

## **Region 5 Championships report:**

Congratulations to all our Cherrybrook athletes who competed at the Regional Championships at Narrabeen on the weekend of 15th and 16th February. The weather was particularly challenging, and as always the competition was extremely tough, but that only brought out the best in our athletes. There were many wonderful achievements, loads of personal best performances, and plenty of medals as well.

Getting through the Regional championships in a huge team effort. Particular thanks to Cathy Eaton and the other Zone co-ordinators and organisers who pulled together a fantastic carnival in very challenging weather conditions. Thanks also to the many officials from various clubs who gave up many hours at each event - without them we would have no carnival! Particular thanks to those from our own club who worked one or both days as officials- Phillip Lamperts, Peter Jones, Fiona Liu, Hugh Anstee, Sean O'Connor, Moose Moore, Elizabeth Jones and Greg Phillips - hopefully I have remembered everybody! And to those of you who arrived in the rain only to take refuge in the Cherrybrook tent, can I extend a special thanks to Peter Bowrey who packed and drove all out tents and other gear both to and from Narrabeen, and along with Ginny Asher put all our tents up on the day before competition. Thanks also to those who helped pack up all our gear in the pouring rain! We really do appreciate your efforts.

Cherrybrook will certainly be very well represented at the State Championships in March, with 35 athletes placed first or second in their event/s, hence making it through to the State Carnival as automatic qualifiers. Any of you who have looked at results from other regions will realise just how big an achievement this is, and how tough the competition is at our region. We also have another 16 athletes going through to state as one of the additional next 8 best qualifiers, making up a total team of 51 athletes at State.

A special thanks you also goes to the many coaches who have played a significant part in the performances of many of our athletes. In particular, we would like to thank our Cherrybrook coaches – Valme Kruger, John Sharpe, Ken Donaldson, Mick Zisti, Shelly Jenneke and Georgia Huggett who provide wonderful expertise and encouragement to many of our athletes week to week.

A number of our athletes had particularly outstanding results at Region. Special mention to all of our U8 athletes competing at region for the first time. Harry Clark in the 8B had a particularly good weekend, representing Cherrybrook in 4 events and medalling in all 4, finishing with 3 silvers and a bronze medal. Sadly for Harry (and Cherrybrook), U8s do not progress beyond region. Congratulations Harry - our U8 athlete of the carnival. Our other U8 athletes competing in their first regional also performed well. Congratulations to our other U8 medalists: Sierra Timms – Bronze in the 700m, and Jessica Coppolelli, silver in the shot put. A number of our U8 Athletes also had top 10 finishes, including Levi Dirks in the 60hurdles, and Baily Chapman in the shot put, so the future looks bright for our junior athletes. We hope they will be back again next year for their first chance to qualify for the State Championships.

This year Cherrybrook had 2 record breakers at the carnival. Congratulations to Amie Bowrey who broke the State U12G javelin record at the region carnival- a great performance. Jordan Shelley broke the Region record in the U17B 200m - another record for Jordan to add to his collection, In this season alone, he has broken the zone 100 & 200 records, and much more importantly the Australian U16 100 & 200m records. He is in great form. Jordan also ran a wonderful last leg to bring the senior boys relay team of Ben Kinasc, Oliver Jacquot, Matthew Eaton and Jordan home in first place, taking them through to the State Championships final.

Special mention also to a few of our fabulous all round performers. Courtney Cattell had another wonderful carnival, qualifying for state in 5 events, finishing with 3 gold medals and a bronze across sprints, jumps and hurdles which is a terrific effort. A number of our junior athletes who are limited to competing in 4 events also medalled in all 4 of their events, including Emily Crawford in the U9 girls, Danielle Osifo in the U10 girls, Max Hirst in the U11 boys and Ben Bishop in the U13 boys. Cherrybrook had 14 athletes who made it through to State in 3 or more events which indicates the depth of talent amongst our athletes.

Full results are available on the little athletics website at:

[https://assets.imgstg.com/assets/console/document/documents/20140218110843Results -  
\\_Region 5 - 2013-2014 - UPDATED.pdf](https://assets.imgstg.com/assets/console/document/documents/20140218110843Results_-_Region_5_-_2013-2014_-_UPDATED.pdf)

Again, congratulations to all our athletes on a wonderful carnival. We wish all of our state athletes the very best as they look towards the upcoming state Championships over the weekend of 21-23March at SOPAC Homebush.