

Cross Country End of Season Compilation

2024





CROSS COUNTRY SUBCOMMITTEE AND VOLUNTEERS

The cross-country sub-committee organise and run the cross-country season each year. The 2024 sub-committee included:

- Barbara Clayton
- Alex Seen
- Janet Death
- Andrew Cassidy
- Deb McKenzie

In addition, we would like to thank everyone who volunteered and helped throughout the season, in particular:

- Charles Gunn
- Stewart Freak
- Leonardo Cunha
- Michelle Casey
- Charlotte Adams
- Jake Adams

An additional thankyou to the volunteers for assisting the sub-committee with organising tonight's End of Season Dinner

- Emmalea Jones
- Louisa Rhodes

Service Awards

Each year the club recognises people who have made a significant commitment to the club and club's cross-country program

Service Award for significant contributions to the club and cross-country season throughout the year

- Deb McKenzie
- Barbara Clayton
- Janet Death
- Alex Seen
- Charles Gunn
- Leo Cunha

Service Certificate for contributions to the club and cross-country season throughout the year

- Stewart Freak
- Andrew Cassidy
- Michelle Casey
- Charlotte Adams
- Jake Adams

SPONSORS

We would like to thank the following organisations for supporting our 2024 season:

- Athletics Tasmania
- Apricius Restaurant
- Carrick Park Pacing Club
- City of Launceston
- Dorset Council
- Georgetown Council
- Hagley Farm School
- Meander Valley Council
- Motorsports Tasmania
- Old Mac's Farm – Caravan Park
- Parks & Wildlife Services Tasmania
- Sustainable Timber Tasmania
- Scotch Oakburn College
- West Tamar Council

2024 Cross Country Competition

Throughout the 2024 season we continued to hold a number of competitions to recognise the achievements of participants of all levels and abilities:

- Weekly Winners
- Paddy Smith Consistency Competition
- Personal Best Challenge
- Club Champion
- Long Term Clubber Awards

Weekly Winners 2024

#	Venue	Division 1	Division 2	Division 3
1	Heritage Forest	Samuel Lindsay	Harry Jackson	Campbell Spencer
2	Hollybank	Jonathan Mulford	Savannah McKenzie	Louisa Rhodes
3	Bridport	Charles Gunn	Rebecca Riedl	Campbell Spencer
4	Carrick Park	Roger Williams	Campbell Spencer	Phoebe Spencer
5	Hadspen	Richard Pickup	Savannah McKenzie	Freddie Gunn
6	Scotch Oakburn Park	Vicky Gunn	Savannah McKenzie	Jake Adams
7	Hagley Farm School	Robert Gunn	Andrew Cassidy	Bailey Smith
8	Heritage Forest #2	Leonardo Cunha	Livinia Jones	Emily Barnes
9	Trevallyn Reserve	Roger Williams	Emmalea Jones	Dylan Post
10	Symmons Plains	Luke McKenzie	Hugo Green	Freddie Gunn
11	Carr Villa	Andrew Seen	Andrew Cassidy	Michelle Casey
12	Old Mac's Farm	Charles Gunn	Andrew Cassidy	Isobel Gunn
13	Deloraine	Ben Charles	Chanel Charles	Ruby Williams
14	Royal Park	Craig Barron	Ava Murfet	Isobel Gunn
15	Greens Beach	Charles Gunn (12km) & Luke McKenzie (6km)	Campbell Spencer	Freddie Gunn
16	Harveydale	Barbara Clayton	Cacia Charles	Alexandra Summers
17	Westbury	Rebecca Riedl	Andrew Cassidy	Charlotte Adams
18	Grindelwald	Rebecca Riedl	Kristy Bertram	Jake Adams
18a	Mt Barrow (Club Winners)	Charles Gunn (14km)	Rebecca Reidl (10km)	-
19	Georgetown	Barbara Clayton	Kristy Bertram	Dale Kean
20	Paper Beach	Luke McKenzie	Campbell Spencer	Alexandra Summers

Paddy Smith 2024 Consistency Competition

Throughout the season points are awarded for each race and division, 20 points awarded to 1st, 19 for 2nd down to 10 points for 11th and onwards. Trophies are awarded to the top 50% of participants (or maximum of 10 runners) in each division.

Division 1	
Luke McKenzie	364
Craig Barron	320
Rebecca Riedl	282
Charles Gunn	266
Barbara Clayton	258
Roger Williams	231
Andrew Seen	154
Leonardo Cunha	147
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Vicky Gunn	139
Ben Charles	131
Robert Gunn	126
Richard Pickup	82
Jonathan Mulford	56
Samuel Lindsay	54
Josie Groves	31

Division 2	
Savannah McKenzie	331
Emmalea Jones	290
Campbell Spencer	258
Hugo Green	215
Gerard Little	164
Andrew Cassidy	150
Livinia Jones	127
Kristy Bertram	119
Ava Murfet	102
Chanel Charles	93
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Cacia Charles	92
Laura Cunha	39
Lachlan French	31
Harry Jackson	30
Jake Adams	30
Charlotte Adams	29
Alice Hyde	28
Melanie French	20
Rebecca Riedl	20
Luke McKenzie	19
Craig Barron	10

Division 3	
Phoebe Spencer	320
Freddie Gunn	266
Ruby Williams	259
Jake Adams	253
Dale Kean	242
Louisa Rhodes	240
Emily Barnes	237
Michelle Casey	221
Charlotte Adams	149
Livinia Jones	142
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Kristy Bertram	129
Alexandra Summers	124
Jacque Spencer	110
Bailey Smith	105
Christopher Fan	100
Campbell Spencer	69
Dylan Post	69
Isobel Gunn	69
Gerard Little	65
Katie Hyde	29
Emily Hyde	28
George Fan	21
Laura Cunha	19

Personal Best Challenge

To encourage continual improvement in runners, points are awarded across the season to runners who run a faster pace on selected courses from the previous season. (New runners and runners who previously competed in a different division last season will not be eligible for this challenge however they will be setting their standard for next year's competition.) The aim is to beat your time for that specific race from last year. We reward 1st and Runner Up in each division for this competition. In the event of a tie we will calculate the winner by the best % increase in your Personal Km rate for the season.

Division 1 – Winner Charles Gunn and Runner up Craig Barron

Division 2 – Winner Savannah McKenzie and Runners up Cacia Charles

Division 3 – Winner Louisa Rhodes and Runner up Phoebe Spencer

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>
Charles Gunn 7	Savannah McKenzie 8	Louisa Rhodes 9
Craig Barron 6	Andrew Cassidy (7%) 2	Phoebe Spencer 8
Barbara Clayton 5	Cacia Charles (13%) 2	Emily Barnes 6
Leonardo Cunha 4	Gerard Little (3%) 2	Freddie Gunn 5
Rebecca Riedl 4	Ava Murfet 1	Jake Adams 4
Andrew Seen 2	Chanel Charles 1	Livinia Jones 4
Brady Abraham 1		Michelle Casey 4
Luke McKenzie 1		Charlotte Adams 3
		Dale Kean 3
		Campbell Spencer 2
		Kristy Bertram 1

NOTE: In division 2, three people had 2 PB's for the season. We had to go back to % improvement to determine the runner up in this instance.

2024 Club Champions

Recognising the fastest male and female runners in each division. Points are awarded to the fastest runners each week.

Division 1 –Charles Gunn (16) and Vicky Gunn (8) and Barbara Clayton (8)

Division 2 –Campbell Spencer (12) and Savannah McKenzie (14)

Division 3 –Freddie Gunn (7) and Alexandra Summers (5)

#	Venue	Division 1	Division 2	Division 3
1	Heritage Forest	Samuel Lindsay & Barbara Clayton	Harry Jackson & Laura Cunha	Campbell Spencer & Katie Hyde
2	Hollybank	Jonathan Mulford & Barbara Clayton	Gerard Little & Savannah McKenzie	Campbell Spencer & Gwen McGloughlin
3	Bridport	Charles Gunn & Vicky Gunn	Luke McKenzie & Savannah McKenzie	Campbell Spencer & Katie Hyde
4	Carrick Park	Charles Gunn & Vicky Gunn	Campbell Spencer & Savannah McKenzie	Dylan Post & Laura Cunha
5	Hadspen	Charles Gunn & Vicky Gunn	Campbell Spencer & Savannah McKenzie	Bailey Smith & Ruby Williams
6	Scotch Oakburn Park	Charles Gunn & Vicky Gunn	Campbell Spencer & Savannah McKenzie	Dylan Post & Phoebe Spencer
7	Hagley Farm School	Charles Gunn & Vicky Gunn	Campbell Spencer & Savannah McKenzie	Dylan Post & Phoebe Spencer
8	Heritage Forest #2	Charles Gunn & Vicky Gunn	Campbell Spencer & Savannah McKenzie	Dylan Post & Ruby Williams
9	Trevallyn Reserve	Charles Gunn & Vicky Gunn	Campbell Spencer & Savannah McKenzie	Dylan Post & Ruby Williams
10	Symmons Plains	Charles Gunn & Rebecca Riedl	Campbell Spencer & Savannah McKenzie	Elijah Postmus & Alexandra Summers
11	Carr Villa	Charles Gunn & Vicky Gunn	Lachlan French & Chanel Charles	Freddie Gunn & Josie Gronow
12	Old Mac's Farm	Charles Gunn & Josie Groves	Harry Jackson & Savannah McKenzie	Freddie Gunn & Alexandra Summers
13	Deloraine	Charles Gunn & Barbara Clayton	Campbell Spencer & Chanel Charles	Freddie Gunn & Alexandra Summers
14	Royal Park	Charles Gunn & Josie Groves	Campbell Spencer & Chanel Charles	Freddie Gunn & Isobel Gunn
15	Greens Beach	Charles Gunn (12km) & Barbara Clayton (12km) Luke McKenzie (6km) & Rebecca Riedl (6km)	Campbell Spencer & Savannah McKenzie	Freddie Gunn & Charlotte Adams
16	Harveydale	Charles Gunn & Barbara Clayton	Campbell Spencer & Chanel Charles	Freddie Gunn & Alexandra Summers
17	Westbury	Luke McKenzie & Barbara Clayton	Lachlan French & Chanel Charles	Jake Adams & Charlotte Adams
18	Grindelwald	Charles Gunn & Barbara Clayton	Andrew Cassidy & Savannah McKenzie	Freddie Gunn & Charlotte Adams
18a	Mt Barrow (Club Winners)	Charles Gunn (14km)	Luke McKenzie (10km) & Barbara Clayton (10km)	
19	Georgetown	Luke McKenzie & Josie Groves	Andrew Cassidy & Savannah McKenzie	Jake Adams & Charlotte Adams
20	Paper Beach	Luke McKenzie	Campbell Spencer & Savannah McKenzie	Jake Adams & Alexandra Summers

Long Term Clubber

Athletes that have competed in club events over an extended period are recognised for their commitment.

- 100 weeks competed – receive a certificate at the end of season dinner and a badge for your club singlet
- 150 weeks competed – receive a certificate at the end of season dinner and a badge for your club singlet
- 200 weeks competed – special commemorative club t-shirt and a certificate.

Note: Events are only counted from 2010 onwards due to unavailability of results prior to 2010.

Joining the 200 club – Savannah McKenzie

Joining the 150 club – Dale Kean

Joining the 100 club – Will Bottle

2025 potentially could bring a new 300 Plus Run Club option with at one runner having this in their sights.

200 Plus Runs

Gerard Little	284
Craig Barron	273
Barbara Clayton	255
Robert Gunn	238
Vicky Gunn	235
Tony Walsh	227
Luke McKenzie	228
Adrian Tew	215
Savannah McKenzie	212
Demi Petterwood	211
Montana McKenzie	208
Steve Elton	200

150 Plus Runs

Thomas Death	197
Ben Adams	177
Tash Adams	168
Macie Petterwood	162
Dale Kean	154
Jonathon Death	159
Orysia Petterwood	152
Allison Maloney	152

100 Plus Runs

Rebecca Riedl	139
Ruby Williams	131
Mick Halaby	130
David Nicholls	128
Skye Baker	127
Alyson Wood	121
Sam Clifford	121
Kye Bottle	119
Paul McShane	119
Blaise Fitzallen	118
Quinton Death	118
Jackson Wood	116
Mel Death	115
Kate Maloney	114
Kate McShane	114
Kelly Gowans	111
Mia Hefford	110
Brenda Giles	110
Tina Gowans	107
Erin Giles	104
Annabelle Cook	102
Tony Brazendale	101
Will Bottle	100

Tasmanian Road Running Championships – June 2024 (Launceston Running Festival)

Half Marathon – Open/40+/50+

- Open Half Women – 5th place - Barbara Clayton
- Over 50 Half Women – SILVER – Barbara Clayton
- Open Half Men – 10th place – Craig Barron
- Over 50 Half Men – 5th Place – Craig Barron

10km – U20

- Under 20 Women – GOLD Kate Atherton
- Under 20 Women – SILVER Matilda Bosworth
- Under 20 Men – GOLD Thomas Death

5km – U14/U16/U18

- Under 14 Women GOLD – Vienna Dingemanse
- Under 16 Women – 4th Place – Olive Qwan
- Under 16 Women – 5th Place – Savannah McKenzie
- Under 18 Men – SILVER – Luke McKenzie

1 Mile – U12

- Under 12 Women – GOLD – Alexandra Summers
- Under 12 Women – SILVER – Livinia Jones
- Under 12 Men – GOLD – Lachlan Kleinig

State Road Running Championships 10km – October 2023 (Burnie 10)

Mens 10k Open

- GOLD – Sam Clifford
- 19th David Hodson
- 21st Alexander Seen
- 24th Andrew Seen
- 25th Jonathon Mulford
- 35th Gerard Little

Mens 10k 50+

- BRONZE – Andrew Seen
- 4th – Jonathon Mulford

Mens 10k 60+

- 5th - Gerard Little

Women 10K Open

- 10th place – Georgie Gray-Death

State Road Running Championships 10km – October 2024 (Burnie 10)

- **Overall GOLD in 10km - Sam Clifford**
- **Overall GOLD in 5km - Abbie Butler**

Newstead Athletics team came second in the team event (Charles Gunn, Alexander Seen, Andrew Seen, Robert Gunn and Barbara Clayton)

Masters Female 60+

- SILVER – Barbara Clayton

Masters Male 60+

- GOLD – Andrew Seen
- BRONZE – Robert Gunn
- 5th – Craig Barron

Masters Male 40+

- 5th David O’Toole

Open

- GOLD – Sam Clifford
- 5th - Charles Gunn
- Alex Seen
- Gerard little
- Jonathan Mulford

State Cross Country Championships – Pontville (July 2024)

Girls 3km Under 12

- GOLD – Laura Cunha
- 5th Alexandra Summers

Girls 3km Under 14

- 8th - Josie Groves

Womens 4km Under 16

- 7th Savannah McKenzie
- 8th Charlotte Adams

Womens 6km Over 60

- GOLD – Barbara Clayton

Boys 2000m Under 9

- GOLD – Flynn Murray

Boys 2000m Under 11

- 11th Knox Wilkins

Boys 3k Under 12

- GOLD – Flynn Murray
- 4th Huon Lockett

Men 3km Under 14

- 12th Benji Crowden
- 14th Jake Adams
- 17th Riley Broad

Men 6k CC Under 18

- 8th – Luke McKenzie

Men 10k Open

- GOLD – Sam Clifford

Men 6k Over 60

- 4th – Richard Pickup

Men 8k Over 50

- 5th – Ben Charles

State Representatives – Australian Cross Country Championships

- | | |
|--|---------------------|
| ○ Barbara Clayton (MASTERS - Individual Bronze, Team Gold) | ○ Sam Clifford |
| ○ Flynn Murray | ○ David Thomas |
| ○ Dylan Post | ○ Evie Glover |
| ○ Riley Broad | ○ Alexandra Summers |
| ○ Gus McCarthy | ○ Laura Cunha |
| ○ Campbell Spencer | ○ Josie Groves |
| ○ Harry Jackson | ○ Olive Kwan |

Australian Cross Country Championships – Officials and helpers

A special mention to the following Newstead affiliated people who assisted at the Australian Cross Country Championships

COURSE SETUP

Leo Cunha, Susan McClenaghan, Shane McClenaghan, Andrew Cassidy, Janet Death, David Kamphuis, Alex Seen, Peta Pyke, Annabelle Pyke, Shaun Smith, Lily Smith, Charles Gunn (trailer)

OFFICIALS

Leo Cunha, Susan McClenaghan, Shane McClenaghan, Alex Seen, Janet Death, Maxine Lindsay, Andrew Cassidy

THANK YOU

Newstead Athletics hopes that you've had a fantastic season. Whether you're actively participating in the Track and Field Season or gearing up for our exciting 2025 Cross Country Season, we look forward to seeing you on the track or trail. Your dedication and enthusiasm contribute significantly to the vibrant spirit of our athletic community.

Thank you for being a valued member of Newstead Athletics, and here's to more incredible moments in the seasons to come!

