

Innovations for the 2023 Winter Season

Following concerns expressed at the AGM last year about the overall declining interest by our members in competing with SAMA during the winter season, we have conducted a substantial review of how our winter competition might be changed to optimise participation by athletes and simplify the organisational burden for volunteers and officials. The following principles were applied by the Sub_Committee undertaking this task in arriving at their recommendations:

- Introduce more variety in a range of events to attract more runners and walkers.
- Involve summer (track) runners in middle distance winter events and encourage them to use the winter program as part of their training.
- Reduce length of season to allow volunteers to focus on a reduced number of events.
- Simplify start times and reduce events per meeting.
- Reduce number of venues used.
- Maintain “afternoon tea” to add further enjoyment to the winter events.

We are excited to announce that the outcome of that review has now resulted in the implementation of significant changes in the format of the winter program for 2023, including the introduction of two innovative features (*described in more detail below*):

- **Relays (over 3 weeks)**
- **Multi-event days (over 2 weeks)**

The following general competition format is to be adopted:

- Reduce the winter season length from 20 to 14 weeks (with an accompanying increase in length of the summer season).
- Limit the number of races for runners and walkers to two distances each. Some weeks to have longer races, other weeks shorter distances.
- Where practical, start all races at approximately the same time (nominally 2pm), with maximum of two brackets of start times for long/short races, staggered by 1min for walkers & runners.
- Use the same course for runners and walkers – mainly 2km and 2.5km courses. Use venues at central locations as far as possible (*the list of Venues to be used is shown below*).
- Retain 2 or 3 handicap weeks per season.
- Maximum of 3 regular prize weeks. In addition, prizes to be given to winning teams on Relay weeks.
- Keep the same number of Winter Championships (*refer to list below*), but if any are poorly attended, consider dropping them next season.
- An organised afternoon tea at the end will not be practicable on most weeks. Instead encourage participants to bring their own refreshments to be consumed when convenient. On Relay days, it should be possible to have a more formal afternoon tea.

The Winter Achievers Award will continue in its present form.

We will run the new program for at least one season and re-assess it again next year.

David Bates

Convener, Winter Competition Sub-Committee

Relays

- Held over 3 separate weeks.
- Held at a venue with a 2km loop.
- Handicapped Team events – 3 competitors per team.
- Separate competitions for runners and walkers.
- Prior to each week, interested competitors are encouraged to form a team (or will be allocated on the day).
- Teams are given a name eg. red, blue, green, yellow etc.
- Total distance increases each week; 6km, 8km and 10km.
- Scratch start for all competitors; not a true relay (staggered start if large numbers).
- Each competitor completes a leg of 1 or 2 or 3 loops on the day, for which an actual time is recorded (and an estimated time is calculated by the Event Manager program).
- Total time for all members of team is compared to their combined estimated times, to derive a handicap time difference.
- Prizes awarded at the end of each week based on the team's handicap time. The winning team has the smallest time difference.

Multi Event Days

- The multi event days are designed to attract summer middle distance runners and sprinters. Several shorter distance multi events adds much needed variety and may appeal to summer track runners.
- Held on 2 separate occasions near the end of the season at a venue with a 2km loop
- For both runners and walkers there will be three races on same day ie.
2pm - 1500m
2.30 pm - 800m
3.00 pm - 2km
- Competitors may elect to enter as many of the distances as desired.
- No prizes.

Venues for 2023

- Felixstow Reserve (cnr Riverside Drive & Langman Grove) - 2km course
- Oaklands Wetland and Reserve (Oaklands Rd, Oaklands Park) - 2km course
- Park 15 (East Terrace - nr Glover Playground)) - 2km CC / 1.66km courses
- Park 16 (Pakapakanthi - cnr Halifax St and East Tce)) – 2.5km course
- Park 20 north (Adelaide Harriers Clubrooms - Peacock Rd)) - 2km course
- Park 20 south (Petanque Club - cnr Unley Rd and Greenhill Rd)) – 2.5km course
- Park 24 (West Terrace / Ellis Park - nr Adelaide High School)) – 2.5km course
- West Beach (Barcoo Rd - nr Adelaide Sailing Club)) – 2.5km course

Winter Championships for 2023

- 5km walks (in association with SA Race Walking Club)
- 5km run
- 6km/8km cross country runs
- 10km walks
- 10km run
- 15km walks
- 20km walks (in conjunction with AMA 20km walk)
- Half-marathon