

2016 State Championships report Cherrybrook LA's

The 2016 State Championships were held at SOPAC over the weekend of 18-20 March. We had great athletics weather – mostly dry but not too hot. As per usual, the standard at State was amazing, with many fantastic times and distances achieved. For those competing at State for the first time, it is an experience quite unlike any other. All events have a starting list of up to 24 athletes from all around the state, who have qualified either by coming top 2 at their region, or being one of the next 6 fastest qualifiers from any region, so the competition is always tough. This year the program was a little different – with timed finals for the 800's which definitely improved the program for our distance runners. Our team was again a little depleted by injury, and some of those who made the trek across to Perth for the Australian Junior Championships last week found it more difficult than usual to repeat those performances. However the team performed very strongly with a haul of 22 medals – 9 gold, 10 silver and 3 bronze with another 36 top 10 performances which at State level is an excellent achievement.

Cherrybrook had 2 under 9 athletes qualify for State – under 9 being the youngest age group able to compete at the Championships. Well done to Samara Bond who qualified for State in 4 events and performed extremely well running some great times, finishing 11th in the 70m, 10th in the 100m and 14th in the 60m hurdles and 11th in the long jump – a great effort for her first state. Congratulations also to Isabella Fisher who showed her quality as a middle distance athlete – qualifying for State in both the 400m and 800m, where she competed really well with a couple of PB performances finishing 12th and 14th respectively – well done.

To win one medal at state is a wonderful achievement, but to win multiple medals is a superb effort, which a number of our athletes achieved this year. Of our junior athletes, Sienna Bond (U11G) had a wonderful championships finishing with gold in the Hurdles, and silver in the 400m, the triple jump and the long jump – what a wonderful all round performance. Her team-mate Emily Crawford also performed extremely well with a bronze in the 60m hurdles, silver in the 200m and a close 4th in the 100m. Jonathon Reid (u12 boys) again ran and jumped extremely well to finish with medals in both the long jump – bronze, and triple jump – silver – as well as a tight 4th finish in the hurdles – very well done. Last but not least, Donovan Bradshaw (U12 boys) had an amazing championships, beginning with Gold and a new state record of 56.88s in the 400m, followed by silver in the 100m, and a photo finish to win gold in the 200m in 25.94 s – amazing times!!

Of our senior athletes, Kevin Yang showed himself to be amongst our most consistent performers with great throws of 14.67m to win the U15 boys shot, and equally big 51.54m to take the silver in the discus. Josh Baddock had an excellent weekend with 2 great performances – in the long jump he broke the elusive 7 metre barrier with a massive jump of 7.17m to win the U17 boys long jump, and in the process set a new state record. He followed this with a great jump of 14.23m to win the triple jump on Sunday – amazing results

In the AWD events, Kailyn Joseph repeated her great performances from last year, again coming away with 3 medals – silver in long jump & discus and bronze in 100m with a great PB performance – a terrific effort – Kailyn has been a wonderfully consistent all round performer.

Our other Gold medalists included: Amie Bowrie (14G javelin), Katie Devitt (17G 100m) and Nicole Freestone (15G high jump).

Congratulations also to Kate Collett who was rewarded for her great gold medal performance at the State Multi championships with selection in the highly contested "ALAC" team for the U15's Multi event (4 athletes) which competes alongside the 22 under 13 athletes who are chosen based on their ability to compete at National level in at least 2 events. They will compete in Adelaide in April – well done.

Thanks you to the parents who helped out doing rosters over the weekend – without your help the Championships would not run as smoothly as they did. Special mention too to all the officials who worked hard all weekend – particularly to Elizabeth Jones who officiated all day at the high jump on Saturday and Sunday. Thank-you!!

Full results of athletes by centre, follow the link to the LANSW website:

<http://www.lansw.com.au/Portals/44/Competition/Results/State%20Results%20-%20by%20centre%202016.pdf>

Cherrybrook results on pages 40-42

For those who were at state, please be aware that one of our athletes has since been diagnosed with whooping cough (despite being fully immunised). In immunised people it presents like a cold virus with a runny nose, headache, cough and sore chest. Please seek advice from your GP if your child has these symptoms.

Thanks also to those parents and committee members who came up to Greenway last week to help clean up the club room and all our store-rooms and stocktake our equipment – very much appreciated.

So as the season draws to a close, we wish all our athletes well for the winter break. For those long distance runners amongst us, do not forget the upcoming cross country season which starts soon. We would love you to join us at Dapto for the State Cross country In July to see if we can repeat our big medal haul from last season. We look forward to a new season in September, no doubt with many more amazing performances and new PB's to come!

Jenny Bishop
Championships Officer Cherrybrook LA's