

# CHERRYBROOK SENIOR ATHLETICS NOTICES

NOTICE ELEVEN 31<sup>ST</sup> DECEMBER 2011

## CONGRATULATIONS

Congratulations to Ben Jaworski who ran his second World Junior Qualifier at the last Club Premiership Meet.

## SYDNEY TRACK CLASSIC

The 2012 Sydney Track Classic will take place on Saturday 18<sup>th</sup> February 2012. Tickets are now on sale by visiting <http://sydneytrackclassic.com/>

Don't miss out - buy your ticket now to reserve a seat and take advantage of the NSW Athletics 'Members Only' offer (ticket price reduced from \$18.00 to \$12.00, but only until the 3rd February 2012)

## FRIDAY NIGHT COMPETITION

Friday Night Club athletics will recommence in the New Year on Friday the 6<sup>th</sup> January from 5.45pm.

## UPCOMING EVENTS

For a full list of season dates and details on all events for the summer athletics season please visit [www.nswathletics.org.au](http://www.nswathletics.org.au) and see both the calendar and Summer Handbook.

## NSW COMBINED CHAMPIONSHIPS

Entries have now closed for the 2012 NSW Combined Championships which are being held at Blacktown International Sports Park on the 7<sup>th</sup> – 8<sup>th</sup> January 2012. For possible late entries contact Athletics NSW on 97461122. The events offered include the Pentathlon, Heptathlon, and Decathlon. For further information [click here](#).

## Remaining rounds left of the Club Premiership

Round 8: 14<sup>th</sup> January SOPAC

Round 9: 19<sup>th</sup> January SOPAC

## **NSW Illawong Permit Meet**

Date – Friday 30<sup>th</sup> December                      Time – from 6.30pm

Where – The Ridge Athletics Track, Recreation Drive, Bardonia Ridge

For Competition details check the NSW Website the week before competition.

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black shorts or tights and new seasons senior registration number on the front and back of the uniform.

Events – 100m, 200m, 400m, 800m, 3000m/5000m, Shot Put, Discus, High Jump

*Permit Meets – Athletes can use results from permit meets to qualify for National Championships and to achieve National rankings, however results cannot be used to break State or National records or to gain International Qualification*

## **INDIVIDUAL EVENTS AT THE NSW COMBINED CHAMPIONSHIPS**

In conjunction with the NSW Combined Championships on Saturday 7<sup>th</sup> January, Athletics NSW will be running several individual events for athletes to compete in that are not competing in a combined event. These events include

100m at 11.00am

1500m at 11.45am

400m Hurdles at 12.20pm

400m at 2.35pm

Entry is open to all Athletics Registered Athletes and is \$5 for unlimited events to be payed on the day at the venue.

## **Club Premiership No 8 – Sydney Olympic Park**

Date – Saturday 14<sup>th</sup> January    Time – from 1.00pm *see program below*

Where – Sydney Olympic Park Athletics Centre (SOPAC)- Edwin Flack Drive, Sydney Olympic Park, Homebush Bay

Entry - \$5- entry on the day - (athletes must register and pay entry 1 hour before their first event at Athlete check in and then marshal at the event 20 mins before hand for Field events and 15 mins before for Track events.)

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

<b>SOPAC – CLUB PREMIERSHIP ROUND EIGHT</b>	
<b>TRACK EVENTS</b>	<b>FIELD EVENTS</b>
1:00pm 1500m (U14 Only)/3000m, 5000m Walk 1:45pm Sprint Hurdles 2:35pm 60m 3:45pm 200m 4:55pm 4x100m relay 5:15pm 800m	1:00pm Long Jump - 6.00m > 1:00pm Shot Put - 5kg and 6kg 1:00pm Javelin Throw - 400g and 500g 1:30pm Pole Vault - 3.30m start 2:15pm Shot Put - 7.26kg 2:20pm Javelin Throw - 600g and 700g 2:35pm Long Jump - 5.30m > 3:15pm Pole Vault - 2.00m start 3:20pm Shot Put - 3kg and 4kg 3:25pm Long Jump (male) 3:30pm Javelin Throw - 800g 4:40pm Long Jump (female)

### **Club Premiership No 9 – Sydney Olympic Park**

Date – Thursday 19<sup>th</sup> January Time – from 5.00pm *see program below*

Where – Sydney Olympic Park Athletics Centre (SOPAC)- Edwin Flack Drive, Sydney Olympic Park, Homebush Bay

Entry - \$5- entry on the day - (athletes must register and pay entry 1 hour before their first event at Athlete check in and then marshal at the event 20 mins before hand for Field events and 15 mins before for Track events.)

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

<b>SOPAC – CLUB PREMIERSHIP ROUND NINE</b>	
<b>TRACK EVENTS</b>	<b>FIELD EVENTS</b>
5:10pm 200m Hurdles 5:50pm 100m 6:45pm 400m 7:35pm 1500m 8:05pm 400m hurdles 8:45pm Steeplechase	5:00pm Discus Throw - 1.5kg and 1.75kg 5:15pm High Jump – 1.20m start (female) 5:15pm Triple Jump – 7m and 9m boards (male) 6:35pm Triple Jump – 7m and 9m board (female) 6:45pm High Jump – 1.50m start 6:45pm Discus Throw – 1kg start 8:00pm Triple Jump - 11m and 13m board 8:05pm High Jump – 1.20m start (male) 8:05pm Discus Throw – 2kg

## **CLUB CHAMPIONSHIPS**

The Club Championships are a competition contested amongst the top NSW clubs from the Premiership competition. The Competition will be held on Saturday 4<sup>th</sup> February 2012 at SOPAC. The Club would like to encourage All of its Athletes to come along and join in the competition and show our team spirit. Note this in your diaries now and more details will be available shortly.

## **NSW YOUTH CHAMPIONSHIPS**

Entries are now Open for the NSW Youth Championships (U14 - U20, eg 1993 and younger) and close at midday, Monday 30 January 2012.

The Championships will be held at SOPAC from the 10<sup>th</sup> – 12<sup>th</sup> February.

For information regarding the NSW Championships, [please click here](#).

DRAFT TIMETABLE - [Please Click here](#) for a DRAFT Timetable

CHAMPIONSHIP RULES - For Championship rules, [please click here](#). It is very important that all athletes read and understand these rules prior to entering.

## **NATIONAL YOUTH CHAMPIONSHIPS**

The Australian Junior Championships (Nationals) will be contested at SOPAC from Wednesday 14<sup>th</sup> March – Sunday 18<sup>th</sup> March.

*(This information has been taken directly from the Aths NSW Web Site)*

The Australian Junior Championships is now the premier National Championships for athletes in this transition age group, and athletes can qualify by placing at the NSW Junior Championships or SKINS NSW All Schools or by reaching a qualifying standard.

**HOW TO QUALIFY?** - There are three ways for athletes to qualify for the Australian Junior Championships:

1. To have placed 1st, 2nd or 3rd in an event at the 2011 SKINS NSW All Schools held in October at Sydney Olympic Park.
2. Reach the entry standard within the qualifying period, as set out by Athletics Australia, which can be accessed by [clicking here](#).
3. Place 1st, 2nd or 3rd in an event at the 2012 NSW Junior Championships.

**ELIGIBILITY** - To be selected to represent NSW at the Australian Junior Championships, athletes must compete at the NSW Junior Championships in February.

Athletes must be registered with Athletics NSW through an affiliated club in order to compete at the Australian Junior Championships and the NSW Junior Championships.

**ENTRY** - Entry into the Australian Junior Championship is to be completed at the NSW Junior Championships; Friday 10th February, Saturday 11th February and Sunday 12th February. Further information regarding entry into the Australian Junior Championships will be made available over the coming weeks.

**DRAFT TIMETABLE** – A draft timetable for Nationals is available

### **ATHLETICS NSW COMPETITION EVENT GRID**

The Event Grid for competition from January – April is now available by following this NSW Athletics link.

[http://210.247.205.118/assets/console/document/documents/Grid\\_postxmas\\_2012.pdf](http://210.247.205.118/assets/console/document/documents/Grid_postxmas_2012.pdf)

If you are wondering when the next Hurdles race or High Jump event etc is on, this is the place to look.

### **NATIONAL QUALIFYING STANDARDS**

To find out the Qualifying standards for Open National and Youth and Junior Nationals follow this link

<http://www.athletics.com.au/home/competition/392/3656/3657>

### **CLUB PREMIERSHIP NEWS**

Congratulations to all 35 Athletes who competed in round 7 of the Club Premiership on the 17<sup>th</sup> December. What fantastic representation and our participation was brilliant with Cherrybrook contesting an amazing 89 events on the day. As a result of such a great day of Athletics from our Cherrybrook Athletes, Cherrybrook is now coming Second overall on the point Tally (a history best for the club) and Cherrybrook still has a commanding lead in the Junior division. Thank you to all those who competed and contributed to the point score, special mention to our three top point scorers this week, Shelly Jenneke 136 points (8 events), Jin Su Jung 104 ½ points (6 events) and Sally Stagles 90 points (3 events).

Congratulations to all those who ran PB's and Qualifiers and who represented the club for the first time. A full list of individual results can be found below.

Let's keep up the great team work and hopefully the 14<sup>th</sup> January will see another big day of competition and participation from our Cherrybrook Athletes .

## RESULTS

### CLUB PREMIERSHIP ROUND 7 RESULTS

ATHLETES NAME	POINTS	EVENTS	RESULT	INFORMATION
RAA ATTENBOROUGH	30	800M	2.20.054	
DANIEL BERRY	9.25	200M 800M	28.57 2.23.46	
NERIDA BLUNDY	18	800M	2.42.98	
ERIN BLUNDELL	13	800M	2.24.80	
DAISY BRYANT	43	100M 200M	13.11 26.26	PB
COURTNEY CATTELL	62	200M 2000M STEEPLE LONG JUMP TRIPLE JUMP	28.46 8.45.92 4.25M 9.27M	PB PB, CB
LEWIS CLABBURN	37.25	100M 200M	13.37 26.32	PB
SAM COBBURN	60.0	100M 200M 800M	13.59 27.18 2.13.93	PB NQ
GEN COWIE	21	HIGH JUMP	1.50M	
KATIE DRISCOL	21	100M 200M 2000M STEEPLE	16.22 34.14 10.12.21	
KAITLYN DUURSMA	24	100M 200M	13.16 27.58	
EMILY DUVE	35	100M 200M	12.80 26.84	
STAURT DUVE	24.5	100M HIGH JUMP	14.11 1.30M	PB
TIM FOSTER	18	LONG JUMP	5.15M	
IAN HUTCHINSON	25.25	DISCUS	45.60M	
BEN JAWORSKI	67.5	100M 200M	10.46 21.32	NQ, ONQ NQ, ONQ, WJQ
SHELLY JENNEKE	136	100M 200M LONG JUMP TRIPLE JUMP HIGH JUMP DISCUS JAVELIN	12.28 26.34 4.84M 11.31M 1.50M 22.72M 20.08M	NQ, ONQ
ELIZABETH JONES	87	800M LONG JUMP HIGH JUMP	2.55.62 3.74M 1.35M	PB, CB

		TRIPLE JUMP	8.38M	
EMILY JONES	31	2000M STEEPLE LONG JUMP TRIPLE JUMP	8.46.04 3.59M 7.95M	
HANNAH JONES	48.33	100M 200M	12.63 25.66	NQ
JIN JUNG	104.5	100M 200M LONG JUMP HIGH JUMP TRIPLE JUMP	11.55 24.26 6.12M 1.70M 11.89M	
CATALINA MARTINEZ	9	2000M STEEPLE LONG JUMP TRIPLE JUMP	9.14.35	
HOLLY MUSGRAVE	72	100M HIGH JUMP LONG JUMP TRIPLE JUMP	13.31 1.55M 4.57M 10.16M	
ADAM NIXON	79	800M 2000M STEEPLE HIGH JUMP DISCUS	2.02.85 10.37.45 1.50M 21.27M	
ALEX NGUYEN HA	77	100M LONG JUMP TRIPLE JUMP	13.15 5.37M 10.67M	PB, CB
AMY PEJKOVIC	18	HIGH JUMP	1.70M	
DECLAN PLUIM	17	HIGH JUMP	1.50M	
VISHAD PRASAD	59.25	100M HIGH JUMP LONG JUMP	12.98 1.60M 5.00M	PB =CB PB
SALLY STAGLES	90	100M LONG JUMP JAVELIN	15.05 3.96M 18.08M	
MAINE VIDLER	16	800M	2.15.11	
CLAUDIA WILLIAMS	32	HIGH JUMP TRIPLE JUMP	1.50M 8.80M	PB
JONAS WILLIAMS	27.5	200M	23.01	
PIP WILLIAMS	20	200M	26.44	
GEORGIA WINKCUP	38	100M 200M 800M 2000M STEEPLE	15.22 31.12 2.37.29 7.31.32	PB PB, CB, NQ
MITCH YABSLEY	60.5	100M 200M 800M JAVELIN	11.92 23.91 2.04.50 33.47	PB PB
DAISY BRYANT EMILY DUVE SHELLY JENNEKE PIP WILLIAMS		4 X 100M RELAY WOMENS A TEAM	49.97	

COURTNEY CATTELL GEN COWIE EMILY JONES HOLLY MUSGRAVE		4 X 100M RELAY WOMENS B TEAM	54.90	
BEN JAWORSKI JIN SU JUNG JONAS WILLIAMS MITCH YABSLEY		4 X 100M RELAY MENS A TEAM	43.73	
DANIEL BERRY LEWIS CLABBURN IANHUTCHINSON VANISH PRASAD		4 X 100M RELAY MENS B TEAM	51.98	

PB = Personal best

CB = Club best for their age eg , U14, U16 etc – if this performance is not bettered during the season then it will stand as a Club Record. Records are determined as at 1<sup>st</sup> May 2012

NQ =National Qualifier for Under Age Nationals in March

OQ = Open Age Qualifier for the Open Nationals in April.

WJQ = World Junior Qualifier making the athlete eligible for selection for the World Juniors

Whilst every effort is made to ensure that PB'S and other information are reported correctly, errors especially with new members is quite possible. Please inform Nicky Jenneke if any details are reported incorrectly so that they can be fixed up in our records.

### **MASTERS CURRENT WORLD RANKINGS**

Congratulations to both Sally Stagles and Jill Taylor who both currently have multiple World ranking

ATHLETE	AGE	EVENT	PERFORMANCE	RANKING
SALLY STAGLES	W50	80M HURDLES	12.86	4 <sup>TH</sup>
		HIGH JUMP	1.35M	26 <sup>TH</sup>
JILL TAYLOR	W55	HAMMER	34.68M	8 <sup>TH</sup>
		WEIGHT THROW	11.46M	9 <sup>TH</sup>
		WEIGHT PENTATHLON	3228 pts	7 <sup>TH</sup>

### **2011 AUSTRALIAN RANKINGS**

Congratulations to the following athletes who are recognised for having achieved National rankings. These are the final rankings for 2011.



ATHLETES NAME	EVENT	PERFORMANCE	RANKING		
			OPEN	U20	U18
JORDAN BARNES	110M HURDLES	14.93	N/A	N/A	15 <sup>TH</sup>
JENNY BLUNDELL	800M	2.08.66	23 <sup>RD</sup>	5 <sup>TH</sup>	3 <sup>RD</sup>
	1500M	4.18.27	10 <sup>TH</sup>	2 <sup>ND</sup>	2 <sup>ND</sup>
BECKY CLARK	HIGH JUMP	1.73M	17 <sup>TH</sup>	10 <sup>TH</sup>	8 <sup>TH</sup>
	TRIPLE JUMP	11.66M	42 <sup>ND</sup>	26 <sup>TH</sup>	18 <sup>TH</sup>
BEN JAWORSKI	100M	10.69 (10.43 WIND ASSISTED)	22 <sup>ND</sup>	6 <sup>TH</sup>	N/A
	200M	21.30	13 <sup>TH</sup>	3 <sup>RD</sup>	N/A
	400M	48.95	N/A	12 <sup>TH</sup>	N/A
SHELLY JENNEKE	100M	12.17	41 <sup>ST</sup>	13 <sup>TH</sup>	N/A
	100M HURDLES	14.05	4 <sup>TH</sup>	1 <sup>ST</sup>	N/A
	TRIPLE JUMP	11.56M	46 <sup>TH</sup>	30 <sup>TH</sup>	N/A
HANNAH JONES	100M HURDLES	14.41	N/A	N/A	12 <sup>th</sup>
JIN JUNG	100M	10.94	66 <sup>TH</sup>	25 <sup>TH</sup>	N/A
HANNAH MENDAY	1500M	4.37.27	73 <sup>RD</sup>	28 <sup>TH</sup>	N/A
ELLEN O'ROURKE	HIGH JUMP	1.71M	23 <sup>RD</sup>	16 <sup>TH</sup>	13 <sup>TH</sup>
AMY PEJKOVIC	HIGH JUMP	1.84M	3 <sup>RD</sup>	2 <sup>ND</sup>	N/A
	LONG JUMP	5.66M	36 <sup>TH</sup>	18 <sup>TH</sup>	N/A
	RRIPLE JUMP	12.92M	4 <sup>TH</sup>	2 <sup>ND</sup>	N/A
GABBY RALPHS	3KG SHOT PUT	13.50M	N/A	N/A	14 <sup>TH</sup>
	HEPTATHLON	4499 PTS			5 <sup>TH</sup>
GEORGIA WINKCUP	2000M STEEPLE	7.32.81 (ran 7.31.32 in a mixed race, time would have ranked her 29 <sup>th</sup> )	30 <sup>TH</sup>	N/A	N/A

## 2012 AUSTRALIAN ATHLETICS TOUR

Could Athletes who have nominated and been accepted to compete at the Brisbane Track Classic please notify Nicky which events they will be competing in.

Entries are now open online at [www.athletics.com.au](http://www.athletics.com.au) for the, Hunter Track Classic, Adelaide Track Classic and Briggs Track Classic. The minimum entry standard for these 'A' series events is an Open National Qualifier. Athletes are encouraged to consult with their coaches before nominating.

**Hunter Track Classic** – 21<sup>st</sup> January 2012 – Hunter Sports Centre  
Nominations close January 6<sup>th</sup> Events Available –

Men – 200m, 1500m, 400m Hurdles, Shot Put, Discus

Women – 200m, 400m, 1500m, 400m Hurdles, Triple Jump, Discus, Shot Put, Hammer

- **PLEASE NOTE** Athletics NSW will also host some non AA funded events at the Hunter Track classic, the following additional events can be entered for on the athletics NSW website.

Open Men – 100m, 400m, 800m, High Jump, Javelin

Open Women – 100m, High Jump

U20Men – 110m Hurdles and U20W – 400m

**Adelaide Track Classic** – 28<sup>th</sup> January 2012 – Santos Stadium

Entries Close January 8<sup>th</sup> 2012 Events available –

Men – 100m, 200m, 400m, 1500m, 3000m steeplechase, Pole Vault, Discus, Hammer Throw

Women – 100m, 200m, 800m, 5000m, High Jump, Pole Vault, Long Jump, Triple Jump, Discus, Javelin

**Briggs Classic** – February 4<sup>th</sup> 2012 – Domain Athletics Centre

Entries Close January 8<sup>th</sup> 2012 Events available –

Men -800m, 5000m, 400m Hurdles, Triple Jump, Shot Put, Hammer, Javelin

Women – 1500m, 400m Hurdles, 3000m Steeple Chase, Triple Jump, Shot Put, Hammer

## **FACEBOOK**

Please note that photos from the All School Nationals and School Knock Out are now available to view on the Cherrybrook Seniors Face Book Page, if you competed chances are there is a photo of you there. Athletes are allowed to copy and use photos of themselves for their own personal use (no copyright).

FROM CHERRYBROOK ATHLETICS WE HOPE ALL OUR MEMBERS AND THEIR LOVED ONES HAVE A SAFE AND ENJOYABLE NEW YEARS AND THE CLUB LOOKS FORWARD TO MANY MORE MAGICAL MOMENTS IN TRACK AND FIELD IN 2012.