

2016 State Multi report:

We were back to the country this year, and a small but very dedicated group of Cherrybrookians made the long trek out to Dubbo for this year's State Multi Championships. It was not for the faint hearted, with both days enjoying beautiful sunshine, but temperatures up in the high 30's such that the temperature matched the level of competition – extremely hot!! Athletes compete in a range of events depending on agegroup – jumps, throws, sprints, hurdles and a distance race, and receive points based on a performance standard which are then added to make 1 final pointscore for each athlete. State multi combines many of the best aspects of athletics – all round participation and giving your best in every event, with the importance placed on getting the best result you can rather than where you come in any given event. And given the weather, there was a large element of endurance required to achieve the best overall result. The new Dubbo track was an amazing facility and proved a great experience for all our athletes.

The Cherrybrook team was small but definitely punched above it's weight, with some of our best all round athletes competing: Tayla Moore, Ruby Perkins Tom Bishop, William Austin, Jonathon Reid, Amie Bowrey and Kate Collett.

Particular congratulations to our medal winners –

Tayla Moore who had a fantastic carnival, leading the competition pretty much from start to finish and coming home with **GOLD** in the U7 girls event, along the way equalling the State Shot put records with an amazing throw of 8.01m

William Austin: who performed a couple of big PB's over the weekend including a 5 second PB in the last event of the day – his 800, to come home with the **BRONZE** medal

Johnathon Reid: had a great carnival and was really strong on the track and in the long jump, proving himself a wonderful all round performer, winning **GOLD** in the U 12 boys event.

Amie Bowrey also had another excellent State Multi carnival, with 3 big PB's including a massive 15 second PB in the 800 to finish with our best overall score of 5151 points, and the **SILVER** medal in the U13 girls event.

Kate Collett who again showed that she is much more than just a good thrower, performing really well across the board, winning **GOLD** in the hotly contested U15 girls agegroup

Our under 8's also did really well, with **Ruby Perkins** performing 2 great PB's and strong performances across all events to narrowly miss a medal, finishing a close 4th, and **Tom Bishop** also performing well with 2 big PB's to finish 13th overall. Next year's State Multi will be held in the Hunter region, so set aside the first weekend in March and come and join an amazing athletics carnival.

FULL STATE MULTI RESULTS:

	Agegroup	Position	Points
Tayla Moore	U7 girls	GOLD	4974
Ruby Perkins	U8 girls	4 th	4855
Tom Bishop	U8 boys	13 th	4050
William Austin	U10 Boys	BRONZE	4640
Jonathon Reid	U12 boys	GOLD	4428
Amie Bowrey	U14 girls	SILVER	5151
Kate Collett	U15 girls	GOLD	4757