

CHERRYBROOK SENIOR ATHLETICS NOTICES – MARCH 28 2016

Happy Easter to all the Cherrybrook athletes and families out there!

Hope you all had lovely long weekends! We have a big weekend of action ahead of with the pinnacle of the Australian National Championships ahead of us only days away. Best wishes to the following athletes who will be competing:

- **Kate Collett**
- **Alysha Burnett**
- **Julie Charlton**
- **Kailyn Joseph**
- **Tim Foster**
- **Rachel Pace**
- **Carla Takchi**
- **Harry Andrews**
- **Nick Andrews**
- **Ben Jaworski**
- **Evan Clothier**

I'm confident we will see many Personal Bests, medals and records galore!! Please don't forget to nominate your athlete of choice for the Daniel Berry Award, which closes this Friday!

ATHLETICS AUSTRALIA NATIONAL CHAMPIONSHIPS – 31 MARCH – 3 APRIL

The 2016 Australian Athletics Championships are the pinnacle event of the Australian athletics calendar, with the four-day event on 31 March through 3 April set to double as the Nomination Trial for the Rio 2016 Olympic Games.

Athletes will duel for the coveted title of national champion across every discipline. History will be made as stars of the sport including **ani Samuels** (NSW), **Eleanor Patterson** (Vic), **Jeff Riseley** (Vic), **Alex Rowe** (Vic), **Ryan Gregson** (Vic), **Michelle Jenneke** (NSW), **Brandon Starc** (NSW), **Fabrice Lapierre** (NSW), **Brooke Stratton** (Vic), **Melissa Breen** (ACT) and **Lauren**

Wells (ACT) all among the likely starters.

The Australian Athletics Championships also feature a bounty of para-athletics titles, welcoming **Scott Reardon** (ACT), **Madison de Rozario** (WA), **Isis Holt** (Vic) and **Angela Ballard** (NSW) to battle it out.

Celebrate our great sport with the athletics family at the 2016 Australian Athletics Championships.

The Australian Athletics Championships incorporate the Australian Combined Events Championships.

For more information on what will be a bumper few days of athletics, follow the links below.

Look forward to sharing the **#SUMMERofATHS** with you at the Sydney Olympic Park Athletics Centre!

EVENT DETAILS

Date	Thursday 31st March - Sunday 3rd April
Location	Sydney Olympic Park Athletics Centre, Sydney Olympic Park NSW
Time	Thursday: 11:00am - 9:00pm (gate opening 9am) Friday: 9:00am - 9:00pm (gate opening 7am) Saturday: 10:00am - 9:00pm (gate opening 8am) Sunday: 9:00am - 4:00pm (gate opening 7am)
Tickets	Available online here and at the gate.
Live Stream	Friday: 4:30pm - 9:00pm Saturday: 5:00pm - 8:15pm Sunday: 12:15pm - 4:15pm

TICKET INFORMATION

Tickets can be pre-purchased online until 9:00am on the first day of the championships or at the gate.

Thursday/Friday (per day): Adult: \$12 Concession: \$8 Children up to 12 years: Free Family (2 adults, 2 concession, no limit on children): \$25

Saturday/Sunday (per day): Adult: \$20 Concession: \$12 Children up to 12 years: Free Family (2 adults, 2 concession, no limit on children): \$45

Four-Day Pass: Adult: \$45 Concession: \$30 Children up to 12 years: Free Family (2 adults, 2 concession, no limit on children): \$100

Coaches Pass (This ticket MUST be purchased online): Four-Day Pass: \$35

For further information including: Timetables, start lists and other information please click the following link:
<http://www.athletics.com.au/Compete/Events/94th-australian-athletics-championships>

Daniel Berry Seniors Award 2015/16 Nominations Open

Daniel Berry was a Cherrybrook Seniors athlete from 2009 – 2013. Throughout this period of time Daniel broke many NSW and Australian records in the U/20 and Open Male AWD divisions in running events ranging from 100m-1500m as well as Long Jump and Discus. He also participated for Cherrybrook Athletics on a regular basis at interclub competitions, State Relays and Allcomers events with great enthusiasm and determination every time he competed. In July 2013 Daniel past away at the very young age of 22. He will be long remembered by our club for his loving nature, generous spirit, tenacious excellent sportsmanship, competitive drive, humble attitude and the inspirational way he lived his life on and off the Athletics track. In memory of Daniel Berry the 2013/14 Athletics Committee has introduced the Daniel Berry Award for Seniors athletes. The criteria to win this award are as follows:

1. **Age:** Must be at least in the Under 18's age group with the minimum age being 16
2. **Attitude and Sportmanship:** A positive attitude and a willingness to embrace good sportsmanship
3. **Attendance:** The athlete must have competed a minimum of **8 times** in a season for which can include representation for Cherrybrook Senior Athletics, NSW Athletics and/or Athletics Australia

*** The athlete must also have competed for the club for a minimum of 2 Athletics season(s)**

To nominate an athlete who you believe is worthy of this award for the 2015/16 season please complete the following survey:
<https://www.surveymonkey.com/r/BQM8X83>

Nominations can be made by Cherrybrook registered Senior Athletes, Seniors Athletics Committee members or parents submitting on behalf of senior athletes.

Nominations Close by Friday 1st April, 5pm.

OTHER COMPETITIONS

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2016 please click the following link: [ANSW Online Calendar of Events](#)

CHERRYBROOK SENIOR ATHLETICS PRESENTATION NIGHT – SUNDAY 15 MAY

One for the Calendar and one not to forget is the Cherrybrook Presentation evening which will be held at the Dural Country Club on **Sunday 15th May** from 6.30pm (Seniors) where we will hand out awards, gifts and look back on a wonderful and another successful season for our almighty club!

RESULTS

NSW Allcomers - 24/03/2016					
ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Rachel Ingram	15	100m	-	13.85	
Lauren Clark	16	Hammer Throw (3kg)	-	44.00m	
Jill Taylor	61	Javelin (500g)	-	17.70m	SB
		Hammer Throw (3kg)	-	32.93m	
Harry Andrews	21	100m	-	10.96	
Lachlan Antoinette	16	100m	-	12.95	
		200m	-	27.49	
		High Jump	-	1.45m	
		Hammer Throw (5kg)	-	38.23m	PB, CB
Beau Ingram	17	100m	-	11.38	PB
		200m	-	23.62	PB
Oliver Clarke	17	800m	-	1.59.35	PB

Sam Coburn	18	800m	-	2.07.03	
Evan Clothier	22	400m	-	48.42	
Tim Foster	23	400m	-	53.7	
Robert Clark	55	Hammer Throw (6kg)	-	32.87m	

CB – Club Best

SB – Seasons Best

PB – Personal Best

Kind Regards,
Cherrybrook Seniors Athletics
Vice President and Competition Manager
Matthew Joyce – 0402 485 998