANT: Please note that the 10km events now start concurrently with the 5km events, the starting time being 2.30pm.

** Parents should note that as 1km runners are not registered, the insurance policies of ANSW do NOT cover 1km runners. However, we have arranged separate basic cover for all non-registered athletes and volunteer officials.*

Race Times

All home races, excluding the Sutherland Half Marathon day events, will commence as follows:

1K	1:50 pm (informal race for U9s)
2k	2.00 pm
3k	2.15 pm
5k	2.30 pm
10k	2:30 pm

Pets in the Park

Could all members please note that many of our runs take place in The Royal National Park. Dogs are not permitted in the National Parks so we ask that you DO NOT take your pets into the Park. We have a good relationship with National Parks and Wildlife Services and this can be damaged if our members are caught with domestic pets inside the Park. In addition individuals can be heavily fined if caught with a domestic pet inside the National Park.

Fees and Registration

Fee details and Registrations can be made by visiting the ANSW web site or via a link on the SDAC web site.

Note in addition to any registration fees, this year all participants in the Club's winter season will be asked to pay an annual \$5 Participants Fee and purchase a \$5 Timing Chip.

To further explain, in order to make participation in the 2019 Cross Country Season as inexpensive as possible, the Club will introduce the following fee structure:

1. **For those wishing to have their performances appear in the official results** you will be asked to buy a timing chip for \$5 and pay an annual participation fee of \$5, for a total of \$10 per person. The Club will organise its own insurance cover for these participants.
2. **For those who wish to accumulate points in one of the Club's Handicap Point Scores, and/or the Club Championships**, you will also need to register as an SDAC Member on the ANSW Online Registration System. These participants will be covered by ANSW insurance.

Note the least expensive registration option (in 2 above) is the Community Membership option for \$10. However this option does not cover entry into ANSW State events. A more expensive ANSW category would need to be chosen.

Club Championships & Handicap Point Score Titles

a) Junior Club Championships:

In a change from last year there are now four junior age category Club Championships (U/11, U/14, U/17, and U/20) for both males and females. The following table summarises the categories:

Ages (yrs)*	Distance (kms)	Championship Name
10 and under	2	2k Junior
13 and under	3	3k Junior
16 and under	5	5k Junior
17 to 19	5	5k Intermediate

*Age is as at 31st Dec, 2019 11:59pm.

In the case that a junior athlete races 'up in distance', the committee may, at its discretion, allow that athlete to compete in the older aged championship (note an athlete will not receive multiple age-group awards). Older athletes are certainly allowed to run 'down in distance', but don't accumulate championship points when doing so.

These championships are decided based on the twelve races identified in the race program, and contested over a mix of road and cross-country races. Athletes must compete in **at least 50%** of these championship races to be eligible for the trophy.

Achievement Awards are presented to regular competitors in the 1k event.

b) Senior Club Championship:

Results in all Club runs, other than those on weekends when State Championship events are also held, will count towards the Senior Club Championship.

Points are awarded to the fastest runners in each event, and accumulate throughout the season. Prizes will be awarded for 1st, 2nd & 3rd Male & Female athletes.

c) Handicap Point Score Titles

The handicap system is managed by a purpose built Excel software program and is based on the week-to-week performances of runners.

Unlike previous years, there will be no requirement upon an athlete to choose a distance category that they wish to accumulate handicap points in. Rather, all entered races will count, but for that distance category only! That is, by changing distances during the season, the athlete will dilute their point earning potential.

d) Alternate Events to ANSW

On weekends when Athletics NSW events are held, athletes **who actually compete**, whether in ANSW events or at alternative events run locally by the Club, will receive the same handicap points for their efforts, as set by the handicapper.

e) Handicap prizes

Prizes are awarded as follows:

Group	Placing
10k	1 st to 5 th
5k	1 st to 10 th
3k	1 st to 5 th
2k	1 st to 5 th

Special Awards

There are six awards presented at the end-of-season Presentation Day:

Best Single Performance – Senior and Junior. Based either on an individual or collective basis gaining the highest distinction during the cross country year

Best Marathon Performance – defined as the fastest time by either a male or a female athlete compared to the current world records

Fastest Time State Marathon – either male or female

Club Person of the Year

Inspirational Award (determined by the Chairman)

Ron O'Meara Perpetual Trophy - Mid season there is also a special trophy presentation following the Bangor run. This trophy is awarded for best junior performance in the 2k and 3k groups (based on handicap improvement) at the Bangor run. Contenders must have run a minimum number of runs at the time of the event to be eligible.

Club Courses

We have tried to achieve a blend of road and cross-country courses with the schedule set so that athletes can peak for the State Championships.

Each course will be the subject of a risk assessment by the Course Marker and we will endeavour to minimize risks wherever possible.

Endeavour Cup

This is an annual 4 way meet with Randwick-Botany, Illawong & St George Clubs. This year St. George will host the event on 6th July at Scarborough Park.

Other Courses

There are six State title events programmed for 2019 that are attended by many of our Club members. They are:

NSW Novice Cross Country Championships – 13th April, Scarborough Park

NSW Road Championships – 4th May, Sydney Olympic Park, Homebush

NSW Cross Country Relays – 25th May, Miranda Park

NSW Cross Country Championships – 22nd June, Willandra, Nowra

NSW Road Relay Championships – 13th July, Ourimbah

NSW Short Course Cross Country Championships – 3rd August, Rydalmere

Some of our members also compete in the other State title events

NSW Half Marathon

NSW Marathon

The Club is also always well represented in many other community and large fun-runs such as the

SMH Half Marathon

Sutherland to Surf

City to Surf

Members should refer to the ANSW website (www.nswathletics.org.au) for details of State events, and to the websites of fun run organisers for entry details and costs.

Social

We hope to arrange social functions for Winter Club members throughout the 2019 winter season. Members will be kept informed at weekly Club runs of upcoming functions, by way of newsletter and/or notice boards, and in particular via our website (www.sutherlandathletics.com.au) and Facebook. An end of year function is normally held when the season is over. **This year will be the Club's 60th Anniversary so it is likely a special function will be organised. Details to be advised.**

Team Selection Policy

Twice a year teams are selected for the ANSW Road Relays and ANSW Cross Country Relays. A Team Selection Committee, comprising the Chairperson, Team Coordinator, and Handicap Coordinator, selects teams.

Team selections will place priority on recent performances at Club hosted events. The Club will endeavour to post selected teams two weeks prior to the event.

Although the Club will always try to select teams that have the best chance of winning a medal, it is our priority that as many athletes as possible are able to compete as a member of a team in the correct age and gender category.

Club Uniforms

Club uniforms will be for sale at all Club runs.

ANSW mandates that athletes contesting individual and team State Championships must wear their official Club uniform. ANSW have approved both the official Club singlet and short sleeve T Shirt for use. The T Shirt can only be used in out of stadia events.

Club Publications

From time to time the Club will issue newsletters regarding events, performances, and other Club information. The Committee has determined that the best form of communication with members is via the Club's website.

Website & Facebook

Check out our website - www.sutherlandathletics.com.au

The website covers all aspects of Sutherland District Athletics Club (winter season road & cross-country, summer track & field, and walks), **and should be your first port of call for any queries.** Regular updates and any **last minute information will be posted on Facebook** and should be used to check for changes to venues or in the very unlikely event of race cancellations.

Incentive and Assistance Scheme

The Club has an Incentive and Assistance Scheme to support its members. The scheme supports Athletes, Coaches and Officials. Full details of the scheme can be found on the Club's website.

The Club makes changes to the financial assistance and incentives offered each year based on a review of the operation of those programmes, to ensure prudent management of its own financial position. The payment of any incentive is naturally contingent upon the availability of resources and the approval of the Club's Executive Committee.

Note: Schools' events such as NSW All Schools Championships and Australian All School Championships are not included in any Sutherland District Athletics Club incentive program. These are school championships only

How to Apply for Incentives and/or Assistance

- All applications for assistance and incentives payments from Athletes, Coaches and Officials must be submitted to the Secretary of SDAC using the Claim Form located on the website.
- All claims must be submitted within 90 days of competition.

These applications will be considered for approval at monthly Executive Committee meetings in accordance with the Club's Constitution.

Winter Calendar Locations

Check Facebook on the day for any late changes to run details.

The Club's 2019 Winter Program calendar is available as a separate document on the Club's website.

To assist Club members, the locations of various courses that may be included in our yearly program are described below.

CLUB EVENTS:

Audley

Course Lady Carrington Drive (Cross Country)

Description: Drive into the Royal National Park via Farnell Avenue and proceed across the Audley causeway. Turn right just past the car park and continue straight ahead beside the river for about 800m. All races start and finish at the car park next to the Lady Carrington Drive entrance. This is a beautiful out-and-back course alongside the upper reaches of the Port Hacking River.

Bangor.

Course "Ron O'Meara Run", Yala Road, Bangor (Cross Country)

Description Park near the tennis courts in Yala Road, Bangor. The course is in bushland with a mix of grass and road. This is a tough undulating course.

Note: The **Ron O'Meara Perpetual Trophy** will be awarded for best junior performance from the 2k and 3k groups (based on handicap improvement) at the Bangor run.

Bottle Forest, East Heathcote

Course Bottle Forest (Cross Country)

Description Bottle Forest Road, East Heathcote - proceed to the end of Bottle Forest Road, where it meets the Royal National Park. This course is undulating along National Park trails.

Bundeena

Course Bundeena (Cross Country)

Description: Events will commence at the junction of Eric Street and Beachcomber Parade Bundeena at the start of the Coast Track. The course is a combination of fire trail, beach and road running.

Darkes Forest No 1

Course Darkes Forest No 1 (Cross Country)

Description: Darkes Forest Road is 13k south of Waterfall via the Old Princes Highway and 5k south of the Helensburgh roundabout. The start is 2.5k along that road, about 500m before the Community Hall/Fire Station Park. This is an undulating cross country course along a wide fire trail

Darkes Forest No 2

Course Darkes Forest No 2 (Cross Country)

Description: Darkes Forest Road is 13km south of Waterfall via the Old Princes Highway and 5km south of the Helensburgh roundabout. The start is 5.2 km along that road. This is an undulating cross country course along a wide fire trail. This run is a longer 10 mile and 5 mile event.

Endeavour Cup Venues

Event Annual Combined Club Cross Country

Description: Each year Sutherland competes in a combined event with Illawong, Randwick-Botany, & St George Clubs for the Endeavour Cup. Annually the clubs take turn to host this event.

Note: This event is open to all club members. *As we are competing against other clubs, our runners are asked to wear their club uniform.*

When Sutherland hosts this event, the Club will select and utilize one of our listed locations.

The location of the venue when hosted by either, Illawong, St. George or Randwick Botany Athletic Clubs is as follows:

- **Miranda Park** (when Illawong hosts)

The start/finish is adjacent to The Kingsway, Miranda. This is a grassy undulating course

- **Scarborough Park** (when St. George hosts)

The run starts in Scarborough Park, near Syd Frost Hall, Hawthorne St, Ramsgate. This is a flat course over grass.

- **Mutch Park, Pagewood/East Gardens** (when Randwick Botany hosts)

The run starts in Mutch Park, Wentworth Avenue, Pagewood/East Gardens. This is combination of a flat course over grass with undulating sections.

Ferntree, Engadine

Course Ferntree (Cross Country)

Description Ferntree Reserve, Engadine, is at the intersection of Ferntree Avenue and Ridge Road. This is a tough, hilly course, largely beside the Waterboard Pipeline. All runs proceed down a steep hill.

Grays Point

Course Grays Point (Cross Country)

Description: The start is at the southern end of Grays Point Road, just south of the Grays Point Primary School. This undulating course is along service trails in the Royal National Park.

Steak & Ale, East Heathcote

Course Steak & Ale (Cross Country)

Description: Drive to the end of The Avenue where it meets Jacana Grove, East Heathcote. This is a tough hilly course along a rocky trail in the National Park.

Sutherland Bike Track

Course Sutherland Bike Track (Road)

Description The bike track is at the southern end of Waratah Park, on Rawson Avenue, Sutherland. The course consists of multiple laps of the track, which is undulating, including one tough hill.

Sutherland Half Marathon. Audley

Course: Sutherland Half Marathon Gala Day (Cross Country)

Description: Drive into the Royal National Park via Farnell Avenue and proceed across the Audley causeway. Turn right past the carpark and continue beside the river for about 800m. All races start and finish at the car park next to the Lady Carrington Drive entrance.

This is a beautiful out-and-back course alongside the upper reaches of the Port Hacking River. Prizes are awarded on the day for winners & place-getters in the Half Marathon.

Note: There are early event times. Please check the club's website for full details. Open to everyone including the public, so tell all your friends!

Sylvania

Course Sylvania Track

Description: Events will commence at the Sylvania Athletics Track, Belgrave Esplanade, Sylvania Waters. The courses are run entirely on the recently resurfaced athletics track.

The Ridge Sporting Complex, Barden Ridge

Course The Ridge (Track and Cross Country)

Description This event is held by Illawong Athletics Club. The Ridge Sporting Complex is situated along New Illawarra Road, Barden Ridge. Meet near the athletics track.

Uloola Falls, Waterfall

Course Uloola Falls (Cross Country)

Description: Drive to Waterfall, taking the Railway Station exit (left) then proceed along McKell Avenue. Just past the Fire Station and Primary School take a narrow service road left down to Waterfall Oval. The course is undulating along a fire trail.

Wanda Greenhills Trail

Course Wanda Greenhills (Cross Country)

Description: Events will commence at the Park adjoining the Wanda Beach car park. The course is hilly on a fire trail adjoining the sand hills, and for the 10km group the race goes out to Boat Harbour along the beach.

Woronora Dam Presentation Day

Event Winter Club Presentation Day and Barbeque

Description: After passing through Waterfall village take the Princes Highway, in lieu of the Freeway. Proceed about two kilometres before turning right on to Woronora Dam Road. Continue on until reaching Woronora Dam

Note: Meat for the BBQ will be supplied by the club, however, members are asked to bring either - a salad or dessert, as well as their own drinks, plates & cutlery. Refer to the club's website for further details.

ANSW EVENTS:

Note: In all instances refer to the NSW website (www.nswathletics.org.au) for start times and other details. Sutherland athletes must be NSW registered and wear club uniform. Additionally there will be early start times.

NSW Novice – Scarborough Park, Ramsgate

Course NSW Novice Cross Country Championships

Description: This event is hosted by St George District Athletics Club. The run starts in Scarborough Park, near Syd Frost Hall, Hawthorne St, Ramsgate. This is a flat course over grass.

Note: Club members who are not registered with NSW are able to compete in fun runs.

NSW Road - Olympic Park, Homebush

Course NSW Road Championships

Description: This event is hosted by the Sydney Striders Road Runners Club. The venue is Sydney Olympic Park, Homebush.

NSW Cross Country Relays - Miranda

Course NSW Cross Country Relays, Miranda Park

Description: This event is hosted by Illawong Athletic Club. Start/Finish is adjacent to The Kingsway, Miranda. This is an undulating course over grass. **Note:** Refer to the SDAC Team Selection Policy.

NSW Long Course Cross Country - Nowra

Course NSW Cross Country Long Course Championships.

Description: This event is hosted by Nowra Athletics Club. The run is held at the Willandra Cross Country venue, Browns Mountain Road, Cambewarra. The location is north west of Nowra. This is a grassy undulating course with some tough hilly sections.

NSW Road Relay - Ourimbah

Course NSW Road Relay Championships

Description: This event is hosted by Mingarra and is located at Newcastle University Ourimbah. **Note:** Refer to the SDAC Team Selection Policy.

NSW Short-Course Cross Country - Rydalmere

Course NSW Short-Course Cross Country Championships

Description: This event is hosted by UTS Norths located at Upjohn Park, Rydalmere. Refer to the ANSW website (www.nswathletics.org.au) for start times and other details.

NSW Half Marathon - Homebush

Course NSW Half Marathon (Road)

Description: Event will be hosted at Sydney Olympic Park, Homebush.

NSW Marathon Championships, Sydney

Course NSW Marathon Championships, Sydney

Type Road

Description: Held in conjunction with the Sydney Running Festival. Refer to Sydney Marathon website for full details, as well as the ANSW website (www.nswathletics.org.au).

Note: Athletes MUST pre-register directly with Sydney Running Festival. They MUST wear their Sutherland running uniform.

Sutherland Winter Cross Country – 2018 Award Winners

Best Performances:

- Senior – Noni Cooper
- Juniors – Keira Toohey & Ivy Boothroyd

Club Persons of the Year:

- Anne Davies
- Garry Keir

Ron O'Meara Award:

- Mathilda Delfs
- Jesiah Low

Inspirational Award:

- Martin Dantas

Champions:

Men's Senior Champions

- 1st Daniel Watchorn
- 2nd Nick Bennett
- 3rd Prahlad Warszawski

Women's Senior Champions

- 1st Marisa Bertoia
- 2nd Anne Davies
- 3rd Erica Galea

Under 20 Road/CC Champion

- Amy Bennett
- no male recipient

Under 18 Road/CC Champions

- Tiahna Woodger
- Sam Mood

Under 16 Road/CC Champions

- no recipients in 2018

Under 14 Road/CC Champions

- Lucy Alexander
- Jesiah Low

Under 12 Road/CC Champions

- Mathilda Delfs
- Jack Robinson

Under 10 Road/CC Champions

- Elise Wilson & Keira Toohey
- Jude Low

10km Handicap – Quentin Sheather Memorial Trophy

- | | |
|-------------------------------------|-------|
| - 1 st Daniel Watchorn | 83pts |
| - 2 nd Martin Dantas | 81pts |
| - 3 rd John Bowers | 78pts |
| - 4 th Nick Bennett | 76pts |
| - 5 th Alistair Watchorn | 70pts |

5km Handicap Shield

- | | |
|--------------------------------------|--------|
| - 1 st Renee Beyer | 173pts |
| - 2 nd Joanne Wilson | 143pts |
| - 3 rd Kyle McIntosh | 128pts |
| - 4 th Sam Mood | 123pts |
| - 5 th Jessica Bennett | 122pts |
| - 6 th Ronald Cozijnsen | 110pts |
| - 6 th Suzanne Matthews | 110pts |
| - 8 th Ashley Molloy | 106pts |
| - 9 th Patrick Cartwright | 105pts |
| - 10 th Neil Oakey | 102pts |

3km Handicap Trophy

- | | |
|---------------------------------|-------|
| - 1 st Lucas Cross | 99pts |
| - 2 nd Peter Vasey | 87pts |
| - 3 rd Jesiah Low | 84pts |
| - 4 th Nicole Bowers | 75pts |
| - 5 th Vicki Day | 73pts |

2km Handicap Trophy

- | | |
|----------------------------------|-------|
| - 1 st Jude Low | 95pts |
| - 2 nd Mathilda Delfs | 88pts |
| - 3 rd Jack Robinson | 76pts |
| - 4 th Elise Wilson | 67pts |
| - 5 th William Cusack | 59pts |



Phone 9548 1399

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