

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 12TH DECEMBER 2013

Dear Cherrybrook Athletes and families,

We have had one of the most successful weekends I think we have ever had as a Club at the Australian All Schools Championships over the weekend. Our athletes broke 3 Australian Records, 3 Meet Records and 7 Club Records! In addition to this 15 Medals were won by athletes with 12 being GOLD and 11 PB's were also shattered from the 15 Cherrybrook athletes that were selected as part of the NSW team. **Jordan Shelley** was one of the stars of the championships collected 4 GOLD medals including breaking 2 AUSTRALIAN RECORDS in the U/16B 100m & 200m events with incredible times of 10.67 and 21.44!!! **Rachel Pace** was equally impressive with 3 GOLD Medals and breaking an AUSTRALIAN RECORD in the process in the U/16G 90m Hurdles with a blistering time of 12.35. Not to be overshadowed was **Alysha Burnett** who did a WORLD JUNIOR QUALIFIER in the U/18G High Jump with a leap of 1.82m to help her win a Silver medal in the event.

Other stunning performance(s) and GOLD medals came from **Tiana Death** in the U/14G 80m Hurdles in a lightening time of 12.22, **Declan Plum** in the U/16B jumping a 10cm PB in 2.07m and **Lauren Clark** throwing a massive 40.25m in the U/14G Hammer Throw. **Karina Takchi** was also fortunate to be apart of the NSW U/18G 4 x100m relay team that broke a meet record. Special mention must be made to our super sprints/hurdles coach **Mick Zisti** who had 6 Cherrybrook athletes from his squad compete producing: 10 Gold Medals, 3 Australian Records, 3 Meet Records and best of all 6 Personal Best's performances! Breath taking results from all athletes involved - full results can be found below in the result(s) section below.

We have only 2 weeks remaining in the Treloar Shield with both weeks being at Sydney Olympic Park Athletics Centre - a venue which always proves popular for large Cherrybrook attendance numbers. We hope to have you at one of these last two meets to participate for our club and have fun with fellow club members as push for a top 5 placing in this competition.

CHERRYBROOK ATHLETICS FUNDRAISING - RAFFLE TICKETS - FINAL REMINDER!

One of the fundraising initiatives that the Cherrybrook Athletics club has implemented this season is the sale of Raffle Tickets for **Holroyd Rotary Club's Community Chest & Christmas Treasure Trove to be drawn on 10 January 2014 (with 1st prize being a Car)**. Books have 10 tickets @ \$2.00 each. If you attended one of our registration days in August, 2013 or attended Senior State Relays you should have already received a book of raffle tickets to sell. For those of you who haven't yet received your book of raffle tickets for this season you can collect these from myself at Greenway Oval at training on Monday and Wednesday evenings from 5pm - 7pm. Alternatively you can collect these during our Competition night on Fridays from one of our committee members in the clubhouse or canteen from 6pm - 9pm.

Please note that it is one book of raffle tickets per family. If you and/or your family do not wish to partake in this initiative you will be required to pay a \$20.00 donation towards our club. This can be done by contacting our Treasurer Sandra Moore on [0402 099 206](tel:0402099206) or Sandra.l.moore@bigpond.com Alternatively payment can be made to Sandra or Nicky Jenneke during one of our training or competition night(s). **Payment and/or return of these raffle tickets butts must be done by Friday 20th December, 2013.** Your support and generosity is greatly appreciated and valued.

COMPETITIONS

TRELOAR SHIELD

The Athletics NSW Treloar Shield is a club-based competition where athletes score points for their club i.e Cherrybrook Athletics. The emphasis is on participation and enjoyment, aiming to attract athletes of all abilities (including athletes with a disability) and standards to compete in an organised track and field competition.

Each individual event listed on the timetable of events for each round will be offered for both male and female in Under 14, Under 17, Under 20, Open, 35+, and 50+ age groups.

DATES AND VENUES

During the 2013 track and field season, the ANSW Treloar Shield will be held within eight rounds on the following dates;

Round	Date	Location
7	December 14	SOPAC
8	December 21	SOPAC

Treloar Shield #7 - Saturday 14th December, 2013

IMPORTANT UPDATE: This event will now be held at Sydney Olympic Park Athletic Centre.

The seventh round of the ANSW pre-Christmas competition in which athletes compete for their club for the Treloar Shield.

Athletes are to be registered for the 2013-14 season and wear their club uniform with their bibs worn front and back.

Entry

[Click here](#) for online entry. Entries close midnight Thursday 12th December. On the day entry available.

Events

100m, 200m, 800m, 400m Hurdle, steeplechase, 1500m/3000m/5000m walk, high jump, triple jump, shot put, hammer throw, **and pole vault.**

Timetable

[Click here to view the draft timetable](#) (updated 19/11/13)

Rules

[Click here for the Treloar Shield rules.](#)

Venue

Sydney Olympic Park Athletic Centre.

* **For further competition dates and upcoming competitions around at other NSW Athletics Clubs in December please click the following link:** <http://www.nswathletics.org.au/Competitions/Calendar>

* **You can also now access the post Christmas competition grid from the Athletics NSW website from here:** <http://www.nswathletics.org.au/Portals/18/2014%20Post%20Xmas%20Competition%20Grid%20for%20Web.pdf>

HUNTER TRACK CLASSIC

This exciting and increasingly popular competition will be held from **January 17-19** at the Hunter Sports Centre in Newcastle. This season's event will feature something for everyone including: a 2 mile twilight fun run, the 'fastest kid' competition which is open to anyone from the age(s) of 6-16 as well as the Hunter Track Classic competition on the Saturday night which will feature some of Australia's most elite athlete's in the country. If you wish to be apart of this weekend you can nominate/enter for these event(s) now or you can buy ticket(s) by clicking the following link: <http://www.huntertrackclassic.com.au/>

NATIONAL ATHLETICS SERIES 2013-14

Online nominations for National Series meets which are conducted by Athletics Australia open very shortly such as: The Hunter Track Clasic Adelaide Track Classic, Perth Track Classic, Briggs Athletic Classic. For further information, qualifying standards please click on the following

link: http://www.athletics.com.au/home/competition/events/australian_athletics_series

To enter please click the following

link: http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887

NATIONAL ENTRY/QUALIFYING STANDARDS

The 2013-14 Australian Championship qualifying standards have been released and can be found at the link

below.

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

Athletes obtaining or bettering the standard for their age division will qualify for the 2014 Nationals to be held in March in Sydney. Please note that Athletes must obtain the qualifier for their 2014 age group eg an athlete who is 15 now but turns 16 next year, must obtain an U17 qualifying standard.

UNIFORM SHOP NOTICE

The Cherrybrook Athletics Uniform shop is located inside the Clubroom at Greenway Park Athletics Oval.

The shop will be open to buy Uniform on Friday Nights from 5.30pm – 7.30pm

For uniform enquiries please contact our Uniform lady Kat on [0419418919](tel:0419418919) or kat@cuevas.com.au

OFFICIALS AND COACHES EDUCATION AND TRAINING DATES

- [Officials Information and Training Dates](#)

- [Coaching Education and Training Dates](#)

FACEBOOK

We now have a Facebook page where you can see photos of our athletes, the latest results and other important events and notices within the club. To gain access to this page search "Cherrybrook Senior Athletics" and click "LIKE".

RESULTS

Treloar Shield #6 @ Campbelltown - 7/12/2013				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Kate Collett	U/14	100m	13.86	
		400m	1.06.85	
		Javelin (400g)	21.34m	
Chloe Antal	U/16	60m	8.14	PB, CB
		100m	13.11	PB
Melanie Best-Clark	35+	60m	9.17	
		100m	14.93	
Ben Bishop	U/14	400m	1.00.89	
		1500m	4.35.85	PB, CB, Q
Ben Jaworski	Open	60m	6.92	CB
		100m	10.89	Q
Tim Foster	Open	400m	54.77	
		Long Jump	5.80m	

Australian All School Knockout @ Townsville - 9/12/2013				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Sofia Metaxouli	U/15	Shot Put (3kg)	8.24m	PB
		90m Hurdles	14.91	PB, Q
Becky Clark	U/19	High Jump	1.60m	
		Long Jump	5.02m	SB
Gabby Ralphs	U/19	100m	12.91	
		High Jump	1.60m	
		Long Jump	5.45m	PB

Carla Takchi	U/19	100m Hurdles (76.2cm)	15.13	Q
Gen Cowie	U/19	100m	12.79	SB
		400m	1.00.27	
Lily Vidler	U/19	400m	1.05.05	
Karina Takchi	U/19	100m	12.39	Q
Lewis Clabburn	U/15	100m	11.8	PB, Q

Australian All Schools Championships @ Townsville - 6/12/2013 - 8/12/2013						
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS	EXTRA
Lauren Clark	U/14	Hammer Throw	GOLD	40.25m		
Tiana Death	U/14	80m Hurdles	GOLD	12.29	CB, PB,	12.22 (h)
		4 x 100m Relay	GOLD	49.04		
Rachel Pace	U/16	90m Hurdles	GOLD	12.35	AR, CB,PB	
		200m Hurdles	GOLD	28.22		
		4 x 100m Relay	GOLD	46.44		
Carla Takchi	U/18	100m Hurdles (76.2cm)	9th	14.75	PB	
Daisy Bryant	U/18	200m	7th	25.36		
Karina Takchi	U/18	100m	6th	12.37		
		4 x100m Relay	GOLD	46.03	MR	
Becky Clark	U/18	High Jump	9th	1.60m		
		Triple Jump	8th	11.04m		
Alysha Burnett	U/18	High Jump	SILVER	1.82m	PB, WJQ	
		Javelin (500g)	10th	37.70m		
Kyle Ekstrom	U/14	Discus (1kg)	5th	45.10m	PB	
Lewis Clabburn	U/14	90m Hurdles	4th	12.64	CB, PB	
		4 x 100m Relay	BRONZE	45.61		
Konrad Cuevas	U/14	Pole Vault	SILVER	2.65m	CB, PB	
James McFadden	U/16	Javelin (700g)	7th	44.55m	PB	
Jordan Shelley	U/16	100m	GOLD	10.67	AR, CB, PB, MR	
		200m	GOLD	21.44	AR, CB, PB, MR	
		4 x 100m Relay	GOLD	42.52		
		Swedish Relay	GOLD	2.00.69		
Alex Nguyen-	U/16	Triple Jump	6th	12.90m		

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		Long Jump	8th	6.20m		
Declan Plum	U/16	High Jump	GOLD	2.07m	CB, PB	

AR - AUSTRALIAN RECORD

WJQ - WORLD JUNIOR QUALIFIER

MR - MEET RECORD

SB - Seasons Best

PB - Personal Best

Q - National Qualifier

CB - Club Best

If you have any other exciting and important news or recommendations for Club Notices please let me know.

Kind Regards,

Cherrybrook Senior Athletics

Championships and Seniors Vice President

Matthew Joyce - [0402 485 998](tel:0402485998)