



# 2018 WINTER SEASON HANDBOOK

Published April 2018

2018 Fun  
Runs, Cross-  
Country and  
Road Racing



## AN OVERVIEW OF THE 2018 WINTER SEASON

- ★ Athletics New South Wales (ANSW) Winter Series events
- ★ Athletics East's Point Score Competition

### ANSW Winter Series

Athletics New South Wales (ANSW) is the organization responsible for creating and organizing Athletics in the state of New South Wales.

In the early 1900's they created the club competition for both summer (track & field) and winter (road, cross country and walks). Clubs were formed to compete in these events. Athletics East first competed in 1904 (at the time known as

Eastern Suburbs AC) and has been competing to the present day.

Throughout winter ANSW conducts a number of Cross Country, Road Races and Distance Relays each year. Although many of the events are individual in nature, there is a club team championship associated with them. These events form the Winter Series.



**AE team mates supporting each other in a hard fought 5km**

Here's a bit more info on each of the ANSW winter races.

### CROSS COUNTRY RACES

#### **21 April – ANSW novice cross country at Ramsgate**

This event is the start of the Winter Season. The event incorporates the Novice Championships – a unique event which is open to all athletes who have not won a State Medal in Open competition over a distance of 3000m or longer.

The event also includes a number of Fun Runs over distances of 2km, 4km and 10km open to unregistered runners.



The ANSW races are held at different venues with courses of varied and challenging terrain make for interesting and rewarding running. The prospect of running for a team place also adds to the enjoyment and being part of the club.



#### **23 June – ANSW long course cross country at Nowra**

Returning to the tough purpose built cross country course in Nowra.

The Open Championships are 10km for men and women, with shorter events being held in the junior age groups (U12 up to U20).

T

here is usually a fun run of 1km, 2km & 4km during the afternoon open to unregistered runners.

#### **8 July – ANSW short course cross country at Dapto**

Enjoy the 7.5km Cross country course.

### ROAD RACES

#### **5 May – ANSW 10km road championships at Sydney Olympic Park**

This event is held on a traffic free course within Olympic park Homebush. The Open Championships are 10km for men and women, with shorter events being held in the junior age groups (U12 up to U20).

#### **26 August – ANSW Half Marathon championship at SOPAC**

Another change to the winter calendar has seen the Half Marathon move venue and date.

### RELAY EVENTS

#### **26 May – ANSW cross country relays at Miranda**

This event sees teams of four compete in a relay over the fast yet arduous Miranda Park course.

Open teams race over 4x4km, with some junior events being conducted over shorter distances.

There is usually a fun run of 4km during the afternoon open to unregistered runners.

#### **21 July – ANSW road relays at Ourimbah campus**

4x4km on a traffic-free 2km loop road course, at the Newcastle University Ourimbah campus

## The AE Winter Points Races – 2018 Season

The Winter Points Races are run as two parallel streams – one stream for ANSW registered athletes only and the other for Community Athletes or ANSW registered athletes who prefer the fun runs to the registered runs.

Having said that, there is a certain amount of overlap between the two streams with some races being on both lists.

- ★ October 2017 – Maroubra Fun run (4k, 8k)
- ★ February 2018 – Dee Why to Many (7k)
- ★ 25 April – Club Cross Country, Queens Park (6k)
- ★ 13 May – Mother’s Day Classic (8K)
- ★ 20 May – SMH half marathon (21k)
- ★ 22 July – Sutherland to Surf (11k)
- ★ 28 July – AE Club run: Guess your time run (5km)
- ★ 12 August – City to Surf (14k)
- ★ 16 September – Sydney Bridge run (9k, 21k, 42k)
- ★ 22 September – AE Tony Brown run (10k)

The  
“Community  
Athlete”  
Stream

- ✿ 21 Apr – Novice Champs, Scarborough Park, Ramsgate 10km Male, 7km Female
- ✿ 25 Apr – Club X country Race (6km)
- ✿ 5 May – Sydney 10km, Homebush
- ✿ 26 May – Cross Country Relays, Miranda 4 x 4km
- ✿ 23 Jun – Long Course CC, Nowra 10km
- ✿ 8 Jul – Short Course CC, Dapto 7.5km
- ✿ 21 Jul – Road Relays, Ourimbah 4 x 4km
- ✿ 4 Aug – XC Festival, Rydalmere
- ✿ 26 Aug – Half Marathon, SOPAC
- ✿ 22 September – AE Tony Brown run (10k)

The ANSW  
Stream

## The AE Points Score Scoring Scheme

The scoring for this year has a slight amendment. We will trial awarding points based on age group and the overall winner will still be the athlete with the most amount of points at the end of the season.

The scoring schemes are the same for both streams but where the events are common then there will be two sets of points available.

Age groups for the 2018 points score season will be as follows:

Open (Under 30)  
30 - 39  
40 - 49  
50+

Athletes who compete in the nominated event at a meeting will receive:

5 points for being first AE member home in their age group  
4 points for being second AE member home in their age group  
3 points for being third AE member home in their age group  
2 points for being fourth AE member home in their age group  
1 point for finishing irrespective of position

Just to be clear, at a race like the Tony Brown where runners in both the registered and community athlete streams are competing at the same time then the first athlete competing in the registered athlete stream will receive five points and the first runner competing in the other stream will also receive five points.

Where there are several races at an event on race day, the race with the most members participating will be the nominated race distance unless notified otherwise pre event day. All other distances will score a point upon completion.

In addition, marshals and timekeepers will receive one point for each event they support.

As there are equal points available, regardless of which stream you take part in, at the end of the season points will be added up to select one overall male and one female AE Point Score winner.

## Frequently Asked Questions

**Q - I'm an ANSW registered athlete but I prefer the other stream of races – City to Surf, Sri Chinmoy etc – in which stream will I score?**

**A -** The point scorers will track your points and if you're not running the registered races then you will score in the other stream. If there's any question then either you will be asked to nominate or the President will make an executive decision.

**Q -Is it technically possible for a "speedy" person that normally takes part in the ANSW stream to opt for the "fun run" stream just so they can win the coveted AE Point Score?**

**A -** Yes it's technically possible but very unlikely as a) it's not in the spirit of the competition; b) it's most likely that AE athletes will want to test themselves in events where they'll be stretched and (c) the President might choose to exercise some discretionary powers.



# Club Races

The club holds 3 races over the year, open to all members, family and friends.

Two of the races are included in the end of year award winners:

- Cross Country champion
- Club Road race champion

## **Club Run Details:**

25 April – Club Cross Country, Queens Park. 6km

28 July – Guess your time run, Centennial Park. 5km

22 September – Club Road Race, La Perouse. 10km



Support your club & meet your fellow AE team mates.

# ANSW WINTER SEASON EVENTS



## RUNNSW 2018 EVENT CALENDAR



SYNC ALL DATES TO  
YOUR CALENDAR



- MAITLAND**  
**2018 RUN**  
 SUNDAY  
 18TH MARCH

**WALKA WATER WORKS ULTRA**  
**50km / 100km (Individual Relay)**  
 Flat scenic course consisting of a 3.7km loop
- WOLLONGONG**  
**2018 RUN**  
 SUNDAY  
 25TH MARCH

**FITNESS 5 / KERRYN MCCANN 10**  
**5km / 10km**  
 Join in the Run! Wollongong's premier Funrun event!
- ORANGE**  
**2018 RUN**  
 SUNDAY  
 25TH MARCH

**VOLCANIC CHALLENGE & MOUNTAIN RUNNING CHAMPS**  
**4.6km / 11km**  
 Run or walk to the top of Mount Canobolas
- RAMSGATE**  
**WARATAH**  
 SATURDAY  
 21ST APRIL

**WARATAH SERIES ST GEORGE CLASSIC**  
**7km / 10km**  
**OR 2km / 4km Kids Fun Run**
- SOPAC**  
**2018 RUN WARATAH**  
 SATURDAY  
 5TH MAY

**WARATAH SERIES SYDNEY 10 & GREATER BANK FUN RUN**  
**2.5km / 5km / 10km**  
 Sydney's premier 10km event finishing on the iconic blue track at Sydney Olympic Park
- CHIPPING NORTON**  
**WARATAH**  
 SUNDAY  
 20TH MAY

**WARATAH SERIES TEAM WALKS**  
**3km / 5km / 10km**
- MIRANDA PARK**  
**WARATAH**  
 SATURDAY  
 26TH MAY

**WARATAH SERIES RELAYS**  
**4x2km / 4x3km / 4x4km**  
**2km Open Fun Run**  
 Put a team together!
- PENRITH**  
**2018 RUN**  
 SATURDAY  
 2ND JUNE

**WESTERN SYDNEY MARATHON**  
**5km / 10km / 21.1km / 42.2km**  
 Bringing families and communities together!
- PENRITH LAKES**  
**WARATAH**  
 SUNDAY  
 17TH JUNE

**WARATAH SERIES SHORT WALKS**  
**1.2km / 1.5km / 2km / 3km / 5km**  
**10km / 15km / 20km**
- NOWRA**  
**2018 RUN WARATAH**  
 SATURDAY  
 23RD JUNE

**WARATAH SERIES CHALLENGE INC GREATER BANK FUN 5**  
**2km / 3km / 4km / 6km / 8km / 10km**  
**5km Fun Run**  
 Now you can join in the Cross Country Fun

- WEST DAPTO**  
**2018 RUN WARATAH**  
 SUNDAY  
 8TH JULY

**LANSW XC CHAMPIONSHIP WARATAH SERIES SHORT COURSE + GREATER BANK FUN 5**  
**800m / 1500m / 2km / 3km / 4km**  
**5km / 7.5km / 5k Fun Run**  
 Now you can join in the Cross Country Fun
- OURIMBAH**  
**2018 RUN WARATAH**  
 SATURDAY  
 21ST JULY

**WARATAH SERIES STREET RELAYS INC GREATER BANK STREET 4**  
**4x2km / 4x4km / 4km Fun Run**  
 Fun Run open to anyone who can run, jog or walk!
- CHIPPING NORTON**  
**WARATAH**  
 SUNDAY  
 22ND JULY

**WARATAH SERIES LONG WALKS**  
**2km / 5km / 8km / 15km**  
**20km / 30km**
- RYDALMERE**  
**WARATAH**  
 SATURDAY  
 4TH AUGUST

**WARATAH SERIES RUN FESTIVAL**  
**3km / 6km / 12km Mixed**
- SOPAC**  
**2018 RUN WARATAH**  
 SUNDAY  
 26TH AUGUST

**WARATAH SERIES SYDNEY HALF & GREATER BANK FUN RUN**  
**4km / 7km / 21.1km**  
 Enjoy a fast & flat run around the iconic Sydney Olympic Park
- CASINO**  
**2018 RUN**  
 SUNDAY  
 16TH SEPTEMBER

**CASINO**  
**2km / 5km / 10km**  
 Anyone can enter! Run, jog or walk!
- BOWRAL**  
**2018 RUN**  
 SATURDAY  
 22ND SEPTEMBER

**TULIP TIME MILE**  
**1 Mile**  
 A springtime mile in the heart of the Southern Highlands
- FERNLEIGH TRACK**  
**2018 RUN**  
 SUNDAY  
 21ST OCTOBER

**FERNLEIGH 15**  
**15km**  
 Complete the iconic Fernleigh Track without traffic or bicycles
- ARMIDALE**  
**2018 RUN**  
 SUNDAY  
 4TH NOVEMBER

**ARMIDALE**  
**2km / 5km / 10km**  
 Run in Australia's highest city

Try out a  
 race over  
 the NSW  
 winter series

Visit [www.runnsw.com.au/membership/](http://www.runnsw.com.au/membership/) for more information

