



Athletics
New South Wales

**ATHLETICS NSW
WINTER HANDBOOK**

2019

www.nswathletics.org.au



ATHLETICS NSW WINTER HANDBOOK 2019

ANSW CONTACT DETAILS

CONTACT DETAILS

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VOLUNTEERS

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BOARD OF DIRECTORS

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	Anna Fitzgerald	Matthew Whitbread

		Nick Bromley	Terry Manns
		Jonathan Fletcher	
CODE	OFFICIAL CLUB NAME	CLUB CONTACT	PHONE
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ARM	Armidale Athletics Club	Jay Stone	0402498059
ASW	Asics Wests Track & Field Club Inc.	Cathy Gardiner	
AEA	Athletics East	Jackie Wright	0412 087 423
GIA	Athletics Glen Innes Incorporated	Letitia Hope	
WOL	Athletics Wollongong Inc.	Michael McClelland	0422913428
BAN	Bankstown Sports Senior Athletic Club Inc.	Matthew Whitbread	0410588321
BAT	Bathurst Athletic Club Inc.	Brian Corse	0427811947
BLA	Blacktown City Athletics Club Inc.	Jessica Cobb	0450926637
BLM	Balmain Athletics		
BMA	Blue Mountains Athletics Club	Adam Hepper	47511390
BBR	Byron Bay Road Runners	Caroline Bailey	0409804131
CAM	Camden Athletics Club	Veronique Jackson	0424880080
CBT	Campbelltown Collegians Athletics Club Inc.	Terry Manns	0415182080
CES	Cessnock Athletics Centre Inc.	Vanessa	0427954921
CHE	Cherrybrook Senior & Little Athletics Centre Inc.	Karin Webb	0408622144
COH	Coffs Harbour Track and Field	Glenn Thacker	6651 5560
CTR	Coastal Track and Trail Runners	Kerry Williams	0434 048 688
DOU	Douglas Park Athletics Club	Kylie Adelerhof	0412825649
DUB	Dubbo Athletics Club Inc.	David Williams	6882 3938
EAS	East Lakes Athletics Club Inc.	Tony Mahaffey	0439590088
EDG	Edgeworth and Districts LA Centre Inc.	Jo McGinniskin	0410495874
EPP	Epping Athletics Club	John Kelly	0425 268 552
FOR	Forster Athletics Club	Jono Phillip	0448800846
GIR	Girraween Athletics Club	Wayne Thurlow	0425002610
GLE	Glenbrook Athletics Centre	Matthew Andrews	
GOS	Gosford Athletics	Sarah Gunn	4323 4280
GOU	Goulburn Athletics Club Inc.	Sue White	4821 3816
GRA	Grafton Athletics Club Inc.	Cody Attwater	0404 407 412
HIL	Hills District Athletic Club Inc.	Steve Whelan	0411145190
HOO	Hooked On Running	Kirsten Todd	0423 191 854
IBS	Illawarra Blue Stars Athletic Club Inc.	Valmai Loomes	4262 8498
ILL	Illawong Revesby Workers Athletics	Ian Lister	0411 407 915
KEJ	Kembla Joggers Inc.	Neil Barnett	4227 4662
KNX	Knox Grammar	Andrew Ferris	0422 146 616
KOO	Koorinal -Wagga Athletics Club Inc.	Mark Conyers	6931 3272
KOT	Kotara South Amateur Athletics Club	John McClymont	4921 7918
MAI	Maitland Senior and Little Athletic Club Inc.	Renae Cobley	
MHA	Macquarie Hunter Athletics Inc.	Hans Tiller	0401106764
MIN	Mingara Athletics Club Inc.	Margaret Beardslee	0410 438 928
MRR	Macedon Ranges Running Club	Lindsay Sharpe	0418 582 014
MTP	Mounties	Darlene Burkhardt	9610 8179
MUS	Muswellbrook Amateur Athletics Club	Mick Ritchie	0412 894 625

NAM	Nambucca District Senior Athletic Club	Lee Pedrola	6565 0051
NEP	Nepean District Athletic Club	Evelyn Stark	9623 6608
NRI	Newcastle Runners	David Robertson	0427 266 522
NEV	Newcastle Veterans Athletics Club	Michael Pickering	0432381137
NEW	Newington College Athletics Club	Mark Dickens	9568 9548
NRC	Nick's Run Club	James Constantine	0402 144 808
NOW	Nowra Athletics Club	Alison Havadjia	4446 0226
NMA	NSW Masters Athletics Inc.	Stuart Gyngell	0415249088
BAR	Old Barker Athletics Club	Tim Willatt	8934 0099
ORC	Orange Runners Club	Renai McArdle	0417 486 645
PAR	Parramatta City Track & Field Athletic Club	Kevin Fisher	0410 107 975
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POS	Port Stephens Athletics Club	Trudie Carberry	0402503674
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RAY	Raymond Terrace Athletic Centre Inc.	Barbara Inglis	0408487190
RJR	Rejoov Runners	Greta Truscott	0419 021 694
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SIN	Singleton Track and Field Club	Kiera Lawrence	0410080883
SJC	St Josephs College Athletics Club	David Drain	0406960068
SGD	St. George District Athletic Club Inc.	Dave Kistle	9533 1224
SUT	Sutherland District Athletic Club Inc.	Terry Ross	9521 7702
SYP	Sydney Pacific Athletics Club Inc.	Robert McEntyre	0407208364
SSR	Sydney Striders Road Runners Club Inc.	Jo Cowan	0410594189
SYU	Sydney University Athletics Club	Dean Gleeson	0437004602
TAM	Tamworth Senior Athletics Club	Adam Jolliffe	6765 2389
TRM	The Running Movement	Damon Bray	0400 414 840
TSC	The Scots College	Graham Pattison	93917600
TOU	Toukley District Athletics Centre	Stuart Haywood	4396 4411
TGS	Trinity Athletics Club	Liz Murphy	9581 6000
TRT	TRT Running		
UTN	U.T.S. Northern Suburbs Athletic Club Inc.	Andy West	0439527968
UNS	University of New South Wales Athletics Club	Erin Price	0408 069 610
UP	Up Coaching	Brendan Davies	0422 233 463
VIR	Victory Runners	Jan Gibb	0411 221 755
WAL	Wallsend RSL Athletic Club	Bob Ryan	4955 1111
WES	Westfields Athletics Club Inc.	Dan Suchy	0412 599 793
WTL	Westlakes Athletic Club Inc.	Yvonne Puller	4975 4584
WOO	Woodberry & Districts Athletic Centre Inc.	Anne watts	0466412348
WLG	Woolgoolga Athletic Club (Inc.)	Steel Beveridge	6656 2735
WYO	Wyong Athletics Centre Inc.	Brendan Carlson	0422 702 241

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AL	NSW Athletic League	Andrew Muhlhan	02 6251 1565
NXC	Newcastle XC	Debra Fox	02 4921 6978

RR	Regal Racewalkers	Anne Saville	0417 240 609
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TH	NSW Throwers Club	Breanne Clement	02 9632 9504
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(02) 9746 0189	FAX	
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admin@casevents.com	EMAIL	aus.east@unisport.com.au
www.sportforall.com.au	WEB	
AUSTRALIAN SPORTS ANTI-DOPING AUTHORITY (ASADA)	NAME	AUSTRALIAN ULTRA RUNNERS ASSOCIATION (AURA)
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(02) 6206 0201	FAX	
asada@asada.gov.au	EMAIL	president@aura.asn.au
www.asada.gov.au	WEB	www.coolrunning.com.au/ultra/index.shtml
AUSTRALIAN TRACK & FIELD COACHES ASSOCIATION (ATFCA)	NAME	AUSTRALIAN MOUNTAIN RUNNERS ASSOCIATION
PO Box 430 ASHMORE CITY QLD 4214	ADDRESS	42 Stanley Street HACKETT ACT 2602
07 5597 4499	PHONE	(02) 6248 6905
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ais@ausport.gov.au	EMAIL	grant.parker@det.nsw.edu.au
www.ais.org.au	WEB	www.sports.det.nsw.edu.au
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PO Box 476 SYDNEY MARKETS NSW 2129	ADDRESS	Level 4, 99 York Street SYDNEY 2000
(02) 9763 0222	PHONE	(02) 9299 2845
(02) 9763 0250	FAX	(02) 9290 2274
nswisinfo@dsr.nsw.gov.au	EMAIL	ljesse@aisnsw.edu.au
www.nswis.com.au	WEB	

AUSTRALIAN LITTLE ATHLETICS ASSOCIATION	NAME	NSW COMBINED CATHOLIC COLLEGES (CCC)
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(07) 3862 3811	PHONE	101 Archer Street Chatswood NSW 2067 (02) 9419 2933
(07) 3256 1790	FAX	(02) 9415 2831
alaooffice@woodwolves.com	EMAIL	jknapiński@yahoo.com
www.littleathletics.com.au	WEB	
SYDNEY OLYMPIC PARK ATHLETIC CENTRE	NAME	ES MARKS
Locked Bag 2127 Sydney Olympic Park NSW 2127	ADDRESS	Anzac Parade and Darcy Avenue Kensington NSW
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(02) 9752 3499	FAX	
run@sopac.nsw.gov.au	EMAIL	Synthetic
www.sydneyathleticcentre.com.au	WEB	
THE CREST SPORTING COMPLEX (Bankstown)	NAME	THE RIDGE ATHLETICS TRACK
Macleay Street Bass Hill, NSW	ADDRESS	Recreation Drive, New Illawarra Road, Bardon Ridge NSW
(02) 9707 9699	PHONE	(02) 9710 0583
Tanya Spirdakos	CONTACT	Catherine Leather
Synthetic	SURFACE	Synthetic
BLACKTOWN INTERNATIONAL SPORTS PARK	NAME	SYLVANIA WATERS TRACK
Eastern Road & Phillip Parkway Rooty Hill NSW	ADDRESS	Belgrave Esplanade
(02) 9839 6591	PHONE	Sylvania Waters NSW (02) 9710 0583

Kevin Jones	CONTACT	Catherine Leather
Mondo	SURFACE	Synthetic
CAMPBELLTOWN SPORTS CENTRE	NAME	KERRYNN MCCANN ATHLETIC CENTRE (Beaton Park)
Pembroke Road Leumeah NSW	ADDRESS	Foleys Road Gwynneville NSW
(02) 4626 3832	PHONE	(02) 4227 7755
	CONTACT	Kristine Jurmann
Synthetic	SURFACE	Synthetic
WYATT PARK ATHLETICS FIELD	NAME	OLDS PARK
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(02) 9670 4215	PHONE	(02) 9330 6209
Cathy Gardiner	CONTACT	Alison Horne
Grass	SURFACE	Grass
ROTARY FIELD	NAME	BLAIR OVAL
Mowbray Road Lane Cove NSW	ADDRESS	St Mary's
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Peter Douglas	CONTACT	Evelyn Stark
Grass	SURFACE	Grass
GREYSTANES SPORTING COMPLEX	NAME	EPPING OVAL
Gipps Road Greystanes NSW	ADDRESS	North Epping
(02) 9896 4639	PHONE	(02) 9876 6457
Laurie Barclay	CONTACT	Fred O'Connor
Grass	SURFACE	Grass
DUNBAR PARK	NAME	AH WHALING RESERVE
Sobraon Road Marsfield NSW	ADDRESS	Baulkham Hills
(02) 9801 4407	PHONE	(02) 9639 3305
Ross Forster	CONTACT	Steve Davidson
Grass	SURFACE	Grass
SYDNEY ACADEMY OF SPORT	NAME	INDEPENDENT GIRLS SCHOOL
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Shelly Ward	CONTACT	Alison Gowan
Tartan	SURFACE	



ATHLETICS NSW WINTER HANDBOOK 2019

REGISTRATION FEES FOR WINTER SEASON (01/03/19-30/09/19)

ATHLETE	PAPER	CLUBS ONLINE
RUNNSW ATHLETE (WINTER ONLY ATHLETE)	\$105	\$90
DUAL ATHLETE (CURRENTLY REGISTERED WITH LAANSW) – ACCESS TO WARATAH SERIES EVENTS ONLY	FREE	FREE
JUNIOR RUNNSW (ACCESS TO ALL RUNNSW EVENTS)	\$55	\$45
FAMILY (MUST ALL REGISTER AT THE SAME TIME)	\$300	\$285

ASSOCIATE	PAPER	CLUBS ONLINE
'CLUB ASSOCIATE' (CLUB OFFICIALS & ADMINISTRATORS)	\$75	\$60
'CLUB ATHLETE' (COMPETES AT CLUB LEVEL ONLY)	\$95	\$80

TECHNICAL OFFICIAL	PAPER	CLUBS ONLINE
ACCREDITED TECHNICAL OFFICIAL	FREE	FREE



NATIONAL INSURANCE PROGRAM

Provided by V-Insurance Group



V-Insurance Group has designed a National Insurance Program specifically tailored to meet the needs of Athletics Australia.

This program covers all trialing members, members, officials, accredited coaches, directors, executives and volunteers of Athletics Australia. The Public and Products Liability/Professional Indemnity policy also covers members of the following groups:- Running Australia, Athletics Australia approved event promoters and race directors and Australian Masters Athletics Inc.

The National Insurance Program includes the following insurance options, which have been exclusively designed to provide protection for members at all levels:

- Personal Accident
- Public Liability
- Professional Indemnity
- Association Liability
- Property & Equipment

For a summary of the Athletics Australia Insurance Cover, follow this link – <http://www.nswathletics.org.au/About-Us/Policies-Constitutions>. The policies with full conditions are available by contacting Athletics Australia.

If you need help or assistance, please call contact V-Insurance on either 1300 945 547 or sports@vinsurancegroup.com



V-INSURANCE GROUP

CORPORATE AUTHORISED REPRESENTATIVE OF Willis

2018 WINTER RESULTS

2018 WINTER PREMIERSHIP			
MALE		FEMALE	
Bankstown Sports	OPEN	Sydney University	
Bankstown Sports	35+	Bankstown Sports	
St George Districts	45+	Bankstown Sports	
Bankstown Sports	55+	Bankstown Sports	
Bankstown Sports	65+		
Bankstown Sports	75+		
Kembla Joggers	U20	Kembla Joggers	
Kembla Joggers	U18	Sydney Striders	
Randwick Botany	U16	Kembla Joggers	
Kembla Joggers	U14	Sydney Striders	
St George Districts	U12	Kembla Joggers	

2018 WINTER CLUB TROPHY	
1ST	Bankstown Sports
2ND	Sydney Striders
3RD	Sutherland Districts
4TH	St George Districts
5TH	Kembla Joggers

2018 WINTER DISTANCE RUNNER OF THE YEAR			
MALE		FEMALE	
1ST	Edward Goddard (UTS)	1ST	Noni Cooper (SUT)
2ND	Jordan Gusman (BAN)	2ND	Lara Hamilton (SYU)
3RD	Kieran Tall (SSR)	3RD	Holly Campbell (SYU)
4TH	Matt Cox (BAN)	4TH	Belinda Martin (ILL)
5TH	Reece Langdon (BAN)	5TH	Paige Campbell (SYU)

2018 WINTER DISTANCE WALKER OF THE YEAR			
MALE		FEMALE	
1st	Tyler Jones (MIN)	1st	Chelsea Goodhew (WLA)
2nd	Carl Gibbons (MIN)	2nd	Jasmine Dighton (BAN)
3rd	Travis Barendregt (NEP)	3rd	Anne Weekes (SUT)
4th	Dylan Richardson (MIN)	4th	Molly O'Neill (HUN)
5th	Ryan Thomson (NEP)	5th	Bridget Bell (ASW)

2019 RUN NSW CALENDAR

Date	Event	Venue
Sun 24 th March	Wollongong Fitness 5	Wollongong, NSW
Sun 31 st March	Volcanic Mountain Challenge (incorporating NSW Mountain Running Championships)	Orange, NSW
Sat 13 th April	St George Classic (incorporating Novice Champs)	Scarborough Park, Ramsgate, NSW
Sat 4 th May	Sydney10 (incorporating 10km Road Champs)	Sydney Olympic Park, NSW
Sun 19 th May	Team Walks (incorporating Team Walks Champs)	Chipping Norton, NSW
Sat 25 th May	Waratah Series Relays	Miranda Park, NSW
Sat 1 st June	Western Sydney 10	Penrith International Regatta Centre, NSW
Sat 22 nd June	Waratah Series Challenge/Fun 5 (inc. NSW XC Champs)	Willandra, Nowra
Sun 23 rd June	Short Walks (incorporating LANSW Walks Champs)	Penrith International Regatta Centre, NSW
Sat 13 th July	Waratah Series Street Relays + Street 4	Ourimbah, NSW
Sun 28 th July	Long Walks	Chipping Norton, NSW
Sun 3 rd August	Waratah Series Short Course/LANSW XC Champs	Rydalmere, NSW
Sun 24 th August	Australian Cross Country Championships	West Dapto, NSW
Sun 25 th August	Waratah Series Sydney Half + Fun Run	Sydney Olympic Park, NSW
Sun 15 th September	NSW Marathon Championships	Milson's Point, NSW
Sun 15 th September	Casino Fun Run	Casino NSW
Sat 21 st September	Tulip Time Mile	Bowral, NSW
Sun 20 th October	Fernleigh 15 (incorporating 15km Road Champs)	Lake Macquarie, NSW
Sun 3 rd November	Armidale Fun Run	Armidale, NSW



ATHLETE ENTRY WAIVER

When entering online or on the day, you accept that you have read, understood and agreed to follow the information printed on the Athletics NSW website, especially the 2019 Winter Handbook.

You confirm that the information provided through entering online or manually on the day is correct and acknowledge that it is important to read and accept the waiver and competition rules before entering the competition.

You agree and understand that your image may be used in promotion of Athletics NSW events both now and in the future. Furthermore, you allow Athletics NSW or Athletics Australia to email you periodically about future events or other ANSW promotions.

Should you not wish to accept this waiver, please contact Athletics NSW for further options.



GENERAL RULES FOR CROSS COUNTRY AND ROAD RUNNING

This section applies to the running events included in the 2019 Waratah Series; Mountain Running Championships, Novice Cross Country Championships, Sydney10, Long and Short Course Cross Country Championships, Road and Cross Country Relays, Half Marathon, Marathon Championships and Fernleigh 15.

1. AGE GROUPS

- 1.1 Age for the purpose of all individual and team events in the Junior, Open and Masters divisions is determined by age as at 31st December of the competition year.
- 1.2 Age for the purpose of the masters individual and team divisions in the Sydney10 and Sydney Half is determined by age as at the day of competition.
- 1.3 Junior and Open age divisions:
 - 1.3.1 Each division is offered for both male and female.
 - 1.3.2 Divisions for individual championships are U12, U14, U16, U18, U20, U23 (athletes who turn 20, 21 and 22 in the calendar year) and Opens for individual events. These divisions apply to all Winter Championship events except for the Mountain Running, Half Marathon, and Marathon Championships where all athletes in these divisions are considered to be Open athletes, in accordance with rule 1.3.4.
 - 1.3.3 Divisions for **team** championships are U12, U14, U16, U18, U20 and Opens (athletes turning 20-29 in the calendar year). These divisions apply to all Winter Championship events except for the Mountain Running, Half Marathon and Marathon Championships.
 - 1.3.4 A Junior athlete (turning 19 years or younger in the calendar year) is eligible to compete in the Mountain Running Championships, and Half Marathon Championships as an open athlete for both individual and team purposes. A junior athlete (turning 19 years or younger in the calendar year) is not eligible to compete in the Marathon Championships.
- 1.4 Masters age divisions:
 - 1.4.1 Each division is offered for both male and female.
 - 1.4.2 The Masters age groups apply to all Winter Championship individual and team events as stated herein, except for the Mountain Running Championships, where the master age divisions are not offered (individual or team).
 - 1.4.3 Divisions for **individual** championships are in 5 year age groups from 30 years; 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ for all Winter Championship events except the Cross Country Relay, Road Relay, Half Marathon, Mountain Running and Marathon Championship events.
 - 1.4.4 The masters individual championship age divisions are in 10 year age groups from 30 years; 30-39, 40-49, 50-59, 60-69, 70-79 and 80+ for the Half Marathon, Marathon, and Fernleigh 15.
 - 1.4.5 The masters **team** championship age divisions are in 10 year age groups from 30 years; 30-39, 40-49, 50-59, 60-69, 70-79 and 80+ for all Winter Championship events except for the Mountain Running, and Marathon where no masters teams events are contested.
 - 1.4.6 Masters athletes may compete in their actual individual age division (i.e. 50+), whilst simultaneously competing in a younger team division (i.e. 40+), provided the separate divisions are held within the same event and the competition day administration team is notified of this through the appropriate form.

1.5 Athletes competing in a younger (for masters) or older (for juniors) age division for team purposes will nonetheless be considered to compete as individuals in their actual age division, provided the two events are held within the same race.

1.6 Where athletes competing in a younger (for masters) or older (for juniors) age division, for team purposes or otherwise, do not compete in the race for their actual age division, as the two events may not be held within the same race, the athlete will not be eligible for consideration in any individual championship. *For example:* In the current format of the Long Cross Country, a 60+ male athlete competes as a 40+ athlete to complete a 40+ team for his club. He therefore runs the 10km event instead of his natural 8km event. If he does not also compete in the 8km event, he will not be eligible for any individual championship (the 60 nor the 40 individual titles). If, however, he competes for a 50+ team, and therefore competes in the same 8km event as his natural 60+ division, he will still be eligible for the individual championship in the 60+ division, notwithstanding that he is competing as a 50+ athlete for team purposes.

1.7 All athletes competing in a race which contains the Open individual championship are eligible to be considered for the Open Championship. However, for the purpose of teams, unless otherwise informed through the appropriate 'Change of Division/Gender' form, open teams will comprise of athletes aged 20-29.

1.8 In order to be considered eligible to race in the NSW Novice Cross Country Championship (Novice Men's 10km or Novice Women's 7km) athletes MUST NOT have placed 1st, 2nd, or 3rd in a NSW State Cross Country, road, or track event 3000m to 42,195m in the Open age group. This includes the NSW Half Marathon and Marathon Championships (or similar events from other State Association competitions). Any athlete who has achieved a National or International medal will also be deemed ineligible for the Novice Championship race.

2. AWARDS

2.1 In State Championships, first, second and third placegetters in both individual and team events shall receive an ANSW medal.

2.2 In events where under 23, Open and Masters age athletes compete together, the first three placegetters will be awarded the NSW Open Championship medal, even if they are of Under 23 or Masters age. An athlete may win an open award as well as the Championship title in their particular age group, however will not receive a second medal.

2.3 Only ANSW registered athletes (or other athletes registered with another state member association) are eligible to receive medals in State Championship events.

3. ENTRY & COSTS

3.1 Entries for all individual ANSW Championship events will open online at least three (3) weeks prior to the competition. Cost of entry online is \$20 + processing fee for members, excluding the Mountain Running Championships, Sydney10, NSW Half Marathon, Marathon Championships, and Fernleigh 15 (see 3.6). Online entries close at 9am the Wednesday before the competition. Any athlete without internet access or credit card must contact Athletics NSW directly for an alternative method of entry.

3.2 Entries for all ANSW Relay Championship events will be submitted on the day. Team Managers are to submit the relay team form supplied on the ANSW calendar page on the day of the event. Entry is \$38 per member team, and \$70 per non-member team. Team changes must be submitted at least sixty (60) minutes prior to the race starting. Individuals are eligible to run at the Relay Championships, in the first leg only, at an entry fee of \$10.

3.3 On the day entries for individual events are available but close 60 minutes prior to the event that the athlete wishes to enter. On the day entries cost \$30.

3.4 Entries for fun runs are available on the day at the price designated by the host club.

3.5 Family entries (2 adults and any number of children) will be accepted up to the closing date for online entry by emailing the athletes' details to Athletics NSW, via email, competitions@nswathletics.org.au. The family entry fee of \$45 does not apply to on the day entries.

3.6 Entries for the Mountain Running Championships, Sydney10, NSW Half Marathon, Marathon Championships, and Fernleigh 15 have a variable entry fee to be confirmed by the event organisers in conjunction with Athletics NSW.

4. CONFIRMATION OF ENTRY

4.1 Members, excluding dual members, must report to the registration desk to collect their competition bib and timing tag. They must then report directly to the start area at least 10 minutes before the scheduled start time.

Dual members and non-members must report to the registration desk on the day of competition at least 60 minutes before the race to confirm entry and collect a temporary timing bib. Athletes who do not have the correct timing bib will not be given a place or time.

5. UNIFORMS

5.1 Registered ANSW club athletes are required to wear their club uniform in all championship events. Race specific Athletics NSW competition bib numbers are required to be firmly fixed at the front, clearly showing the whole bib. Athletes observed to not be wearing their correct club uniform and ANSW competition bib may be disqualified. Post race day, there will be no retrospective disqualifications.

6. NSW DISTANCE RUNNER OF THE YEAR (Male) –

G.P.S Parke Memorial Medal

6.1 This competition shall be decided by calculating points earned over the Championships held over the winter season. The events are the 10km Cross Country, 6km Short Course Cross Country, 10km Road Race, Half Marathon, Road Relay, Cross Country Relay, Novice 10km Cross Country Championship and the Open 10km Cross Country held in conjunction with the latter.

6.2 In the 10km Cross Country, 6km Short Course Cross Country, 10km Road Race and Half Marathon, the fastest fifteen competitors will be awarded fifteen (15) points for first, fourteen (14) for second and so on until one (1) point for fifteenth place. In the Road Relay and Cross Country Relay Championships, the five fastest runners in each leg of the Open Relay will be awarded five (5) points for the fastest, four (4) for the second fastest, etc. Athletes competing in more than one (1) relay team will only score once per day towards the Distance Runner of the year point score.

6.2.1 Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 10km Novice Championships have been allocated points. Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 10km All-comers race have been allocated points.

6.3 The runner scoring the highest number of points over the whole series of events shall be announced NSW Distance Runner of the Year (Male). In the event of a tie of competition points, the winner shall be the runner that scored points in the greater number of events.

7. NSW DISTANCE RUNNER OF THE YEAR (Female) –

Doris Magee Trophy

7.1 This competition shall be decided over the Championships held over the winter season. The events are the 10km Cross Country, 6km Short Course Cross Country, 10km Road Race, Half Marathon, Road Relay, Cross Country Relay, Novice 7km Cross Country Championship and the Novice 7km Allcomers event.

7.2 In the 10km Cross Country, 6km Short Course Cross Country, 10km Road Race and Half Marathon, the fastest fifteen Competitors will be awarded fifteen (15) points for first, fourteen (14) for second and so on until one (1) point for fifteenth place. In the Road and Cross Country Relay Championships, the five fastest runners in each leg of the Open Relay will be awarded five (5) points for the fastest, four (4) for the second fastest, etc. Athletes competing in more than one (1) relay team will only score once per day towards the Distance Runner of the year point score.

7.2.1 Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 7km Novice Championships have been allocated points. Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 7km All-comers race have been allocated points.

7.3 The runner scoring the highest number of points over the whole series of events shall be announced NSW Distance Runner of the Year (Female). In the event of a tie of competition points, the winner shall be the runner that scored points in the greater number of events.

8. TEAMS

Team events, held in conjunction with each ANSW Winter Championship, will be conducted under the following rules:

8.1 Team events will be conducted separately for both male and female within each of the age divisions set out in rules 1.3.3 and 1.4.5.

8.2 For non-relay championships, an athlete may compete in more than one age division, so long as all of the races in which the athlete competes have separate start times and participation of the athlete is in accordance with rules 8.6.2, 8.6.3 and 8.6.4.

8.3 For relay championships, an athlete may compete in more than one age division as long as participation is in accordance with rules 8.6.2, 8.6.3 and 8.6.4.

8.3.1 For relay championships, if multiple age/gender divisions have the same race start time then an athlete competing in more than one team must compete in a different leg in each of the teams in which she/he participates.

8.4 No athlete may compete in the same age division more than once at any championship with the exception being that a female may compete in both a female and a male team in the same age division as long as participation is in accordance with rule 8.6.2.

8.4.1 For relay championships no athlete may compete in the 1st leg as an Individual then compete in the 2nd, 3rd or 4th leg in the same race as part of a team in the same age/gender division in which she/he entered as an Individual.

8.5 There are no junior teams in the Mountain Running Championships, NSW Half Marathon or Marathon and no Masters teams in the NSW Marathon and Mountain Running Championships.

8.6 Composition of Teams

8.6.1 Teams will consist of 4 athletes for all Winter Championship events, except for all Winter Walks, Mountain Running Championships, and the Marathon Championships where teams will consist of 3 athletes.

8.6.2 One or two female athletes may be included to make up a shortfall in a male team, however, they must not replace any male, belonging to the age division of the male team, that was fit and willing to compete.

8.6.3 Masters athletes may compete in a younger team division in accordance with rule 1.4.6.

8.6.4 Junior athletes may compete in an older junior team division or the Open division, but not a Masters division.

8.7 Calculation of Team Results

8.7.1 For all Winter Championship events, except for Relays, team results will be calculated by the cumulative total of finishing positions in the particular age/gender division, of all athletes comprising the team, where the team with the lowest cumulative total of finishing positions winning the team event. Finishing positions of invitational athletes will not be included when tallying the ANSW team scores.

8.7.2 For Relay events, the teams' results will be determined by the ordinary finishing order of the 4th leg runners.

8.7.3 Should there be a tie; the team whose final runner had the higher finishing position will be awarded the higher placing (e.g. if the final runner from Team A places 14th, and the final runner from Team B place 15th, Team A will be awarded the higher placing).

8.8 Entry of Teams

8.8.1 For the Mountain Running Championships, Fernleigh 15, Cross Country (Novice, Long and Short), the Sydney10 and Half Marathon events, an athlete wishing to be classified in a different age division or gender event for team purposes must fill out and submit a 'Change of Division/Gender' form at least 60 minutes prior to the commencement of the event. This information cannot be changed after the commencement of the race. The athlete will then be considered to be that age/gender for the purpose of the event and will be included in ANSW's calculation of the top 4 athletes in that event for team purposes, noting rule 8.6.2 (women may not replace available men).

8.8.2 For all Winter Championship events listed in rule 8.8.1, ANSW will automatically assign athletes to teams based on the finishing positions of athletes whose date of birth falls into the particular age division and gender.

8.8.3 For the Marathon Championships, teams must be submitted to ANSW by the close of business on the Friday prior to the event.

8.8.4 For Relay Championships, team composition and reserves must be submitted prior to the commencement of the event. Any alterations to the running order must be submitted prior to the starting time of the last runner in the team, with only one reserve eligible to compete in a lower team within the same age division (male or female).

8.8.5 For events listed in rules 8.8.3 and 8.8.4, ANSW will not automatically generate teams. If no teams are entered in accordance with the rules a club will not field any teams in the event.

9. WINTER PREMIERSHIP

9.1 The Winter Premierships for all divisions (male and female) will be calculated by cumulative points for all Winter Championship events (except the Mountain Running Championships, Fernleigh15, Marathon and the Walks Championships), and the 10km, 4km, 3km, and 2km All-comers races at the NSW Novice Championships.

9.2 Points are awarded to teams rather than clubs. A club's 'B' team, 'C' team, or subsequent team may score points in a specific division Winter Premiership in its own right and accrue those points throughout the season. Such points are scored independently of a club's 'A' team and are not combined to form a cumulative total for the club in the Winter Premiership. [A club's 'A' and 'B' teams are therefore in competition.]

9.3 The team with the highest cumulative points at the conclusion of the NSW Winter Championship Cross Country Events will be awarded the Winter Premiership in the specific division.

9.4 In the event of a tie between two or more teams in a division, joint Winter Premierships will be awarded.

9.5.1 Points for the Winter Premiership divisions will be awarded based upon the finishing order of teams (to be determined by rules 8.7.1 and 8.7.2) and by the following structure (Excluding the Novice 10km, Novice 7km and Allcomers 7km and 10km at the Novice Championships):

1st team:	25 points	12th team:	9 points
2nd team:	20 points	13th team:	8 points
3rd team:	18 points	14th team:	7 points
4th team:	17 points	15th team:	6 points
5th team:	16 points	16th team:	5 points
6th team:	15 points	17th team:	4 points
7th team:	14 points	18th team:	3 points
8th team:	13 points	19th team:	2 points
9th team:	12 points	20th team:	1 point
10th team:	11 points	Subsequent teams:	1 point
11th team:	10 points		

9.5.2 Points for the NSW Novice Championships and 10km and 7km Allcomer races will be awarded by the following structure:

1st team:	15 points	8th team:	5 points
2nd team:	12 points	9th team:	4 points
3rd team:	10 points	10th team:	3 points
4th team:	9 points	11th team:	2 points
5th team:	8 points	12th team:	1 point
6th team:	7 points	Subsequent teams:	1 point
7th team:	6 points		

9.6 For the State Novice Championships, all athletes will be treated as Open male or female athletes and will be arranged into male or female teams of four athletes, in finishing order. The points awarded to the teams will be as set out in rule 9.5.

10. WINTER CLUB TROPHY

10.1 Points will be calculated by taking the cumulative total of points obtained by a club's Winter Premiership division teams, in addition to the individual points accrued by a club in accordance with rule 10.3.

10.2 Points will be included from all of a club's Winter Premiership teams, including 'B', 'C' or any subsequent teams in any Winter Premiership age division.

10.3 Each individual athlete competing in a Winter Championship event will accrue 1 point for their club in the Winter Club Trophy, including competitors in relay events. A competitor will accrue one point for each event they compete in, and may accrue more than 1 point on any competition day.

10.4 The club with the highest number of points, pursuant to rules 10.1 and 10.2 will be awarded the Winter Club Trophy.

11. UNAUTHORISED USE OF COURSE

11.1 Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending club/s or take other disciplinary action as may be deemed necessary.

12. VEHICLES

12.1 In all races, no vehicle other than official cars shall accompany a runner or walker, nor park in such a way as to hinder a start, finish or changeover or control point.

13. INDIVIDUAL COMPETITORS IN RELAYS

13.1 Individuals may compete in the relays on the condition that they must compete in the first leg. The cost will be \$10 for individual competitors.

13.2 Individual competitors in relay events will accrue one (1) point for their club in the Winter Club Trophy, as stipulated in rule 10.3.

14. MEDIA DEVICES

14.1 The use of iPods and other music players while competing have inherent risks and as such ANSW discourages their use by competitors. If competitors choose to do so they acknowledge it is at their own risk.

15. RESULTS

15.1 Individual results for all NSW Winter Championships and will be available on the day of the event and will be published on the results page of the Athletics NSW website. Individual medals will be presented during the Championship in accordance with the results.

15.2 Team results for NSW Winter Championships, except the NSW Relay Championships and NSW Road Relay Championships, will be produced and published on the results page of the Athletics NSW website in the week following the Championship. Team medals will be distributed to clubs for presentation to winning athletes.

15.3 Team Results for the NSW Relay Championships and NSW Road Relay Championships will be available on the day of the event and will be published on the results page of the Athletics NSW website. Team medals will be presented during the Championship in accordance with the results.

15.4 Once the results have been published on the Athletics NSW website, athletes/clubs have up to 3 working days to notify Athletics NSW if any errors in the results are identifiable.



GENERAL RULES FOR RACE WALKING

1. JUDGING OF RACE WALKING

The Athletics Australia Walking Commission has adopted "IAAF The Judging of Race Walking – A Practical Guide" as the sole reference manual for the judging of race walking events throughout Australia. Athletics

2. INDIVIDUAL

2.1 Only athletes registered with Athletics NSW are entitled to compete in NSW Championship events. Associate members are not entitled to compete in NSW Championships.

2.2 Entries for NSW Championships will be taken online. Online entry will open three (3) weeks prior to the Championship and will close 9am on the Wednesday before the event. Athletes may enter on the day, however will incur a higher entry fee.

2.3 Where two or more Championship events are combined and there is some difficulty in identifying the athletes in each event, a coloured ribbon attached to the registration number (front and back) may be worn to identify one group from another.

2.4 In State Championships where Open and other age groups compete together in the same event, the first three place getters across the line will be awarded the NSW Open Championship medals even if they are Masters or under age athletes. The first age group walkers to finish after third place will be awarded first place and so on in the relevant age category. Athletes may only compete in one team and one individual event on the same day.

2.5 Age groups for State Championships include U12, U14, U16, U18, U20, Open, 30+, 40+, 50+, 60+, 70+.

3. NSW DISTANCE WALKER OF THE YEAR

3.1 These competitions will be decided by calculating points earned over the following events:

- Men - 30 km Long Walk, 20 km Short Walk and 10 km Team Road Walking Championships.
- Women – 20 km Long Walk, 15km Short Walk and 10 km Team Road Walking Championships.

3.2 Competitors will be awarded fifteen (15) points for first, fourteen (14) points for second and so on until one (1) point for fifteenth place.

3.3 The male and female walkers scoring the highest number of points over the whole series shall be deemed the NSW Distance Walker of the Year. In the event of a tie of competition points, the winner shall be the walker with the lowest aggregate of event placings.

4. NSW TEAM WALKS CHAMPIONSHIPS

The team events held in conjunction with the NSW Team Walks Championships will be conducted under the following rules:

4.1 The team scoring the least number of points according to the positions in which scoring members of the team finish shall be the winner. The position of all entrants shall be taken into account when computing the scores of the teams.

4.2 In team Championships, competitors from the country may combine with competitors from other clubs in their region to form a regional team, which shall be treated the same as a club team.

4.3 A team shall consist of the first three (3) members of a club or region to complete the event. In the event of a club or region having more than one team, the first three (3) competitors from that club or region to finish will be team one and the second three competitors from that club or region to finish will make up team two and so on.

4.4 Male teams will normally comprise of male athletes only. However female athletes are able to make up a shortfall in a team but not replace available men. Females in male teams will not be eligible for individual placing in the female event.

4.5 Teams events will be contested in the following age groups: U14, U18, and Open.

5. MEDIA DEVICES

5.1 The use of iPods and other music players while competing have inherent risks and as such ANSW discourages their use by competitors. If competitors choose to do so they acknowledge it is at their own risk.

6. RESULTS

6.1 Individual and team results for all NSW Walks Championships and will be available on the day of the event and will be published on the results page of the Athletics NSW website. Medals will be presented during the Championship in accordance with the results.

6.2 Once the results have been published on the Athletics NSW website, athletes/clubs have up to 3 working days to notify Athletics NSW if any errors in the results are identifiable.

• Rules 9, 10, 11, 13 for Cross Country and Road Racing in this handbook also apply.