

CHERRYBROOK SENIOR ATHLETICS NOTICES

18TH MAY 2012

GOODLUCK

Good luck to our three World Junior Athletes, Jenny Blundell, Ben Jaworski and Shelly Jenneke , who will be competing this weekend with a goal of achieving their pre-departure standards. These three athletes must achieve a pre-departure standard before the 3rd June to assure their place on the team.

SENIOR PRESENTATION

Just a reminder that the Cherrybrook Senior Athletics Presentation Night will be held this Sunday and all members and their family and friends are invited to attend.

**The Presentation Evening will be held on Sunday May 20th at
The Dural Country Club - 662A Old Northern Road, Dural**

The AGM and LA's Presentations will commence at 4.00 pm and the
Senior Presentations will commence at 6.30pm

All guests over the age of 18 attending the Presentation will need to sign in to the Dural Country Club, this can be done inside the Presentation Venue at the Welcome table. The Bar will be open and guests are invited to bring drinks into the Senior Presentation area. The Bistro will also be Open and it is recommended that you enjoy a meal there after the Senior Presentation finishes, which should be around 7.45pm. Guests wishing to eat earlier, are also welcome to purchase a meal at the Bistro before the commencement of the Senior Presentation and bring their meal in with them.

We will be taking a collection for the St John's Ambulance who support the club throughout the season by providing first aid on club meeting nights, so please bring along a Gold coin to Donate.

The 'Red Book' Annual report, will also be available to collect on the evening as you leave the venue.

CROSS COUNTRY RESULTS

Novice Cross country Championships – 28th April

NAME	EVENT	PLACE	RESULT
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Maine Vidler	Mens 2km Fun Run	3 rd	6.39 mins
Jenny Blundell	Womens 2km Fun Run	1 st	7.07 mins
Maine Vidler	Mens 4km Fun Run	13 th	13.16 mins
Jenny Blundell	Womens 4km Fun Run	1 st	14.07 mins
Rachel Attenborough	Womens 7km Run	12 th	28.05 mins

Sydney 10 – Road Run Championships

NAME	EVENT	PLACE	RESULT
Maine vidler	U18 Mens 5km Run	3 rd	16.08 mins
Georgia Winkcup	U16 Womens 5km Runj	6 th	19.24 mins
Emily Jones	U16 Womens 5km Run	21 st	23.27 mins
Rachel Attenborough	U20 Womens 5km Run	4 th	18.20 mins
Nerida Blundy	U20 Womens 5km Run	11 th	22.12 mins
Adam Nixon	Mixed 10km Run	116 th	36.57 mins
Fraser Nixon	Mixed 10km Run	336 th	46.04 mins
Elizabeth Jones	Mixed 10km Run	382 nd	49.07 mins
Georgia Winkcup Emily Jones Rachel Attenborough Nerida Blundy	U20 Womens Team event	GOLD	

COMPETITION

Hunter + Central Coast Winter Series – Meet 1

Date – Saturday 19th May Time – from 11am *see program below* –
Gates open at 8.45am

Where – Hunter Sports Centre, Glendale .

Entry - \$10- for unlimited entries, entry on the day - (athletes must register and pay entry at least 40 minutes before their first event in and then marshal at the event 25 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 senior registration number on the front and back of the uniform.

Hunter + Central Coast Winter Series – Meet 1	
TRACK EVENTS	FIELD EVENTS
10.00am 3000m	10.00am High Jump
10.20am 110m Hurdles (106,99,91cms)	10.00am Hammer Throw
10.35am 100m Hurdles (84, 76cms)	10.45am Shot Put
10.50am 400m	10.50am Triple Jump

11.10am 800m	11.30am Long Jump
11.20am 200m	11.30am discus
11.40am 1500m	12.15pm Javelin
12.00pm 400m Hurdles (76, 84cm)	
12.20pm 100m	

WINTER REGISTRATION

All Athletes who were registered during the summer season are also registered for the winter season, with their registration expiring at the end of September 2012.

If you have any family or friends wishing to registration for the Winter season, winter season registration is available for \$100- and registration can be done online at www.nswathletics.org.au or registration papers can be printed off from the Cherrybrook Website at www.cherrybrookathletics.org.au and sent to our Senior Club Registrar Bruce Chamberlain (details on the website).