

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 11
FRIDAY 29 NOVEMBER 2013
Program 2 this week

We hope for good weather this Friday, following our wash out last week. The program remains program 2.

Parent Duties

Parent Duty 22/11/13	Age Group
Field Set up	Snr B & Snr G
Canteen & BBQ	6B & 6G
Timing Gate Helpers	8B & 8G
Timing Gate pack up	12B & 12G

Photo Night

I took photos of all the age groups two weeks ago, but I did miss one of the whole club due to the early rain. I would ask that following warm up, all athletes return to the club house area for a whole club photo.

Centre Numbers and Correct Uniform

In order to compete for Cherrybrook at Zone you must be in full and correct centre uniform with all the patches fixed to the correct position. You will not be allowed through marshalling to compete if your uniform is incomplete.

The Cherrybrook Centre number is 219 and these can be collected from the club room this week and for the next few weeks. The 219 must be fixed to the back of the shirt. Cherrybrook shorts are plain red, soccer shorts with a logo or white stripe are not acceptable. Correct shorts can be purchased from the uniform shop. You must have the 2013/2014 athlete's registration number fixed to the front of the shirt, with the age patch and IGA patch also fixed in place. Please ask at uniform shop if you are unsure as to patch placement.

Canteen Special of the Week

Chicken Burgers - this time there is a choice between the Southern style which we had before and is slightly spicy and plain coated chicken tenders. Both are 100% breast meat, just a choice between spicy and plain. Cost is just \$5. There will also be sausages - \$3, for a meal deal with a drink add \$2

Last Night before Christmas

Next Friday 6 December is our last night before Christmas. Of course this is followed by Zone the following weekend, however we do not have a Cherrybrook competition night the

night preceeding zone. We will have a special program next Friday night. More details next week.

Raffle Books

We still have some outstanding raffle butts and money. You MUST RETURN IT THIS WEEK.

Zone Championship - 14-15 December Barton Park, Parramatta

A separate email will be sent today regarding zone. This will include details of the zone roster. The zone roster is organised online - you choose your own, first in gets first pick of more than 140 jobs.

If you are coming to zone, please ensure you read all the information and if you still have questions, please contact Cathy Eaton by email or on 0415 952 141.

State Relays results

The Junior day of State Relays was affected by a storm delay due to lightning and competition was stopped for 90 minutes. People were patient and understanding and LANSW kept everyone well informed. Cherrybrook kept up its reputation of being reliable in filling its duty obligations over the weekend and I thank all parents for this.

Junior boys middle distance relay won GOLD for the second year in a row! The team was Harry Clark (8), Dylan Searle (9), James Farrington (10) and Harry Farrington (11). It was a very exciting race and the all the boys ran exceptionally well.

8G shot/discus team came 5th, 10G long/high came 8th with Danielle Osifo winning the HJ jumping 1.23m. The 8G 4x100 team came 10th, just missing the final by a whisker. The junior girls middle distance relay made the final and came 13th - a very gutsy performance.

On Sunday the 13s had a very good day - 13B 4x100 team won GOLD - Ben Kinasch, James Roffe, Ben Tavner and Nathan Takchi and had great changes looking very slick!, 13G won GOLD in the throws relay with Claire Eaton winning the discus and Kate Collett winning the shot, and Claudia Jenkins and Olivia Jenkins throwing very well so that their team won by more than 1500 points. The 13G jumps team won BRONZE - Nicole Freestone (pb of 1.55m in HJ), Kate Collett, Claudia Jenkins and Rachel Ingram. A great result for the 13s.

I especially want to thank Celeste Edmunds and her mum Saccha who received a call from me at 9.15am asking Celeste to fill the 12G spot in the middle distance relay as someone was ill and arrive at Homebush by 10am. They did it, Celeste went straight to marshalling and her participation allowed the team to compete and they came 13th in the race. Well done!!

The 12B 4x100 team made the final coming 5th. The 13G 4x100m relay team also made the final coming 8th. 13B Long/High relay team came 5th and 13B shot/discus team came 8th.

Primary Schools National Championships

In very trying weather conditions in Brisbane, 3 Cherrybrook members contested these championships - Scarlett Prowse came 9th in the 10G 100m final in a very tight finish and won SILVER in the 4x100m relay. Ben Bishop came 7th in the 12B 800m final. Max Hirst was 8th in the 11B multi event and 12th in the 11B Long Jump. Congratulations to these 3 athletes on their achievements. Going to a National Title is very significant and they performed really well.