



# Cross Country End of Season Compilation

2020

Author: Barbara Clayton

Photographer: Stewart Freak + others



## ABOUT NEWSTEAD ATHLETICS CLUB

The Newstead Athletics Club is the oldest athletics club in Northern Tasmania, established in 1933.

The club conducts cross country, road and trail races on a regular basis from March / April through to September each year and competes in track and field competition at the St Leonard's Athletic Centre during the summer months.

All ages are catered for and participants can run or walk any course (for children, parents' discretion is required for suitability of distance). Very young children may be accompanied by a parent / guardian but must complete the course "under their own steam" i.e. no hand holding or carrying. The parent is there for safety and to provide direction on the course.

Races vary between handicaps, sealed handicaps, and scratch races, and courses vary from flat road to challenging cross country and even a mountain climb, so there is something for all tastes.

We are always seeking new members, new helpers and sponsors. Please talk to the committee about how you can help this great club, which in 2013 celebrated 80 years of success!

## RACE DAY OFFICIALS

**Race Director:** Mick Halaby, Barbara Clayton.

**New Member Liaison:** Barbara Clayton.

**Handicapping:** Mick Halaby

**Timekeepers:** Eric Welsh, Mick Halaby, Anna Davie, Barbara Clayton plus volunteers as required

**Finish Line Recorders:** Deb McKenzie and volunteers

**Cross Country Registrar:** Barbara Clayton, Mick Halaby

**Photographer:** Stewart Freak

**Course Marking:** Mick Halaby, Barbara Clayton, Jen Tait, and weekly volunteers

**Course Marshalling:** thank you to all that volunteered

**Results Coordinator:** Barbara Clayton

**Lucky Draw Coordinator:** none due to covid-19

**Finish Line Sash:** none due to covid-19

**BBQ:** none due to covid-19

**First Aid Officers:** David Nicholls (Chief First Aid Officer), Barbara Clayton

**Promotion / Advertising / Results communications:** Brenda Giles, Barbara Clayton

## GENERAL INFORMATION

### Race Formats:-

- Virtual Season 1
- Virtual Season 2 – Positive Safety Outcomes
- Actual Season
  - Due to Covid 19 we only conduct races in handicap format in 2020
  - The runner is allocated a time to start as per handicapping guidelines, and starts at this time. The first across the line is the winner

### Race Divisions:-

- 3 distances are offered each week (except for Mt Barrow where a second Division 1 distance will be offered)
  - Division 1 is the longest distance – 5km or greater
  - Division 2 a middle distance – between 3km and 4.9km
  - Division 3 a shorter distance - 1.5 to 2km

**New Runners:** Competitors that have not participated in at least 2 events in that division in the previous season will be classified as new runners.

- Handicapping for new runners – see handicapping section of this booklet.
- Race Placings for new runners - A new athlete may not place (*in the top 10 in the results sheet*) in the individual's first 3 events. *The Exceptions are the scratch races at the beginning of the season. (scratch NOT sealed handicap)*
- The three events must be run on different weeks – i.e. you can't run in the Div. 1, Div. 2 and Div. 3 race in a single week to remove the new runner status.
- *Consistency competition* – new runners will be awarded a maximum of 10 consistency club points for each of their first three events. See notes above and in the handicapping section of this booklet.

## FUND RAISING 2020

### Fundraising event (Deloraine Craft Fair)

Thank you to those athletes and supporters that volunteer their time at the Deloraine Craft Fair (long weekend in November last year) Unfortunately due to covid-19 we will not get the same opportunity for this November (2020) 😞

### All Schools Cross Country – Symmons Plains

Sadly, due to covid-19 this event was not held in 2020

**\*\*Helping at one of these events is a great way for state reps to contribute to the club for an opportunity to receive some funding support for their trip\*\***

## SPONSORS

### Sponsors

Are businesses and families or individuals who provide funding for the club so that we can afford to operate. The money received is used to help pay for lucky draw prizes, trophies and medals, weekly prizes as well as venues who charge for the use of their grounds (and of course affiliation fees with Athletics Tasmania). Sponsors have the choice to sponsor a particular race or event or the club in general.

### Thank you to our 2020 Sponsors

- Positive Safety Outcomes
- Deloraine Hotel
- Soleways
- Bridport Bunker Club
- MalBren Honey

## HANDICAPPING (IT'S A TOUGH GIG)

**AIM:** Everyone has a chance to win and there is a range of winners over the season

### Criteria to meet

1. Runners should be able to understand how their handicap had been arrived at
2. The method should apply equally to all
3. The handicap should be adjusted to the distance of the race
4. The handicap should reflect the runner's level of ability

### How we do it

- Handicaps are initially established from the previous season's best km rate from the last ten races, the first scratch race of the current season or the athlete's first race of the season, whichever is better. **Note:** Athletes will be awarded 20 bonus consistency points if a faster km rate than the previous season's best is recorded in the first scratch race or their first race of the season.
- Once an individual's 3 race times are better than their handicap rate, then the handicap changes to the average of these 3.
- All handicaps will be converted to a 10km equivalent rate across all divisions and adjusted according to race distances each week.
- Where an athlete moves to a lower division, the handicap will be calculated on the higher division predicted km rate minus 20 seconds.
- Where an athlete moves to a higher division, the handicap will be calculated from their best predicted km rate from the lower division.
- If an athlete wins a race with a faster km rate, that km rate becomes the new rate for calculating the handicap.
- Once any competitor has won a race, their handicap will be fairly adjusted by the handicapping panel (20 seconds per km subtracted from predicted time for Div. 1 and Div. 2 and 25 seconds for Div. 3).
- *Handicap adjustment for winning a race will be applied to all divisions for that athlete, e.g., a win in division 1 will incur a 20-sec per km adjustment for division 1, division 2 and 25-sec for division 3.*
- *If an athlete that has won a race runs a faster km rate in any subsequent race, that rate becomes the new best time for calculating handicaps.*
- For the purpose of handicapping if you competed in two or less races in a particular race division last season you will be classified as a new runner for that division.
- There are no "lifts" in handicap due to deteriorating performance i.e. injury or sickness. However consistent performances below predicted km rate by an athlete may be considered at the discretion of the handicapping panel.

### New Runners

- A new runner may not place (*in the top 10 in the results sheet*) in the individual's first 3 events, and will be awarded a maximum of 10 consistency club points for each of these events. *The Exceptions are*
  - *the scratch races at the beginning of the season. (scratch NOT sealed handicap)*
  - *a runner that has moved to a higher division*
- Handicap for new athletes is based on a previous race time if this is available. If there is no time available, then the athlete and *club handicappers* may initially nominate a time. Note: If there is no handicapper available, a new runner will run off the back marker.
- The handicap for a new athlete is set after their first run *based on predicted time less 20 sec per km*, and adjusted if necessary for their first 3 events.
- Once a new athlete has run 3 times their handicap will be based on the fastest of these runs and normal club rules will apply thereafter.

Where a handicap has been incorrectly applied which has given a winning athlete a material advantage a discussion with the athlete will be initiated by the handicap committee and the correct handicap may be retrospectively applied prior to the race presentations.

## ATHLETICS TASMANIA

2020 TASMANIAN CROSS COUNTRY CHAMPIONSHIPS  
[Queen's Domain - Hobart, Saturday 22 August]

## Newstead Athletics - TEAMS RESULTS

## WOMEN

**Under 12:** 1<sup>st</sup> Newstead Athletics  
Alexandra Elliott  
Chloe Horsman  
Georgia Freeman

**Under 14:** 2<sup>nd</sup> Newstead Athletics  
Sophie Marshall,  
Sophie Brewster,  
Isabella Shaw)

**Open:** 3<sup>rd</sup> Newstead Athletics  
Lynelle Freeman,  
Sarah Cook,  
Jennifer Tait,  
Natasha Adams

**Over 50:** 2<sup>nd</sup> Newstead Athletics  
Vicky Gunn,  
Tristram Fitzallen,  
Barbara Clayton

## MEN

**Under 14:** 2<sup>nd</sup> Newstead Athletics  
Ben Giasli,  
Luke McKenzie,  
Thomas Death

**Under 16:** 2<sup>nd</sup> Newstead Athletics  
Jai Eccles,  
Will Bottle,  
Blake Whitehouse

**Under 18:** 1<sup>st</sup> Newstead Athletics  
Alexander Wood,  
Ben Adams,  
Lochlan Bussey

**Open:** 1<sup>st</sup> Newstead Athletics  
Sam Clifford,  
David Thomas,  
Oliver Marshall,  
Matthew Zegveld

**Over 40:** 1<sup>st</sup> Newstead Athletics  
Matthew Zegveld,  
James Preece,  
Denis Giasli

**Over 60:** 2<sup>nd</sup> Newstead Athletics  
Robert Gunn,  
Richard Pickup,  
Tony Walsh

ATHLETICS TASMANIA  
2020 TASMANIAN CROSS COUNTRY CHAMPIONSHIPS  
[Queen's Domain - Hobart, Saturday 22 August]

Newstead Athletics – Individual Results

**MEN**

**Under 12:**

2<sup>nd</sup> Lachlan Preece

**Under 14:**

5<sup>th</sup> Ben Giasli,  
7<sup>th</sup> Luke McKenzie,  
9<sup>th</sup> Thomas Death

**Under 16:**

3<sup>rd</sup> Jai Eccles,  
8<sup>th</sup> Will Bottle,  
11<sup>th</sup> Blake Whitehouse

**Under 18:**

5<sup>th</sup> Alexander Wood,  
8<sup>th</sup> Ben Adams,  
9<sup>th</sup> Lochlan Bussey

**Open:**

1<sup>st</sup> Sam Clifford,  
2<sup>nd</sup> David Thomas,  
8<sup>th</sup> Oliver Marshall,  
12<sup>th</sup> Matthew Zegveld  
24<sup>th</sup> James Preece  
28<sup>th</sup> Denis Giasli

**Over 40:**

2<sup>nd</sup> Matthew Zegveld,  
5<sup>th</sup> James Preece,  
7<sup>th</sup> Denis Giasli

**Over 60:**

4<sup>th</sup> Robert Gunn,  
6<sup>th</sup> Richard Pickup,  
12<sup>th</sup> Tony Walsh

**WOMEN**

**Under 12:**

2<sup>nd</sup> Alexandra Elliott  
3<sup>rd</sup> Georgia Freeman  
4<sup>th</sup> Savannah McKenzie  
5<sup>th</sup> Eva Shaw

**Under 14:**

1<sup>st</sup> Sophie Marshall  
6<sup>th</sup> Sophie Brewster  
9<sup>th</sup> Bella Shaw  
12<sup>th</sup> Blaise Fitzallen  
13<sup>th</sup> Abigail Rigney

**Under 16:**

7<sup>th</sup> Ruby Williams  
8<sup>th</sup> Charlotte Bussey

**Under 18:**

3<sup>rd</sup> Abby Henderson

**Under 20:**

2<sup>nd</sup> Montana McKenzie

**Open:**

13<sup>th</sup> Lynette Freeman,  
17<sup>th</sup> Sarah Cook,  
18<sup>th</sup> Jennifer Tait,  
22<sup>nd</sup> Natasha Adams

**Over 50: 2<sup>nd</sup> Newstead Athletics**

2<sup>nd</sup> Vicky Gunn,  
10<sup>th</sup> Tristram Fitzallen,  
11<sup>th</sup> Barbara Clayton

**TASMANIAN RUNNING FESTIVAL (AKA LONNIE 10)**

**Due to Covid-19 this event, usually held in the middle of the year is now scheduled for December.**

We look forward to seeing lots of Newstead runners (preferably in our stand out yellow shirts) in these events.

**STATE REPRESENTATIVES**

**Due to Covid-19 there was no State All schools and no National event for 2020**

**WEEKLY WINNERS****Bridport**

- Division 1 – 11 km – Andrew Seen
- Division 2 – 4 km - Gerard Little
- Division 3 – 2 km – Hugo Green

**Deloraine**

- Division 1 – 10 km – Richard Pickup
- Division 2 – 3 km – Jacquie Spencer
- Division 3 – 1.5 km – Flynn Preece

**Gravelly Beach**

- Division 1 – 6 km – Montana McKenzie
- Division 2 – 4 km – Ben Giasli
- Division 3 – 2 km – Anne Green

**Greens Beach**

- Division 1 – 12 km – Ben Adams
- Division 1 – 6 km – Denis Giasli
- Division 2 – 4 km – Isabella Davie
- Division 3 – 2 km – Riley Howard

**Harveydale**

- Division 1 – 7 km – Jennifer Tait
- Division 2 – 4 km – Lily Button
- Division 3 – 2 km – Matilda Preece

**Heritage Forest**

- Division 1 – 5 km – Denis Giasli
- Division 2 – 3 km – Lachlan Preece
- Division 3 – 1.5 km – Savannah McKenzie

**Heritage Forest 2**

- Division 1 – 5 km – Kirsty Crawford
- Division 2 – 3 km – Blaise Fitzallen
- Division 3 – 1.5 km – Rohan Crawford

**Hollybank**

- Division 1 – 6 km – Barbara Clayton
- Division 2 – 3 km – Caleb Poole
- Division 3 – 1.5 km – Annabelle Cook

**Paper Beach**

- Division 1 – 8 km – Tony Walsh
- Division 2 – 4 km – Lily Button
- Division 3 – 2 km – Zara Green

**Trevallyn Reserve**

- Division 1 – 6 km – Alexander Wood
- Division 2 – 3 km – Bella Shaw
- Division 3 – 1.5 km – Eva Shaw

**Westbury**

- Division 1 – 6 km – Craig Barron
- Division 2 – 3 km – Ruby Williams
- Division 3 – 1.5 km – Hunter Fitzallen



## CONSISTENCY COMPETITION



### Newstead Athletics Club 2020 Paddy Smith Consistency FINAL

Division <b>1</b>	Consistency total
Person	
Alexander Seen	183
Andrew Seen	159
Denis Giasli	154
Jennifer Tait	139
Barbara Clayton	137
Richard Pickup	127
Ben Adams	125
Tony Walsh	118
Roger Williams	116
Craig Barron	115
Montana McKenzie	113
Kirsty Crawford	107
Matthew Zegveld	102
Natasha Adams	94
Vicky Gunn	88
Tristram Fitzallen	87
Rebecca Riedl	83
Brenda Giles	82
Jonathon Death	79
Jutta Riedl	65
Sam Clifford	51
James Preece	46
Tom Wickham	43
Ann-maree Barwick	42
Oliver Marshall	40
Robert Gunn	40
Alexander (Sandy) Wood	39
Darren Sullivan	20
Derek Bye	20
Lochlan Bussey	20
Shaun Smith	17
Kade Barwick	10
David Nicholls	10
Yvette Harme	10

Division <b>2</b>	Consistency total
Person	
Ben Giasli	180
Luke McKenzie	169
Jacquie Spencer	141
Blaise Fitzallen	140
Thomas Death	137
Sophie Marshall	123
Ruby Williams	122
Lachlan Preece	118
Isabella Davie	115
Gerard Little	109
Katrina Williams	101
Simeon McKee	96
Lily Button	83
Erin Giles	82
Bonnie Talbot	71
Catherine Barker	58
Josiah Poole	49
Caleb Poole	47
Selina Bye	47
Bella Shaw	45
Lily Smith	44
Mick Halaby	40
Xavier Davie	36
Alexander (Sandy) Wood	35
Ann-maree Barwick	34
Abby Henderson	30
Kade Barwick	30
Lauren Shaw	30
Rodney Bussey	30
Quinn Barker	30
Charlotte Bussey	20
Lochlan Bussey	20
Lynn Hendley	20
Malcolm Giles	20
Montana McKenzie	17
Kirsty Crawford	11
Abigail Rigney	10
Mel Bussey	10
Abbie Butler	10
Lillian Giles	10
Charlie Corrigan	10

Scoring = 20 for first, 19 for second etc until 11th onwards all get ten. The 3 divisions for our races are scored separately. New Runners obtain a maximum of 10 points for their first 3 runs of the season (except scratch)

Printed Friday, 16 October 2020





## Newstead Athletics Club 2020 Paddy Smith Consistency FINAL

Division **3** Consistency total

Person	Consistency total
Rohan Crawford	155
Catherine Preece	142
Flynn Preece	131
Savannah McKenzie	121
Dale Kean	115
Anne Green	112
Eliza Davie	111
Matilda Preece	107
Hugo Green	103
Annabelle Cook	101
Zara Green	99
Hunter Fitzallen	95
Aaron Crawford	92
Riley Howard	81
Xavier Davie	75
Evie Bye	71
Hamish Cook	70
Isobel Zegveld	68
Eva Shaw	65
Adrian Tew	50
Kade Barwick	49
Pippa Harmey	48
Alexis Harmey	47
Georgia Freeman	46
Charlie Corrigan	40
Thomas Davie	27
Jillian Parkinson	23
Cyrus Elliott	20
Alexandra Elliott	20
Harper Smith	20
Ben Giasli	19
Oliver Mannion	18
Georgia Harmey	17
Rebecca Riedl	16
Ann-maree Barwick	13
Lily Smith	12
Samuel Mannion	10
Stella Freeman	10
Lachlan Preece	10
Mick Halaby	10
Thomas Death	0

Scoring = 20 for first, 19 for second etc until 11th onwards all get ten. The 3 divisions for our races are scored separately. New Runners obtain a maximum of 10 points for their first 3 runs of the season (except scratch)

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## POSITIVE SAFETY OUTCOMES – VIRTUAL SERIES

- Division 1 – Champion Male – Shaun Smith
- Division 1 – Champion Female – Yvette Harmey
- Division 2 – Champion Male – Michael Halaby
- Division 2 – Champion Female – Alexis Harmey

## DIVISION CHAMPIONS

This is to recognize the Fastest Male and Fastest Female in each division. These are generally our backmarkers and our fastest runners. To recognize their significance in the club these runners are awarded a Championship sash

### Division 1

- Female: Jennifer Tait
- Male: Oliver Marshall

### Division 3

- Female: Anabelle Cook
- Male: Xavier Davie

### Division 2

- Female: Sophie Marshall
- Male: Lachlan Preece

## PERSONAL BEST CHALLENGE

Comparing your km rate this year compared to last year in the same venue and distance

### Division 1

#### Winner(s)

- Barbara Clayton, (5)
- Jennifer Tait, (5)
- Tony Walsh (5)

No runner up

### Division 2

#### Winner

- Blaise Fitzallen (5)

#### Runner-Up

- Luke McKenzie (4)

### Division 3

#### Winner

- Savannah McKenzie (7)

#### Runners-Up

- Flynn Preece (3)
- Hunter Fitzallen (3)

## CLUB CONTRIBUTIONS

### Service Awards

- Stewart Freak
- Tristram Fitzallen
- Barbara Clayton
- Jennifer Tait
- Eric Welsh
- Mick Halaby

### Service Certificates

- Brenda Giles
- Deb McKenzie
- Natasha Adams

**LONG TERM CLUBBER**

Joining the 200 club – Barbara Clayton, Vicky Gunn, Robert Gunn

Joining the 150 club – Macie Petterwood, Allison Maloney and Orysia Petterwood

Joining the 100 club – Natasha Adams and Blaise Fitzallen

## Newstead Athletics Cross Country Long Term Clubber 2020

### 200 Plus Runs (200 commemorative shirt and certificate)

Name	2020
Craig Barron	220
Tony Walsh	219
Gerard Little	210
Adrian Tew	209
Barbara Clayton	204
Vicky Gunn	200
Robert Gunn	200
Steve Elton	200

### 150 Plus Runs (150 badge and certificate)

Name	2020
Montana McKenzie	193
Demi Petterwood	191
Macie Petterwood	154
Allison Maloney	152
Orysia Petterwood	152

### 100 Plus Runs (100 badge plus certificate)

Name	2020
Luke McKenzie	149
Thomas Death	143
Savannah McKenzie	131
Mick Halaby	130
David Nicholls	128
Skye Baker	127
Alyson Wood	121
Jonathon Death	121
Ben Adams	121
Kye Bottle	119
Paul McShane	119
Natasha Adams	119
Quinton Death	118
Sam Clifford	118
Jackson Wood	116
Kate Maloney	114
Kate McShane	114
Kelly Gowans	111
Mia Hefford	110
Tina Gowans	107
Blaise Fitzallen	104
Tony Brazendale	101

**HIGH PERFORMANCE ATHLETES****2020**

Abbie Butler  
 Sam Clifford  
 Dave Thomas (OOS)

**2120**

Abbie Butler  
 Sam Clifford  
 Will Bottle (OOS)

**SCHOLARSHIP RECIPIENTS****2020 – September Intake**

- Demi Petterwood
- Trinity Inall-Bejah
- Avery Thomas
- Toby Kamphuis
- Koby Hovington
- Lochlan Bussey (OOS)

**2020 – July Intake (OOS)**

- Savannah McKenzie
- Luke McKenzie
- Montana McKenzie

**2019-2020 – September intake**

- Abbie Butler (T&F)
- Shae Nicholls (T&F)
- Abbas Rajab Ali (Full)
- Jaxson Stone (T&F)
- Tyeson Stone (T&F)
- Sophie Marshall (Full)
- Toby Kamphuis (T&F)
- Trinity Inall-Bejah (T&F)
- Blessing Coroma (T&F)

See our Web site for full Scholarship recipient's history

**KEY OFFICE BEARERS FOR 2018-2019 SEASON (OUTGOING)**

**Patron:** Vicky Gunn

**President:** Mick Halaby

**Vice President:** Susan McClenaghan, Barbara Clayton

**Secretary:** Barbara Clayton (Acting)

**Treasurer:** Paul McShane

**Committee:** Jennifer Tait, Tristam Fitzallen, Natasha Adams, Shelley Lawes, Chris Lawes, Jenny Broad

**KEY OFFICE BEARERS FOR 2019-2020 SEASON (INCOMING)**

**Patron:** Vicky Gunn

**President:** Mick Halaby

**Vice President:** Susan McClenaghan

**Secretary:** Barbara Clayton

**Treasurer:** Paul McShane

**Committee:** Tristam Fitzallen, Natasha Adams, Jenny Broad, Andrew Seen, Deb McKenzie, Brenda Giles

**LIFE MEMBERS:**

- ★ Ian Luck †
- ★ Geoff Boont
- ★ Vic Harris
- ★ Mrs Dora Fry
- ★ William (Bill) Prosser †
- ★ Denis Hickson
- ★ Todd Hodgetts
- ★ Shirley Brasher †
- ★ Robbie Lee
- ★ Peter Brasher
- ★ Max O'Toole
- ★ Gale Singline
- ★ Peter Singline †
- ★ Don Cox
- ★ Mrs M Moore †

Unfortunately, there may be people missing off this list, if you are a Life Member and are not listed OR know of one, please let us know so that we can amend.

**The Committee hope you have enjoyed your season with Newstead Athletics. See you at the track or in our 2021 Cross Country Season – Committee**

