

Cherrybrook Regional Report 2016

Congratulations to all our Cherrybrook athletes who competed at the Regional Championships on the weekend of 13th and 14th February. Having in the past endured torrential rain, this year it was dry and very, very hot!! As always, the competition at our region, Sydney North or Region 5, was extremely tough, which culminated in some fantastic performances and many PB's from our athletes. There was a great team spirit amongst the Cherrybrook Athletes, and great support from parents and friends which helped bring out the best in our athletes.

Getting through the Regional championships in a huge team effort. Particular thanks to Cathy Eaton, Sally Richardson and the other Zone co-ordinators and organisers who once again pulled together a fantastic and smooth running carnival. We should acknowledge all the officials from various clubs who gave up many hours at each event – some all weekend, which was tough going in the heat. Particular mention to those from our own club who worked one or both days as officials- Phillip Lamperts, Coleen Reid, Fiona Liu, Sean O'Connor, Craig Little, Trish Hirst, Jill Ingram, Nicola Craig, Elizabeth Jones - hopefully I have remembered everybody! Thanks also to Peter and Simone Bowrey for transporting all our tents and gear down and back, as well as various parents who helped set up and pack up – your help was very much appreciated.

Cherrybrook will have another busy year at the State Championships in March, with 25 of our athletes placing first or second in their events, making it through to the State Carnival as automatic qualifiers. Region 5 is one of the toughest regions in the state, so that in itself is a fantastic achievement. We also have around another 23 athletes going through to state as one of the additional next 8 best qualifiers, making up a total team of around 48 athletes at State.

The link to our state qualifiers is below – scroll down to find Cherrybeook

<http://littleathleticsnsw.imgstgdev.com/Portals/44/Competition/State%20Qualifiers%202016%20-%20by%20centre%20UPDATED.pdf>

I would like to say a big thanks to our coaches who have played a significant part in the performance of many of our athletes. In particular, thanks to Cherrybrook coaches – Valme Kruger, John Sharpe, Mick Zisti, and Georgia Huggett who again have worked hard to bring out the best in our athletes provide wonderful expertise and encouragement to many of our athletes week to week. And Nicky Jenneke + guest appearances from Shelly had a great little group of hurdlers who also performed particularly well. We are very fortunate to have such experienced and dedicated coaches working with our athletes.

This year we had a particularly large contingent of U8 athletes competing at region for the first time, all of whom performed extremely well. The boys were very well represented, and performed amazingly well with a number of stunning PB performances. Marcus Papadimitrou finished with an impressive 1 bronze and 3 silver medals in the 100m, 60 hurdles, long jump and 400m. Akith Ekanayake also finished amongst the medals with a great run to finish 3rd in the 60 hurdles as well as 5th and 8th in his heats of the 70m and 200m. Idris Burkhardt did really well in his first year at little athletics just missing the final of the 400 after placing 5th in his heat. Tom Bishop ran a massive PB in his 60m hurdles to make the final where he finished 7th, as well as making the final of the Discus where he finished 8th. James Lubrano

also ran a great PB in the 400 finishing 7th in his heat. But the performance of the day was a gold medal for Bronsen Brown who ran a stunning 700m which he led from start to finish, as well as coming in a very close 3rd in the 400m and 5th in the 200m . The girls were not to be outdone, with Ruby Perkins having a great championships, finishing with silver medals in the 100m and long jump, as well as bronze in the long jump and 6th in the 60hurdles. Her team mates also did well with Kaylah Bennett in 4 events, finishing 6th in the 700, 8th in the shot, 12th in the long jump and 7th in her 400 heat. Samantha Budden placed 8th in her 400 heat and 14th in the 700, and Serena Vanderklauw finished 8th in her 200m heat. Hopefully all our other U8 athletes will be back at Regional next year where they will have their first chance to make it through to the State Championships.

This year like always, Cherrybrook had a number of fabulous all round performers. Particular mention to Amie Bowrey who finished with 4 golds including a new Javelin record, as well as a silver and a 5th, Sienna Bond (11G) with 3 golds and a silver, Kate Collett (U15G) with 2 golds and a silver + 3 other top 8 finishes. Danielle Osifo (12G) also had a great carnival finishing with 2 golds including the triple jump record, + a silver and bronze, and Emily Jones (U17G) in her final region came home with 4 silvers + 2 other top 8 finishes – well done. Our other multi medal winners included Harish Abimanju, Josh Baddock, Ben Bishop, Connor Bond, Donovan Bradshaw, Emily Crawford, Max Hirst, Ryan Frykberg, Morgan Little, Jonathan Reid and Kevin Yang– this is no small achievement given the strength of our region – well done!

This year we also had all 4 relays competing at Regional, with the following results:

Junior girls: Samara Bond, Madi Zouein, Sienna Bond, Emily Crawford: 3rd

Junior boys: Marco Bocaletti, Nicholas Bradshaw, Sam Marsden, Donovan Bradshaw: 4th

Senior girls: Sophia Georgescu, Eleanor Lamperts, Kate Collett, Katie Devitt: 2nd

Senior boys: Connor Bond, Morgan Little, Harish Abimanju. Beau Ingram 3rd

Full Cherrybrook results from Region are available on the club's website – follow the link:

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/PDFs/rEGION/region%205%20results%202016.pdf>

Again, congratulations to all our athletes on a wonderful carnival, and to all of our families for your support. We wish all of our state athletes the very best as they look towards the upcoming state Championships over the weekend of 18-20 March at the new blue track at SOPAC Homebush.

Jenny Bishop
Championships Officer, Cherrybrook Little Athletics