



2025

# SUTHERLAND DISTRICT ATHLETICS CLUB



Winter  
Handbook

## Table of Contents

<b>Chairman’s Welcome</b>	<b>4</b>
<b>Winter Committee</b>	<b>5</b>
<b>Child Protection Policy</b>	<b>6</b>
<b>Year 2025 Overview</b>	<b>6</b>
<b>Run Categories</b>	<b>6</b>
<b>Race Times</b>	<b>7</b>
<b>Pets in the Park</b>	<b>7</b>
<b>Volunteer Roster</b>	<b>8</b>
<b>Club Championships &amp; Handicap Point Score Titles</b>	<b>10</b>
a) Junior Club Championships:	10
b) Senior Club Championship:	11
c) Handicap Point Score Titles	11
d) Handicap prizes	11
<b>Special Awards</b>	<b>12</b>
<b>Club Courses</b>	<b>12</b>
<b>Endeavour Cup</b>	<b>13</b>
<b>Interclub Events</b>	<b>13</b>
<b>Other Courses</b>	<b>13</b>
<b>Social</b>	<b>14</b>
<b>Team Selection Policy</b>	<b>14</b>
<b>Club Publications</b>	<b>15</b>
<b>Website &amp; Facebook</b>	<b>15</b>
<b>Winter Calendar Locations</b>	<b>16</b>
Audley	16
Bangor	17
Bottle Forest, East Heathcote	17
Endeavour Cup Venues	17

Ferntree, Engadine _____	18
Grays Point _____	18
Steak & Ale, East Heathcote _____	19
Sutherland Bike Track _____	19
Uloola Falls, Waterfall _____	20
Wanda Greenhills Trail _____	20
St George Classic – Scarborough Park, Ramsgate _____	21
NSW Road (Sydney 10) – Sydney Olympic Park _____	21
NSW Cross Country Relays – The Armory _____	21
NSW Long Course Cross Country - Nowra _____	21
NSW Road Relay – The Crest, Georges Hall _____	21
NSW Short-Course Cross Country – Dapto _____	22
NSW Marathon Championships, Sydney _____	22
<b>Club Records (up to 2024) _____</b>	<b>25</b>
Bangor _____	25
Bottle Forest, East Heathcote _____	25
Ferntree, Engadine _____	25
Grays Point _____	26
Miranda Park _____	26
Solander Fields _____	26
Steak & Ale, East Heathcote _____	26
Sutherland Bike Track _____	27
Sutherland Half Marathon, Audley _____	27
Uloola Falls, Waterfall _____	28
Wanda Greenhills Trail _____	28
Woronora – Pipeline Trail _____	28
<b>Sponsors _____</b>	<b>29</b>

## Chairman's Welcome

Welcome to the 2025 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 (<https://sutherlandathleticsclub.com.au/>) and our Social Media pages on Facebook and Instagram. 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. This year, we will not be offering Alternate Events on State Weekends. 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.

Enjoy the Winter season.

Daniel Watchorn

Chairperson,

Winter Cross Country Committee.

## Winter Committee

Chairperson	Daniel Watchorn	0402 086 449
Deputy Chairperson	Justin Low	0435 559 095
Registrar	Prahlad Warszawski	0435 071 556
Social Media Manager	Daniel Watchorn	0402 086 449
Website Manager	Alex Hulley	0413 413 464
Committee Support	Garry Keir	0414 873 747
Committee Support	Brynn Darby	0434 346 015
Committee Support	Anthony Downs	0478 521 909
Committee Support	Johnathan Shaw	0431 563 745
Handicap Coordinator	Prahlad Warszawski	0435 071 556
Program/ Handbook Organiser	Daniel Watchorn	0402 086 449
Half Marathon Organiser	Garry Keir	0414 873 747
Social Organiser	Garry Keir	0414 873 747
Event Manager	Justin Low	0435 559 095

*Welcome to Sutherland Club's winter program for 2025. 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.*

<http://www.sutherlandathleticsclub.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 2025 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 21 consecutive weekends from Saturday 29<sup>th</sup> March through to our last run on Saturday 16<sup>th</sup> August with Presentation Day taking place Saturday 20<sup>th</sup> August, which will be held at Sylvania Waters Athletics Track. The Club's 2025 Winter Program Calendar can be found on the last page of this document and on our website: <http://www.sutherlandathleticsclub.com.au>

On those Saturdays where NSW State Championship events are held at locations including Homebush, Nowra, The Crest and Dapto, athletes are encouraged to attend (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 2km event caters for under 11s starting at 2:00pm; the 3km for under 14s starting at 2:20pm; the 5km (which varies between 4km and 6km) for a combination of under 16s, under 19s and seniors; and the main event 10k (i.e. between 8km and 11km) for

seniors both starting at 2:40pm. In addition, we will host the Sutherland Half Marathon on Sunday 27<sup>th</sup> July, at Audley.

IMPORTANT: Please note that the 10km events now start concurrently with the 5km events, the starting time being 2.40pm.

*\* Parents should note that as 1km runners are not registered, the insurance policies of ANSW do NOT cover 1km runners.*

## 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	2.20 pm
5k	2.40 pm
10k	2:40 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.

## Volunteer Roster

To effectively run our winter season, we rely upon the support of volunteers to ensure that our events can safely go ahead. This season, the club will be introducing a volunteer roster. The roster will be used to identify volunteers who can assist in the various roles that need to be attended to for our events each weekend. Our events run on Saturday afternoons from about 1:30pm and conclude by 3:30pm and volunteers will need to be available between these times to assist. We are calling upon all parents/guardians and runners over 18+ to assist where they can. Without volunteers, our events cannot safely go ahead and may need to be cancelled if there are not enough volunteers at the start of each event.

We require 6 volunteers to assist each week with 4 volunteers to perform 1 of the 4 roles below and 2 volunteers to act as backups in case another volunteer is unable to perform their role.

The 4 roles are as follows:

- **Timekeeper:** Responsible for stopwatch timing each race and recording the finishing time of each runner as they cross the finish line. The timekeeper will provide the printed receipt generated by the stopwatch containing each finishing time to the Results Recorder to record the time of each finisher on the result sheet.
- **Finishing Place Cards:** Responsible for giving out finisher place cards to each finishing runner in finishing order so the Results Recorder can record each finisher's name in their correct finishing position. The runner will need to be instructed to take this card to the Results Recorder to confirm their finishing position.
- **Results Recorder:** Will collect the name of each finisher and record this in finishing order on the results sheet and collect their finishing place card. The results recorder will also collect the printed receipt of finishing times from the timekeeper to record on the results sheet. Once the events are finished, the results sheet will be given to a Committee Member to publish the results.
- **Course Marshal:** Will go onto the course to direct runners in the right direction. On simple courses, there will be 1x Course Marshall who will direct runners to turn around on out and back courses. Some courses will require a 2<sup>nd</sup> Course Marshall at locations where there is potential for runners to head off course i.e. at a track junction. The chairperson and/or course marker will

brief the course marshal(s) on the course information before the event begins.

Backup volunteers will be called upon if a volunteer assigned to one of the four roles above is no longer available and will assume their position. As of 8<sup>th</sup> April, the roster system is being finalised and will be rolled out soon.

## Fees and Registration

Fee details and Registrations can be made by visiting the ANSW web site or via this link to our registration portal:

<https://www.revolutionise.com.au/sdathletics/registration>

Non-members can compete in our events for \$5 per event, payable on the day with CASH ONLY.

Non-members can only compete in 1 RUN before they will be required to join the club if they would like to compete in more of our events.

By joining under Athletics NSW, they are covered by the insurance offered through the ANSW Membership.

Insurance: As an affiliated club, member and coach to Athletics NSW, you are afforded a number of benefits through the National Insurance Program which is now provided by Gow Gates Insurance Brokers.

As an example, for the \$55 community membership, - the \$15 component that goes to ANSW comes with benefit of insurance. The \$40 component that the club receives does not cover this.

**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 (TBC).**

To further explain, in order to make participation in the 2025 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 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 \$55. 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:

There are four junior age category Club Championships (U/11, U/14, U/16, and U/19) for both males and females. The following table summarises the categories:

<b>Ages (yrs)*</b>	<b>Distance (kms)</b>	<b>Championship Name</b>
10 and under	2	2k Junior
13 and under	3	3k Junior
15 and under	5	5k Junior
16 to 18	5	5k Intermediate

\*Age is as at 31<sup>st</sup> Dec, 2025 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 point score races identified in the race program, and contested over a mix of road and cross-country courses. 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:**

The race program indicates the club runs that, 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 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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.

There is 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) Handicap prizes**

Prizes will be awarded to runners finishing in the top three in the handicap competition. Further place prizes will be awarded subject to the number of participating competitors. Handicap competitions are contested in the following race categories: 2k, 3k, 5k, 10k.

## 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.

*Most Improved* – athlete who has demonstrated a marked improvement during the Winter Season

*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 2km and 3km 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 16<sup>th</sup> August at Scarborough Park.

## Interclub Events

The club will contest in multiple 3-way Interclub meets with Illawong & St George Clubs. Sutherland will host the first event on 24<sup>th</sup> May 2025 at Miranda Park. Illawong will host the second event on 19<sup>th</sup> July 2025, venue TBC. The third event is the Endeavour Cup hosted by St George, see above section.

## Other Courses

There are six State title events programmed for 2025 that are attended by many of our Club members. They are:

*NSW Dual Relay Championship – 3<sup>rd</sup> May, Scarborough Park*

*NSW Road Championships – 18<sup>th</sup> May, Sydney Olympic Park*

*NSW Cross Country Relays – 31<sup>st</sup> May, The Armory, Sydney Olympic Park*

*NSW Cross Country Championships – 21<sup>st</sup> June, Willandra, Nowra*

*NSW Short Course Cross Country Championships – 12<sup>th</sup> July, Dapto*

*NSW Road Relay Championships – 2<sup>nd</sup> August, The Crest*

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

*Sydney Half Marathon*

*Sutherland to Surf*

*City to Surf*

Members should refer to the ANSW website ([www.nswathletics.org.au](http://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 2025 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 (<https://sutherlandathleticsclub.com.au/>), Facebook and Instagram. An end of year function is normally held when the season is over.

## **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 and ANSW 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 email and Facebook.

## Website & Facebook

Check out our website - <https://sutherlandathleticsclub.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 2025 Winter Program calendar can viewed on the last page of this handbook and is also 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.

### **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.

### *Miranda Park*

**Course** Miranda Park (Cross Country)

**Description:** Events will commence at Miranda Park near the preschool adjacent to The Boulevard, Miranda. An undulating, grass course.

### *Solander Fields*

**Course** Solander Fields (Road)

**Description:** Events will commence at the northern end of Solander Fields, Woolooware and proceed along the pedestrian/bike path towards Taren Point. A flat, fast course.

### ***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 & placegetters 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!

### ***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 walk down a narrow service road left down to Waterfall Oval. Note parking is only available on McKell Ave and access to Waterfall Oval along the service road can only be accessed by walking. 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 – Pipeline Trail***

**Course** Woronora – Pipeline Trail (Cross Country)

**Description:** Events will commence at the end of Thorp Rd, Woronora and proceed along the Pipeline Trail towards Woronora Heights. A tough, hilly course. Parking is available along The Crescent and at Prince Edward Park.

### ***Sylvania Track Presentation Day***

**Event** Winter Club Presentation Day and Barbeque

**Description:** Sylvania Waters Athletics Track beside the grandstand.

**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 ANSW website ([www.nswathletics.org.au](http://www.nswathletics.org.au)) for start times and other details. Sutherland athletes must be ANSW registered and wear club uniform. Additionally there will be early start times.

### **St George Classic – 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 ANSW are able to compete in fun runs.

### **NSW Road (Sydney 10) – Sydney Olympic Park**

**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 – The Armory**

**Course** NSW Cross Country Relays, Miranda Park

**Description:** This event is hosted by Athletics NSW. The venue is at The Armory at Sydney Olympic Park. **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 – The Crest, Georges Hall**

**Course** NSW Road Relay Championships

**Description:** This event is hosted by Bankstown Athletics Club and is located at The Crest Athletics Track, Georges Hall. **Note:** Refer to the SDAC Team Selection Policy.

### ***NSW Short-Course Cross Country – Dapto***

**Course** NSW Short-Course Cross Country Championships

**Description:** This event is hosted by Kembla Joggers located at Integral Energy Park west of Dapto. Refer to the ANSW website ([www.nswathletics.org.au](http://www.nswathletics.org.au)) for start times and other details.

### ***NSW Half Marathon – Sydney Olympic Park***

**Course** NSW Half Marathon (Road)

**Description:** Event will be hosted at Sydney Olympic Park.

### ***NSW Marathon Championships, Sydney***

**Course** NSW Marathon Championships, Sydney

**Type** Road

**Description:** Held in conjunction with the Sydney Marathon. Refer to Sydney Marathon website for full details, as well as the ANSW website ([www.nswathletics.org.au](http://www.nswathletics.org.au)).

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

## Sutherland Winter Cross Country – 2024 Award Winners

### Best Performances:

- Senior – Jonathan McLennan
- Juniors – Channing Taylor, Ariann Calavrias, Matthew Faulkner

### Club Person of the Year:

- Elaine Bowers, Ray Allen

### Ron O'Meara Award:

- Liam Duff

### Most Improved Award:

- Jude Low

### Champions:

#### *Men's 10km Champions*

- 1<sup>st</sup> Daniel Watchorn (Male Senior Scratch Winner)
- 2<sup>nd</sup> Seth Healey

#### *Women's 10km Champions*

- No female recipient

#### *Men's 5km Champions*

- 1<sup>st</sup> David Begovski
- 2<sup>nd</sup> Jesiah Low (1<sup>st</sup> in U19)
- 3<sup>rd</sup> Lachlan Wheeler (2<sup>nd</sup> in U16)

#### *Women's 5km Champions*

- 1<sup>st</sup> Emerson Crabtree (Female Senior Scratch Winner)
- 2<sup>nd</sup> Fiona Byrne

#### *Under 19 Road/CC Champion*

- No female recipient
- Connor Doran (2<sup>nd</sup> in U19)

*Under 16 Road/CC Champions*

- no female recipient
- Jude Low (3<sup>rd</sup> in U16)

*Under 14 Road/CC Champions*

- Ella Plummer
- Matthew Faulkner

*Under 11 Road/CC Champions*

- Audrey lines
- Bailey Mulcahy

**10km Handicap – Quentin Sheather Memorial Trophy**

- 1<sup>st</sup> Daniel Watchorn
- 2<sup>nd</sup> Dianne Kelly
- 3<sup>rd</sup> Seth Healey

**5km Handicap Shield**

- 1<sup>st</sup> David Begovski
- 2<sup>nd</sup> Ronald Cozijnsen
- 3<sup>rd</sup> Emerson Crabtree

**3km Handicap Trophy**

- 1<sup>st</sup> Matthew Faulkner
- 2<sup>nd</sup> Channing Taylor
- 3<sup>rd</sup> Thomas Ashley

**2km Handicap Trophy**

- 1<sup>st</sup> George Lines
- 2<sup>nd</sup> Lily Prochazka
- 3<sup>rd</sup> Audrey Lines

## Club Records (up to 2024)

NOTE: Records were kept and well-documented by the club up until 2013. From 2014 onwards, there are gaps in the record with any records from this period being uncovered through research in 2024 of available online data. From the 2024 season, records will be monitored and recorded if a time is broken.

For the 2km event, records can only be achieved by athletes who are U11 in 2025. For the 3km event, records can only be achieved by athletes U14 in 2025. 5km and 10km records can be broken by all athletes.

### *Bangor*

Records	Male	Time	Female	Time
2km	K. Benson (n.d.)	7:29	E. Schneider (2012)	7:31
3km	M. Faulkner (2024)	10:30	R. Warszawska (2024)	10:30
5km	O. Raimond (2018)	17:02	J. Guo (2014)	19:05
9.6km	G. Graves (2010)	35:46	M. Karimali-Poulos (2006)	41:03

### *Bottle Forest, East Heathcote*

Records	Male	Time	Female	Time
2km	D. Akol (2008)	7:17	E. Schneider (2012)	7:40
3km	O. Hoare (2010)	10:47	B. Simpson (n.d.)	11:17
4.55km	T. Wood (n.d.)	15:06	E. Poppett/Wellings (n.d.)	15:18
9.1km	Male (n.d.)	29:54	M. Karimali-Poulos (2007)	34:09

### *Ferntree, Engadine*

Records	Male	Time	Female	Time
2km	O. Raimond (2011)	8:03	E. Schneider (2012)	8:06
3km	J. Porter (2011)	11:28	E. Schneider (2014)	11:25
5km	K. McIntosh (2017)	17:39	J. Guo (2014)	19:54
10km	G. Graves (2010)	36:22	L. Rudloff (2010)	43:52

**Grays Point**

Records	Male	Time	Female	Time
2km	C. Hoare (2010)	7:25	J. Melrose (2008)	7:46
3km	O. Hoare (2010)	10:39	E. Schneider (2013)	11:00
5km	O. Hoare (2013)	16:32	N. Clarke/Cooper (2008)	18:22
10km	O. Raimond (2019)	34:24	J. Wilson (2019)	48:10

**Miranda Park**

Records	Male	Time	Female	Time
2km	C. Penning (2003)	7:16	K. Toohey (2019)	7:55
3km	O. Raimond (2014)	10:48	E. Schneider (2014)	11:10
5km	C. McDonald (2008)	16:56	J. Guo (2014)	18:54
10km	D. Watchorn* (2023)	39:10	***	***

\*10km course introduced in 2023, previously 8km

**Solander Fields**

Records	Male	Time	Female	Time
2km	Z. Ratajczak (2020)	7:01	E. Plummer (2022) & Audrey Lines (2024)	8:04
3km	J. Low (2020)	9:47	M. Toohey (2020)	10:06
5km	J. McLennan (2022)	16:02	A. Hall (2020)	19:12
10km	J. McLennan (2022)	34:32	T. Ruhen (2020)	45:51

**Steak & Ale, East Heathcote**

Records	Male	Time	Female	Time
2km	J. Low (2017)	7:23	E. Schneider (2012)	7:42
3km	O. Raimond (2014)	10:53	E. Schneider (2014)	11:02
5.25km	C. Alexander (2016)	18:22	N. Clarke/Cooper (2008)	19:46
10.5km	C. McDonald (2010)	35:38	L. Rudloff (2008)	45:24

### Sutherland Bike Track

Records	Male	Time	Female	Time
2km	J. Low (2017)	6:56	K. Toohey (2019)	7:10
3km	M. Faulkner (2024)	10:15	L. Alexander (2017)	10:55
5km	C. Alexander (2016)	16:18	E. Poppett/Wellings (n.d.)	16:08
8km	S. Poulton (n.d.)	24:49	M. Karimali-Poulos (2009)	28:54

### Sutherland Half Marathon, Audley

#### Club Records

Records	Male	Time	Female	Time
2km	J. Waide (2015)	7:04	E. Schneider (2012)	7:21
3km	O. Raimond (2014)	10:18	E. Schneider (2014)	10:34
5km	K. Robertson (n.d.)	15:42	E. Poppett/Wellings (n.d.)	16:16
10km	T. Wood (n.d.)	33:14	L. Wood (n.d.)	38:24
21.1km	S. Poulton (1981)	65:43	E. Wellings (2014)	81:01

#### Top 10 Sutherland Half Marathon Race Records

Records	Male	Time	Female	Time
1 <sup>st</sup>	J. Andrews	63:40 (1983)	L. Clayton	76:55 (1991)
2 <sup>nd</sup>	J. Farrington	65:12 (1973)	H. Jones	76:59 (1991)
3 <sup>rd</sup>	J. Farrington	65:15 (1972)	L. Davis	78:03 (1995)
4 <sup>th</sup>	J. Andrews	65:39 (1980)	A. Dwyer	79:25 (1987)
5 <sup>th</sup>	Q. Morley	65:40 (1982)	J. Walker/Gilbert	79:48 (1981)
6 <sup>th</sup>	S. Poulton	65:43 (1981)	K. Hindmarsh/McCann	79:49 (1986)
7 <sup>th</sup>	S. Poulton	65:44 (1979)	P. Cable	80:52 (1984)
8 <sup>th</sup>	R. Davies	65:51 (1972)	E. Wellings	81:01 (2014)
9 <sup>th</sup>	J. Harrison	66:05 (1987)	E. Cody	81:09 (1987)
10 <sup>th</sup>	J. Andrews	66:06 (1978)	J. Hine (NZ)	81:15 (1983)

***Uloola Falls, Waterfall***

Records	Male	Time	Female	Time
2km	J. Waide (2016)	7:23	E. Schneider (2012)	7:38
3km	M. Faulkner (2024)	9:59	R. Warszawska (2024)	10:13
5km	T. Wood (n.d.)	16:23	E. Schneider (2016)	18:02
10km	C. McDonald (2008)	33:24	M. Karimali-Poulos (2012)	39:26

***Wanda Greenhills Trail***

Records	Male	Time	Female	Time
2km	J. Waide (2016)	6:57	M. Toohey (2016)	7:38
3km	L. Crawford & T. King (both 2013)	11:18	L. Alexander (2017)	11:42
5km	K. McIntosh (2017)	17:02	E. Schneider (2016)	18:31
10km	N. Bennett (2013)	36:12	A. Amiya-Hall (2013)	43:08

***Woronora – Pipeline Trail***

Records	Male	Time	Female	Time
2km	B. Mulcahy (2024)	8:04	R. Warszawska (2021)	8:09
3km	M. Faulkner (2024)	10:22	E. Plummer (2023)	11:33
5km	W. Gair (2021)	17:31	A. Hall (2021)	20:22
9.5km	D. Watchorn (2021)	36:39	A. Hall (2023)	44:41

## Sponsors



Phone 9540 1933

[www.tradies.com.au](http://www.tradies.com.au)



20% Discount storewide for Sutherland members

Phone 9523 2221

[www.runnulla.com.au](http://www.runnulla.com.au)



10% Discount storewide for Sutherland members

Phone 9521 2233

[www.therunningcompany.com.au](http://www.therunningcompany.com.au)



Phone 8544 3231

[www.aevumhealth.com.au](http://www.aevumhealth.com.au)



Phone 9548 1399

[www.reus.com.au](http://www.reus.com.au)

## 2025 SDAC WINTER CALENDAR - SUMMARY OF EVENTS - V2

DATE	VENUE	TYPE	10k Group	5k Group	3k Group	2k Group	MARKER	NOTES	
	<b>In the event of high temperatures, race distances may be shortened</b>		<b>Open</b>	<b>UI/20,17</b>	<b>UI/14</b>	<b>UI/11</b>			
29-Mar-2025	Solander Fields (heading towards Taren Point) *	Road	10km	5km	3km	2km	J.Low	No Handicap Pointscore	
30-Mar-2025	Australian and NSW Mountain Running Championships, Orange	C.C.	11km					Great Volcanic Mountain Challenge - Refer to Event website for details	
5-Apr-2025	Miranda Park *	C.C.	10km	5km	3km	2km	Committee	No Handicap Pointscore	
12-Apr-2025	Bottle Forest (Hill extension) *	C.C.	9.1km	4.55km	3km	2km	S. Henderson	First Pointscore, JCC & SCC race	
19-Apr-2025	Steak and Ale (Easter Weekend) *	C.C.	10.5km	5.25km	3km	2km	S. Henderson	JCC & SCC race	
26-Apr-2025	Ferntree*	C.C.	10km	5km	3km	2km	P. Warszawski	JCC & SCC race.	
3-May-2025	St George Classic, Scarborough Park	C.C.	Please refer to the ANSW website				St.George	Early start - Refer to ANSW website for details	
4-May-2025	Hoka Sydney Half Marathon	Road	21.1km					Fun Run. Refer to event website for details	
10-May-2025	Grays Point (North Ridge) *	C.C.	10km	5km	3km	2km	D. Watchorn	JCC & SCC race	
18-May-2025	Sydney 10, Sydney Olympic Park	Road	Please refer to the ANSW website				ANSW	Early start - Refer to ANSW website for details	
24-May-2025	Miranda Park- Interclub (Sutherland - TBC) *	C.C.	10km	5km	3km	2km	Committee	JCC & SCC race	
31-May-2025	NSW Cross Country Relays, The Armory	C.C.	Please refer to the ANSW website				ANSW	Early start - Refer to ANSW website for details	
7-Jun-2025	Sutherland Bike Track (Kings Birthday Weekend)*	Road	8km	5km	3km	2km	Committee	JCC & SCC race (Interval Start - Please arrive early to receive starting handicap time)	
14-Jun-2025	Ron O'Meara Run, Bangor *	C.C.	9.6km	5km	3km	2km	R.Banister	JCC & SCC race.	
21-Jun-2025	NSW Cross Country Championships (Nowra)	C.C.	Please refer to the ANSW website				ANSW	Early start - Refer to ANSW website for details	
28-Jun-2025	Wanda Greenhills Trail (low tide 16:08) *	C.C.	10km	5km	3km	2km	G.Keir	JCC & SCC race	
5-Jul-2025	Woronora - Pipeline *	C.C.	10km	5km	3km	2km	TBA	JCC & SCC race	
12-Jul-2025	NSW Short Course XC, (Dapto)	C.C.	Please refer to the ANSW website				ANSW	Early start - Refer to ANSW website for details	
19-Jul-2025	Illawong Interclub (TBC)	C.C.	10km	5km	3km	2km	Illawong	JCC & SCC race	
20-Jul-2025	Sutherland to Surf (Wear Club Singlet)	Road	11km				Wanda SLC	Fun Run. Refer to event website for details	
27-Jul-2025	Sutherland Half Marathon, Audley (pending)	C.C.	10km / 21.1km	5km	3km	2km	G.Keir	Refer to SDAC website for details	
2-Aug-2025	NSW Road Relays, The Crest	Road	Please refer to the ANSW website				ANSW	Early start - Refer to ANSW website for details	
9-Aug-2025	Uloola Falls *	C.C.	10km	5km	3km	2km	TBA	JCC & SCC race	
10-Aug-2025	City to Surf	Road	14km					Fun Run. Refer to event website for details	
16-Aug-2025	Endeavour Cup - Scarborough Park	C.C.	8km	6km	4km	2km	St. George to host	Endeavour Cup (Refer to website for race times & distances). Final Pointscore: JCC & SCC race.	
23-Aug-2025	Australian Cross Country Championships, Ballarat, Victoria	C.C.	Requires qualification at ANSW Championships, see ANSW website for details				Athletics Australia	Refer to Athletics Australia website for details	
30-Aug-2025	<b>Sylvania Track - Presentation Day</b>		END OF SEASON PRESENTATION DAY						<b>Check SDAC website for details</b>
31-Aug-2025	Sydney Marathon and, Australian and NSW Road Marathon Championship 2025	Road		Mixed Distances: 42.2km, 10km, 4.2km				Fun Run	
14-Sep-2025	NSW Half Marathon, Sydney Olympic Park (assumption)	Road	Please refer to the ANSW website				ANSW	Refer to Athletics Australia website for details	
	<b>Note:</b> Blue Shaded Events are Athletics NSW/Athletics Australia events (requiring rego on ANSW website to enter)							<b>Note:</b> JCC = Junior Club Championship; SCC = Senior Club Championship	
	<b>Note:</b> Green Shaded Events are Fun Runs (requiring rego on event website to enter)							<b>Normal Start Times for Club Events indicated by * symbol on timetable</b>	
	<b>Note:</b> White Shaded Events are our club runs (only need to rego at beginning of season)							1km - 1:50pm, 2km - 2:00pm, 3km - 2:20pm, 5km/10km 2:40pm	