

CHERRYBROOK SENIOR ATHLETICS

NOTICES

16TH AUGUST 2013

CONGRATULATIONS

Congratulations to **Jill Taylor** who has had a very successful World Masters Games in the scorching heat and high humidity of the Italian Summer. Jill took away from the competition an impressive 5 medals, a Gold in the Hammer Throw and Throws Pentathlon, Silver in the Shot Put and Javelin and Bronze in the Discus. (Her full results are in the results section of these notices).

Congratulations to **Elizabeth Jones** who competed in the Westlink M7 Cities Marathon last month, coming 6th in the 40-49 age group in a time of 4hours 2mins and 19secs. It is an impressive achievement to tackle and complete a Marathon, well done Elizabeth on this massive achievement.

Congratulations to **Rachel Pace** who has been accepted into the NSW Athletics TTP (Target Talent Program).

Congratulations to **Ryan Jones** who had the fastest under 12 time in the City2Surf last Sunday. Ryan ran an impressive 56minutes and 44 seconds for the 14km event. This also placed Ryan 785th out of 69254 finishers of the race. An outstanding achievement for such a young Athlete.

Congratulations to **Elizabeth** and **Emily Jones** who as team 'Long Legs' had the fastest mother and child (U15) combined time in the city2surf. Emily's time of 1:03.30 also placed her 6th in the F13-15 age group.

Congratulations also to **Holly** and **Julie Winter**, **Matt Joyce**, **Holly Cormack**, **Erin Blundell** and **Shelly Jenneke** who all finished the City2surf. (There results can be found in the results section at the end of these notices).

Congratulations to **Alex Moore** who broke a 50 year old Barker College 400m record at his school carnival.

NEW SEASON REGISTRATION

Cherrybrook Athletics registration days for the 2013/ 2014 season will take place at the WPH Bowling Club – 103 New Line Road, WPH on Sunday the 25th August from 11.00am – 1.00pm and Monday 26th August from 6.30pm – 8.30pm.

Athletes who wish to Dual register as both a Cherrybrook Senior and Little Athletics Athlete are encouraged to register on these days. All Other seniors are welcome to attend the club registration days, however are encouraged to register online on the Athletics NSW website.

Online Registrations is now available on line at

<http://www.nswathletics.org.au/Join/ANSW-Membership>

Registration forms are attached to this notice for those wishing to register manually on a registration day.

NEW SEASON REGISTRATION FEES

Online registrations can be paid for by credit card.

Manual registrations are by Cash or Cheque only.

Open Athlete (+20)	\$150
Under 20 Athlete (18 &19)	\$120
Under 18 Athlete (15, 16 & 17)	\$120
Club Athlete (competes at club level only)	\$100
Junior Athlete (12, 13 & 14) and <u>not</u> registered with a Little Athletics Club	\$100
Dual Athlete (LAANSW 12 - 17) and registered with a club other than Cherrybrook Little Athletics	\$40
Dual Athlete (LAANSW 12 - 15) and registered with Cherrybrook Little Athletics	\$25
Age Concession (60+ or Pension/Seniors)	\$115
Family = any no. of children aged under 20 & one or both parents from the same family registered at the same time.	\$275

Registration age is calculated on age as of September 30th 2014

UNIVERSITY GAMES

Athletes enrolled in University this year and are interested in competing at the Australian University Games in Qld from the 29th September to the 4th October , should contact their Athletics department at their University asap. Entries for the Games are now Open

NSW ALL SCHOOLS

The NSW All schools will take place from the 10TH – 13TH October at Sydney Olympic Park (SOPAC), the Championship event is open to all NSW High School from 12 – 19 years. There is no qualifying pathway or standards to achieve to compete at this Championship event.

Entry, a draft timetable and all competition rules are now available on the Athletics NSW website, www.nswathletic.org.au .

[Click here to view the draft timetable](#)

[Click here to view the rules](#)

[Click here to view the specifications](#)

For Online Entries click on the link below

https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1049&OrgID=52

Entries Close at midday on Tuesday 24th September.

UNCOLLECTED AWARDS

The following Athletes still have Uncollected Awards, record trophies or Club gift. Please contact Nicky to organise collection.

Alex Nguyen Ha – Amy Pejkovic – Don McArthur – Emma Ralphs - Evan Walsh - Fraser Nixon - Gabby Ralphs - Hannah Jones – Hannah Menday – Ian Hutchinson – Jonas Williams - Jonathan Scotney - Matt Nelson - Tim Foster - Toby Menday and Tom Vanderlaan.

DRAFT SUMMER CALENDAR

The NEW draft calendar for **the** 2013/14 summer season, including the addition of some exciting new competitions, has been released. [Click here](#) to take a look.

COMPETITION CHANGES FOR THE 2013/14 SEASON

Athletics NSW has announced the 2013/14 Track and Field season will feature two new competition developments.

The traditional pre-Christmas competition, previously known as the Kings Club Premiership, will be replaced by a new competition –*The Treloar Shield* which will be held over eight (8) weeks starting on 19 October 2013, with the opening round to be held at Sydney Olympic Park Athletic Centre.

The second club competition will be the 2013/14 Summer Premiership. This will be conducted over four rounds of competition and will include the NSW State Relay Champs, NSW Multi Events Championships, a revamped two day NSW Club Championships, and the NSW Track and Field Championships.

TRAINING GROUND FEES

Please remember if you have not paid a lump sum Training Night Ground Fee, then the Club would ask you to contribute a gold coin for each Monday or Wednesday that you train at Greenway. Thank you to those athletes who have already contributed to this scheme. Don't forget once your ground fees are paid you are entitled to a free lolly each training session from Nicky who will now be located on the Oval.

NSW CALENDAR OF UPCOMING EVENTS

Click on the events below for more details

Sun 8 Sept 2013 [2013 NSW Half Marathon Championships](#)

Sun 22 Sept 2013 [2013 NSW Marathon Championships](#)

Sun 20 Oct 2013 [2013 Fernleigh 15 incorporating the NSW 15km Championships](#)

WEST MET CROSS COUNTRY

For full details on the West Met Cross Country Series , visit

http://westmetxcclubs.com.au/wmx_wp/

OFFICIALS AND COACHES EDUCATION AND TRAINING DATES

Click on the training opportunities below for more details

Sat 14 Sept 2013 [Level 1: Community Coach program](#)

Sat 14 Sept 2013 [Level 2: Intermediate Club Coach](#)

Sun 15 Sept 2013 [Level 2: Advanced Event Group - Sprints, Hurdles and Relays](#)

Sun 15 Sept 2013 [Level 2: Advanced Event Group - Throws](#)

Sun 15 Sept 2013 [Level 2: Advanced Event Group - Middle and Long Distance](#)

Sun 15 Sept 2013 [Level 2: Advanced Event Group - Jumps](#)

MAJOR SCHOOL TRACK AND FIELD RESULTS

As a club we like to recognise our athletes achievements at the major school State level athletics events eg CCC, CIS CAS AND CHS. It would be appreciated if Athletes competing at these events, notify Matt Joyce of their results. Results from these major events can be used towards achieving Senior Club records. Matt can be emailed at mjoyce_3@hotmail.com

RESULTS

World Masters Games - Torino, Italy - 03-10/08/2013

Athlete	Age	Event	Result	Place	Extra Details	
Jill Taylor	55-59	Shot Put (3kg)	9.57m	SILVER	PB	
		Weight Throw (7.26kg)	12.64m	SILVER	PB, CR	
		Hammer Throw (3kg)	36.70m	GOLD		
		Discus (1kg)	22.30m	BRONZE		
		Throwing Pentathlon				
		Shot Put (3kg)	8.93m	2nd	676pts	
		Weight Throw (7.26kg)	12.00m	1st	832pts	
		Hammer Throw (3kg)	36.50m	1st	955pts	
		Discus (1kg)	21.62m	3rd	484pts	
		Javelin (500g)	17.83m	3rd	398pts	
		TOTAL			GOLD	3345pts

City2surf Results – Sunday 11th August – 14km Event

ATHLETES NAME	RESULT	PLACE
Erin Blundell	1:30.19	29895 th
Holly Cormack	1:30.25	29998 th
Elizabeth Jones	1:08.02	6447 th
Emily Jones	1.03.30	3249 th
Ryan Jones	56.44	785 th
Matt Joyce	1:30.19	29892 nd
Julie Winter	1:52.02	45687 th
Holly Winter	1:47.37	43436 th