

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016**  
**NEWSLETTER NO 23**  
**Program 2**  
**FRIDAY 26 February 2016**

**We have only 3 more nights of competition left!** Looking forward to seeing you all out on Friday night to run and jump and throw as best you can.

Well done to everyone for a very **successful multi night last week** – read on for results. The pointscore system really pushed our athletes to perform their very best in each event - **over 300 PB's were performed last week** which is huge!!! As our multi night was pretty close to program 1 last week, we have moved on to program 2 for this week

Remember to fill out your **Coloured Patch** Achievement Recording Sheets so that we can award patches. You can download these sheets off the website and then hand them in at the clubhouse. Follow the link below to print off your relevant coloured patch form: [http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured\\_patches.html](http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured_patches.html) then log in to results HQ and find your child's results. Each agegroup is different, so follow the instructions as to how many events you need to achieve a patch. Remember that you can use results from Zone and Region towards patches also.

### **INVITATIONALS:**

There will be invitational **200m and 800m** this week at 8pm, as well as **invitational throws**. These are open to ANY ATHLETE who would like to get in some additional competition, so please COME AND HAVE A GO!!

### **Sign in for invitationals:**

There will be a folder outside the clubroom – please come and sign in and write down your PB for the relevant event before 6pm so that we can organize people into races according to times.

### **TRACK MARKINGS**

Some of you will be aware that we have had a number of issues this year with the track markings and distances - in particular at the 200 and 400 starts. These are done for us by council, but a combination of weather and other issues has caused some problems this year. The committee has been working hard with council over the last few weeks to resolve these problems.

In summary – the current track markings (ie the lanes) are not completely symmetrical, which means that the usual distances between the staggers do not work on the current track.

All of the track markings starts have been re-measured, marked and checked over the past few weeks to ensure that our athletes are running the correct distances. For next season we are hoping that the council will be able to utilise GPS technology to assist in marking the track, and we have put steps in place to minimise the issues into the future.

For the rest of the season, the track markings will remain as they are, which does mean that the staggers look very un-even. However each of these lanes has been measured to ensure that the distances from start to finish line in each lane are correct. If anyone has any questions, then please discuss with Jen Bishop

## PARENT ROSTER FOR FRIDAY 26TH FEBRUARY

Equipment Out from 5pm	Canteen	Timing Gate Helpers	Timing Gate Pack Up
8B & 8G	12B & 12G	7B & 7G	11 B & 11 G

### CANTEEN:

This week's special at the canteen is Beef burgers in addition to sausage sandwiches and usual treats

### MULTI NIGHT RESULTS:

We finally got to run our multi night Comp last week. Well done to everyone. Special congratulations to those who finished in the top 3 of their age group! Results of our top competitors below.

First Name	Last Name	age	Total Points
William	Austin	10B	2902
Kent	Mizukoshi	10B	2423
Nicholas	Bradshaw	10B	2321
Lachlan	Dewar	11B	2635
Zachary	Semaganda	11B	2578
Alex	Mills	11B	2569
Ella	McKenzie	11G	1815
Chloe	Creusot	11G	1623
Ella	Lincoln	11G	1588
Jonathan	Reid	12B	2800
Donovan	Bradshaw	12B	2780
James	Farrington	12B	2251
Arienna	Grebert	12G	2173
Jud	Hijazi	12G	2033
Xanthe	Craig	12G	1812
Connor	Bond	13B	2371
Harry	Farrington	13B	2153
Sumin	Baik	13B	1961
Kelly	Chapman	13G	2450
Jennifer	Cummins	13G	2233
Sofia	Georgescu	13G	2200
Morgan	Little	14B	2820
Ernest	Ho	14B	1732
Hashem	Hijazi	14B	1684
Amie	Bowrey	14G	3009
Victoria	Cullen	14G	2516
Faith	Devitt	14G	2085
Kate	Collett	15G	2675
Jasmine	Vink	15G	1947
Eve	Timms	15G	1806
Katie	Devitt	17G	2306
Madeline	Hennessey	17G	1352
Aarush	Anandh	6B	2396
Luke	Hobbs	6B	2334
Siming	Chen	6B	2267
Amalia	Bond	6G	2909
Cleo	Choudhary	6G	2540
Nisini	Rajapaksha Mudiyansele	6G	2466
Joel	Moresi	7B	2406
Zachary	Budden	7B	1879
Charlie	Johnson	7B	1694
Tayla	Moore	7G	2633
Sadie	James	7G	2123
Natasha	Flahey	7G	2026
Bronsen	Brown	8B	2786
Idris	Burkhardt	8B	2700
Thomas	Bishop	8B	2571
Ruby	Perkins	8G	2820
Kaylah	Bennett	8G	2604
Serena	Vanderklauw	8G	2205
Marco	Boccaletti	9B	2914
Samuel	Condon	9B	2507
Liam	Redman	9B	2173
Samara	Bond	9G	2527
Isabella	Fisher	9G	2397
Sarah-anne	Koot	9G	2316
Sierra	Timms	10G	2592
Lana	Batar	10G	2471
Tara	Webb	10G	2471

## **A few dates for your diaries:**

### **LA's State Championships**

These will be held over 3 days Friday 18-Sunday 20<sup>th</sup> March, This year we have 48 athletes who have made it through to State which is a great effort.

### **Sydney Track Classic – Saturday 19<sup>th</sup> March**

The Sydney Olympic Park Athletics Centre will welcome some of the most recognizable names in our sport, with athletes including **Dani Samuels** (NSW), **Ella Nelson** (NSW) and **Brandon Starc** (NSW) chasing their qualifier for the Rio 2016 Olympic Games.

This is always a great evening – for more information follow the link below

<http://athletics.com.au/Compete/Events/sydney-track-classic-15>

**Clean up time!!** The club house is well overdue a good clean-up, so we are aiming to do this over the week of **21 + 23 March**. If anyone has some spare time in the afternoon's of those days, or is already up at the club for training on those days, please speak to one of the committee members, and perhaps you consider helping out for an hour or so

### **Next Year's Zone Carnival:**

Dates have been set for next year's zone carnival which will be **10-11 December at Barton Park**. Please set this date aside for next season

### **Presentation day**

Our annual presentation day will be on **Sunday afternoon 15<sup>th</sup> May at Dural Country club**. This is a fantastic afternoon where we remember many of the great achievements of the season, give out our season's awards, and you will get the chance to see lots of the great photos as well as some terrific video's from this season. Please set the date aside in your diary.

All the best to our athletes as we enter the last few weeks of the season – hopefully there will be many more PB performances this week as well.

HAPPY ATHLETICS!!