



Summer Booklet  
2023-2024 Season



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# About Us

## Welcome

Welcome to our club, we hope the information below will be helpful to you. The committee is here to help, please let us know if you have any questions or need assistance.

## Officials

Committee Members elected 2023

- David Kamphuis (President)
- Susan McClenaghan (Vice President)
- Barbara Clayton (Secretary)
- Janet Death (Treasurer)
- Leo Cunha
- Deb McKenzie
- Nico Bird
- Maxine McLaren

## Facebook Page

[facebook.com/NewsteadAthletics](https://facebook.com/NewsteadAthletics)

Please “like” our page to keep up to date with what’s happening in our world. We post news about upcoming events & reminders, photos and all sorts of things related to athletics.

## Web Site

[newsteadathletics.org.au](https://newsteadathletics.org.au)

This is where you will find more detailed information.

## Contact us

Facebook Messenger (as above)

Newstead Email: [contact@newsteadathletics.org.au](mailto:contact@newsteadathletics.org.au)

David Kamphuis: 0407 619 637

Barbara Clayton: 0408 238 329

Susan McClenaghan: 0438 047 000

Snail Mail: P.O. Box 1594, Launceston.7250



## Coaches

### **Susan McClenaghan**

Susan is a level 2 AA Accredited Club Coach and official, who has been involved with athletics for over 18 years. She assisted and learned a lot from former club coaches in sprints, throws and multi-events (Max O'Toole and Bob Collinson) and competed in Masters athletics prior to completing her formal coaching qualification in 2014. Susan is able to apply her Bachelor of Science and allied health background including biomechanical gait assessment skills to her coaching, and has an eye for technique. Susan has coached athletes across sprints, jumps and throws, concentrating in recent years on throws and the combined events including high jump.

Phone 0438 047 000

### **Shane McClenaghan**

Shane is a level 2 accredited coach and specialises in sprints, relays and middle distance events. As a former athlete, he understands the demands of these events firsthand, allowing him to provide valuable insights to athletes under his guidance. With a passion for the sport, Shane focuses on developing speed, refining techniques, and fostering seamless teamwork among athletes.

Phone 0447 445 077

### **Paul Buckley**

Paul is a level 2 accredited coach and specialises in hurdles and, as an Australian Master Champion in this event, he brings deep understanding and experience to our athletes. He has an eye for technical proficiency and refining techniques.

Phone: 0410 771 76

### **Gary Armstrong**

Gary is a level 2 accredited coach and has over 25 years of experience coaching children and high-performance athletes for cross-country and middle/long distance events.

Phone: 0419 474 579

### **David Kamphuis**

David Kamphuis is an accredited sprints coach who combines his expertise in sprinting with the innovative technology and techniques to guide his athletes towards unlocking their full potential and achieving remarkable results.

### **Leo Cunha**

Leo has a coach accreditation from World Athletics and Gold Certification as a Level 3 Athletics Australia coach in Throws and Middle/Long Distance. He is also a level 2 official. With over 17 years of experience in the sports industry, Leo has successfully managed the careers of Olympic athletes, including some who have won gold medals twice. He is passionate about sharing his expertise and focuses his training programs on enhancing technique and mental skills.

### **Alison Bown**

Alison specialises in coaching long and triple jump. With her expertise, she brings focused guidance and technical knowledge to our athletes.



### Maxine Lindsay

Maxine is an Athletics Australia accredited coach with a passion for race walking. She also holds a Level 2 official qualification in this specialised event. Maxine is among the few race walking coaches in the state.

For more details on coaches see our website ([newsteadathletics.org.au](http://newsteadathletics.org.au)).

## Membership

Full Year Registration (Track & Field & Out of Stadium)	\$255
Out of Stadium (Cross Country and Walks)	\$60
Out of Stadium plus Track Usage Fees	\$125
Junior Out of Stadium (Cross Country - 5yrs to 9yrs)	\$21 (tbc)
Committee / Volunteer / Coach / Administrator	\$0

### How to Register

- Go to the Newstead web site and click on '*Join*'

### Weekly Fees

Northern Track & Field Competition	\$0.00
Cross Country competition	\$3.00
Track & Field Trialling Athletes (x2only)	\$10.00

### Full Registration

For athletes wishing to participate in track and field and out of stadium competitions from age 10 and upward. The fee includes competition and training insurance. Registration with the Tasmanian Athletic League (TAL) is included but a separate entry fee is payable for each event entered. Branch and Club fees are included and incorporate the training fee for the St Leonards Athletic Centre. This Athletics Tasmania registration fee does not include the entry fee for any AT championship event. Athletes may compete in Interclub competition in the North-West or South, however there may be a competition fee for visiting athletes. This registration expires on 30 September 2024.

### Out of Stadium Only: (need to be turning 10 in the year of competition)

Athletes born 2013 or earlier and wish to participate in out of stadium competitions and club membership to access Newstead club coaching. The fee includes competition and training insurance. Branch and Club fees are included. This Athletics Tasmania registration fee includes the entry fee to the AT state Cross Country event. This registration expires on 30 September 2024.



**Out of Stadium PLUS Track Usage Fees**

As per Out of Stadium but also includes Track Fees for those athletes wishing to TRAIN at the St Leonards Athletics track. Out of Stadium registration does not entitle the athlete to compete (at interclub competition) at the track.

**Junior Out of Stadium Only: (under 10 athletes)**

This membership is for under 10 or younger athletes who wish to participate in out of stadium competitions OR athletes of this age range who wish to train with the Newstead Track and Field Training Group but NOT register and compete at Senior competition (e.g. Little Athletes). The fee includes competition and training insurance and Newstead Administration fee. This registration does not allow for entry into the AT state cross country event and expires on 30 September 2024.

*Note: Junior out of stadium also entitles the athlete to access our club coaches at the track, however as with out of Stadium, athletes also need to pay the Track Usage fee. This can be purchased via the Northern Tasmania Athletics website ([northerntasathletics.org.au](http://northerntasathletics.org.au)). The minimum age to train at the track is 8 years old.*



## Newstead Athletics Scholarship Policy

This scholarship is available due to a generous bequest from Life Member Mr Allen Patrick Smith (aka 'Paddy Smith') who passed away in 2008.

Scholarships may be applied for prior to each season. Applications are open from:

- 1<sup>st</sup> February to 20<sup>th</sup> March (applicants will be advised by 28<sup>th</sup> March).
- 1<sup>st</sup> September to 21<sup>st</sup> September (applicants will be advised by 30<sup>th</sup> September)

Please see our website for details (Governance and Policies)

## Newstead Athletics State Team Funding

Funding assistance may be available to Athletics Tasmania registered members who qualify for, are selected in and participate in a Tasmanian representative athletic team. Available funding is distributed between eligible athletes at the discretion of the club board according to its guidelines.

There is no need to apply for this funding, the committee assesses these on a regular basis.

## Newstead Athletics Uniform

The club's colours are yellow and black with the option of white trim. Black shorts should be worn.

Members are required to wear the current Newstead Athletics Uniform when competing in the Tasmanian Cross Country Championships. It is also required to be worn in Tasmanian Interclub Competition and in our state Track and Field Championships. It is encouraged but not compulsory to wear your top at our weekly runs, community events and fun runs. Skins/compression garments, if worn, need to be under the uniform. Note that our shorts should be black.

Athletes who may be selected in a state team for national competition and wish to receive the club funding should be mindful of our [Representative Funding Assistance Policy guidelines](#) regarding wearing club colours at public events.

Uniforms can be purchased from the online shop via our website ([newsteadathletics.org.au](http://newsteadathletics.org.au)), for collection at the track.



## Our Club Track & Field Season Awards:

At the conclusion of the track and field season, and usually after the Australian Championships, we conduct a season presentation function to present our club awards.

### **Newstead Athletics Athlete of the Year**

This award is presented to one female OR male athlete in each of the U14, 16, 18, 20 and Open age groups categories (age group same as Tasmanian and Australian Track and Field Championships ). This award is based on the highest rating achievement by a club member at international, national or state level. In the event that 2 or more athletes reach a similar achievement e.g. both win a gold medal at the Australian Championships, the time/ distance/ points achieved are calculated as a percentage against the Australian Record for the respective event. A tie may be awarded if a significant percentage difference is not determined. *Note: more than one nomination in each age group may be forwarded to Athletics Tasmania for consideration in the state AOY awards*

### **Paddy Smith Memorial Consistency Points**

Presented in honour of past club Life Member Allan Patrick Smith (aka Paddy) who encouraged participation Points are accrued for every event and performance at Northern Inter-club competition. The highest overall points for the season from a Newstead athletics athlete is awarded 1st, followed by 2nd and 3rd.

### **President's Award**

At the discretion of the Newstead Athletics Club President, this award is presented to one male and female athlete for their sportsmanship, attitude, dedication or effort noted during the season.

### **Inter-Club Champions**

Based on inter-club points accrued throughout the season, one award for each female and male in each of the following age groups- Under 14, 16, 18, 20 and Open

### **Mollie and Rupert Campbell Cup Fastest 400m**

Past members Mollie and Rupert Campbell who had a particular love of the 400m sprint event, initiated this award which is presented to the fastest female and male 400m time recorded at either Inter-Club, Tasmanian or Australian Championships for the season.

### **State Representative Medals**

Presented to any club members who are selected to compete for Tasmania at Australian All Schools Championships &/or Australian Track and Field Championships.

The Newstead athletics season results will be available on the website after awards night.





# Northern Athletics Centre

## Track Fees

[northerntasathletics.org.au](http://northerntasathletics.org.au)

To train at the Northern Athletic Centre (St Leonards Athletics Track), you need to pay a Track Usage fee. If your membership registration is Track & Field or All Competition, this fee is included as a part of your registration. If you are an Out of Stadia member and wish to train at the track you are required to pay the fee.

For unregistered athletes wishing to use the centre, the fee is \$160. Track fees are valid from 1st October to 30th September the following year (or part thereof).

If you are registered with Athletics Tasmania, you can purchase a track usage fee by following the links on the above web site.

## Access to the Track

Athletes who have paid their track usage fees will be given a fob to allow access via swiping at this turnstile. This will ensure that these athletes have full access to the track even when there is no competition. The gates are open during competition.



## Track Rules

In order to ensure that the Northern Athletic Centre is a safe place for all users it is a condition of use that the following track usage rules are abided by at all times. Failure to comply with these rules may result in loss of access to the facility.

- Fixed bookings take precedence over non fixed training sessions or similar
- All athletes must have paid their track usage fee
- Training should preferably be conducted in the outside lanes
- No balls or other non-Track & Field athletics implements are permitted in the centre
- Athletes must train under the direction of a financial Athletics Australia Accredited Coach
- Track must be left clean and tidy at all times
- Additional (to the coach) adult supervision of all athletes aged U16 is compulsory
- No running across lanes is permitted
- No Alcohol permitted
- No Smoking permitted
- No Aluminium Cans or Glass bottles/containers are permitted in the centre
- Throws safety signs must be placed on the centre field during all throwing competitions.
- No persons may cross the infield during competition with the exception of event referees and judges
- No motor vehicles may be driven or parked on the track at any time. No vehicles are to enter the boundary fence without the permission of NTA
- All training implements are to be returned to storage areas after use, and storage areas made secure
- Any damage to the grounds or equipment must be reported
- All junior athletes must be aware that senior athletes take priority during training sessions
- All entry to, and exit from the venue is to be via the turnstile.
- Athletes under 12 years old are restricted to training during the allocated times of Monday, Wednesday and Sunday 3:30pm – 5:00pm and a maximum of 2 sessions per week.

All athletes issued with a keyfob must abide by the following fob usage guidelines

- Lost or damaged fobs will incur a \$30 replacement fee
- Users are responsible for ensuring that their fob is only used by themselves
- Users are not permitted to “fob in” other users
- Toilet doors are to be left locked after all training sessions.
- Users must abide by the track usage etiquette and guidelines at all times
- Fobs will be deactivated after 30th September until such time that track usage or registration fees are paid
- Failure to abide by these guidelines will also result in your fob being deactivated and access for training forfeited for the remainder of the access period. All access attempts are logged



# The Northern Branch Competition

## Interclub Competition

See NTA website for updates and more detailed information as well as Programs and Calendar - [northerntasathletics.org.au](http://northerntasathletics.org.au)

1. Competition will be conducted under the rules of the World Athletics, Athletics Australia, Athletics Tasmania and Northern Tasmanian Athletics.
2. Correct club uniform with current registration number (affixed by the four corners) must be worn at all times.
3. If an athlete wishes to wear tights, they must be the same colour as their club uniform and do not display any advertising or makers logos.
4. Arrive at the track and enter the events you wish to do, at least 30 minutes before your first event because entries close 30 mins before the advertised starting time for the event. Preferable select events that do not clash in time. If this is unavoidable, and the field event starts just prior to the track event, you can advise the field official and they may let you have one throw or jump prior to you departing for your running event. You may re-join the field event afterward if it is still underway, but if a round of jumps or throws has finished, you will miss out on that attempt.
5. Turn up to site prior to the event start time in order to warm up. The events may not be announced by loud speaker- it is your responsibility to turn up on time.
6. Track events. Entries will not be accepted by the starter. All athletes are required to use starting blocks for all events up to and including 400m. This also includes the first leg of up to 400m of any relay. Only starting blocks provided by the venue may be used.
7. Field events. Entries will not be accepted on the field sites. A competitor may not be added to the field after the competition commences.
8. In field events, each competitor will be allowed three (3) trials. If they reach the A standard, and are in the top eight (8) they will receive three (3) additional trials. If the athlete is in the top eight (8) but has not obtained the A standard for points they shall receive one (1) additional trial. An athlete who fails to take their trial when called will be fouled unless they have arranged with the officials to be absent from the site and can change the order in which they make their attempt.
9. An athlete who wishes to use their own implement for competition must provide a current certificate to show that the implement/s is of the required specifications from the Branch Technical Manager on the day of the competition. The athlete must allow all other competitors to use the implement. Athletes will use the implement appropriate to their age group (see the specifications page)
10. Athletes will enter by providing their season best performance (or previous season best at the first meet) and will be placed in the appropriate division to compete.
11. Points will be allocated level 1 (A+) = 20 points, level 2 (A) = 19 points, level 3 (B) = 18 points, level 4 (C) = 17 points, level 5 (D) = 16 points, level 6 (E) = 15 points, level 7 (F) = 14 points, level 8 (G) = 13 points, level 9 (H) = 12 points, level 10 (I) = 11 points
12. At any state event and championships, you are required to confirm your entry at least 30 minutes prior to the start time (by signing next to your name at the call room / sign in area). Failure to sign in, scratches you from that event.



## **Weekly costs and Trialling Members**

There are no costs for northern interclub events. This is included in your registration.

Athletes who have NOT been registered with the Association during the previous three Association years may compete for up to two competition days during the track and field season (other than TAL events) without registering, upon payment to the applicable branch "Trialling Athlete" registration fee of \$10 (including GST) per competition. This option is available until 30<sup>th</sup> November. Note: Unregistered athletes are not insured and will not receive interclub points for any performances while unregistered.

Athletes who are currently registered as Out of Stadium may compete upon one such occasion during the season upon the payment of the fee.

## **Little Athlete Trialling option**

Little Athletics registered athletes may trial Senior InterClub Competition up until Christmas at the same cost as above.

## Calendar



### Northern Tasmanian Athletics Season Calendar 2023-2024



14/10/2023	Saturday	Northern Interclub Round 1A	2.30pm
21/10/2023	Saturday	Tasmanian All Schools (Launceston)	
22/10/2023	Sunday	Tasmanian All Schools (Launceston)	
28/10/2023	Saturday	Northern Interclub Round 2B	3.00pm
03/11/2023	Friday	Northern Interclub Round 3C	6.30pm
11/11/2023	Saturday	Northern Interclub Round 4A	2.30pm
18/11/2023	Saturday	Northern interclub Round 5B, and	3.00pm
18/11/2023	Saturday	Northern Combined Events Day 1	
19/11/2023	Sunday	Northern Combined Events Day 2	10.00am
23/11/2023 – 27/11/23		<i>School Sport Australia (Launceston)</i>	
02/12/2023	Saturday	Northern Interclub Round 6C	2.30pm
09/12/2023	Saturday	Northern Interclub Round 7A	2.30pm
16/12/2023	Saturday	Northern Interclub Round 8B	3.00pm
20/12/2023	Wednesday	Xmas Fun Night (teams heptathlon)	6.30pm
10/01/2024	Wednesday	Northern Interclub Round 9C	6.30pm
13/01/2024	Saturday	Tas Combined Event Day 1 (Launceston)	
14/01/2024	Sunday	Tas Combined Event Day 2 (Launceston)	
17/01/2024	Wednesday	Northern Interclub Round 10A	6.30pm
24/01/2024	Wednesday	Northern Interclub Round 11B	6.30pm
31/01/2024	Wednesday	Northern Interclub Round 12C	6.30pm
07/02/2024	Wednesday	Northern Interclub Round 13A	6.30pm
14/02/2024	Wednesday	Northern Interclub Round 14B	6.30pm
21/02/2024	Wednesday	Northern Interclub Round 15C	6.30pm
28/02/2024	Wednesday	Northern Interclub Round 16A	6.30pm
06/03/2024	Wednesday	Northern Interclub Round 17B	6.30pm
15/03/2024	Friday	TAS State Championships (Hobart)	
16/03/2024	Saturday	TAS State Championships (Hobart)	
17/03/2024	Sunday	TAS State Championships (Hobart)	
20/03/2024	Wednesday	Northern Interclub Round 18	6.30pm
06/04/2024	Saturday	Pre Nationals Meet	1.00pm
11/04/2024 - 19/04/2024		Australian Championships (Adelaide)	

## Programs

Please see NTA website above for 2023-2024 programs.

## Results

Interclub results can be found on the Northern Tasmania Athletics website ([northerntasathletics.org.au](http://northerntasathletics.org.au)).



# Tasmanian Athletic League (TAL)

[www.tal.org.au](http://www.tal.org.au)

The TAL promotes the sport of Athletics throughout Tasmania and Australia; in particular, this refers to professional, handicapped foot-racing. The TAL conducts carnivals throughout the Track and Field Season. *See the TAL website for their calendar.*

To participate in the TAL carnivals athletes must be aged 14 or over at the date of the carnival in which they wish to compete.

Tasmanian athletes must be registered with Athletics Tasmania, Interstate athletes must be registered with the Professional body in their home state.

Some of our Newstead club athletes compete in these events, so you will see some familiar faces if you are interested in these events. There are the main "Christmas Carnivals" over the holiday season which includes the NU-Gen series held at Hobart, Devonport and Burnie which caters for boys and girls aged 10 - 16. The full TAL season runs from November to January.

## Carnival season 2023/24

- Richmond, 26th November at Richmond Football Ground (entries close 19th Nov.)
- PCCCT, 10th December at West Park Oval, Burnie (entries close 3rd Dec.)
- Rosebery, 16th December at Rosebery Park Oval (entries close 10th Dec.)
- Hobart, 27th December at New Town Oval (entries close 5th Dec.)
- Devonport, 29th December at Devonport Oval (entries close 5th Dec.)
- Burnie, 31st December at West Park Oval, Burnie (entries close 5th Dec.)
- Central Coast, 13th January at Penguin Athletic Track - (entries close 7th Jan.)
- St Helens, 20th January at St Helens Sporting Complex (entries close 7th Jan.)
- OVA, 28th January at Domain Athletic Centre (entries close 21st Jan.)

## Handicapping

These events are handicapped to enable high quality racing, with close finishes. Participants are awarded a 'handicap' mark for each event. This is based on the athlete's best performance for an event or equivalent event. Handicaps are also published on the website prior to the start of each event.

## Results

Results are published to the TAL website shortly after each event. You can see a full list of historical results on the site too!