

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 19TH DECEMBER 2013

Dear Cherrybrook Athletes and families,

Can you believe we are now in the final week of competition for 2013?! This week is the 8th and final round of the Treloar Shield - I encourage as many of you to celebrate Christmas early and turn up to Sydney Olympic Park and participate in as many events as you can to bring it home strong for Cherrybrook Athletics and score vital points! We are currently overall in 8th place and 2nd place in the Junior U/20 age division - a top 5 position would be great! The next club based competition we have to look forward to is the Club Championships which will be held on the 11th January and 1st February. I hope to see many of you compete for our club in this competition to show how awesome our club really is!

This will be the final edition of club notices for 2013 as Christmas is next week. So well done on all the coaches, officials, athletes and parents for such another exciting and fantastic year for the club. We have had a remarkable year with brilliant results at: NSW State Relays, NSW All Schools, Australian All Schools and the Australian Junior Championships. We have also seen 100's of personal best performances from many of our fantastic athletes - young and old. Most importantly from my observations of training and competition on a weekly basis it looks as though our athletes are happy, excited and healthy staying fit and enjoying our wonderful sport of Athletics!

Merry Christmas Everyone and Happy New Year for 2014!

COMPETITIONS

TRELOAR SHIELD

Saturday 21st December 2013 - SOPAC

The final 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 19th December. On the day entry available.

Events

100m, 200m, 400m, 1500m, sprint hurdles, long jump, shot put, discus, javelin.

Timetable

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

Rules

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

Venue

Sydney Olympic Park Athletic Centre
Edwin Flack Ave
Sydney Olympic Park

*** 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>**

NSW Combined Event Championships + Allcomers + NSW 10km Walk Championship

Saturday January 4 - Sunday January 5 - Campbelltown

TIMETABLE

[Click here for the draft timetable.](#)

NSW Combined Event Championships

[Click here for online entry.](#) Entry closes midnight on Thursday 19 December 2013.

\$25 each athlete

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

No entries will be accepted on the day of competition.

For a full description of the events [click here](#).

For the Combined Event Championship rules [click here](#).

10000m Walk Championships

The NSW 10,000m Walk Championship will be held in the Open age group, incorporating the U20 age group.

[Click here](#) for the 2014 Distance Championship rules.

[Click here for online entry.](#) Entry closes midnight Thursday 19 December 2013.

NSW Allcomers Series

Athletes can enter online or on the day for the Allcomers Series.

Online entry

\$5 each athlete for unlimited events.

Online will close midnight Thursday 2nd January 2013. Online Entry requires credit card payment. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange alternative entry.

[Click here for online entry.](#)

On the Day Entry

\$10 each athlete for unlimited events.

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

[Click here](#) for the Allcomers rules.

[Click here](#) for the Allcomers standards.

CLUB CHAMPIONSHIPS - 11TH JANUARY & 1ST FEBRUARY 2014

The 2014 NSW Club Championships will be a two day championship on non consecutive Saturdays. Day one will be held on **Saturday 11th January 2014** at SOPAC. Day two will be held on **Saturday 1st February 2014** at SOPAC. Entry is open to all athletes registered with Athletics NSW for the 2013-14 season. There are no restrictions on how many athletes can represent a club per event. However only two athletes from each club are eligible to score points per event. The two point-scoring athletes will be determined on the basis of performance at the Club Championships. For further information, rules and entry into this event please follow this link: <http://www.nswathletics.org.au/Competitions/Events/ArtMID/1755/ArticleID/23924/NSW-Club-Championships-Day-1>

Please note Cherrybrook Athletics have a very good record in this competition in the past few season(s) in term(s) of participation and strong performance(s). This is sort of like the Grand Final of Athletics for Club Based competition for the season so it's pretty important to us. **All athletes and families are strongly encouraged to attend - we will be likely sitting in Bay 10 as a club for these two competition(s) handing out many lollipops and Cherrybrook tattoos.**

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

PARA-ATHLETICS COME 'N' TRY DAY - NEWCASTLE - SATURDAY 18TH JANUARY

Athletics NSW, in conjunction with the Australian Paralympic Committee, invite all athletes with a disability, as well as athletic coaches, officials, parents and carers, to our next Para-athletics *Come 'N' Try Day*. This FREE Event includes the attendance of Paralympians from the 2012 London Games, specialists coach and a range of fun track and field activities from 9am-12pm on the 18th January. Registrations for the clinic close on the 15th January. For further information and to register contact Lisa Corrigan on lisa.corrigan@nswathletics.org.au or 9724 1112.

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 #7 @ SOPAC - 14/12/2013				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Lauren Clark	U/14	Shot Put (3kg)	10.34m	
		Hammer Throw (3kg)	37.44m	Q
Gabrielle Ralphs	U/20	200m	27.72	
		400m Hurdles	1.08.53	Q
		Shot Put (4kg)	10.66m	
Julie Charlton	Open	100m (Wheelchair)	26.28	
		200m "	44.9	
		800m "	3.01.43	PB
Karina Takchi	Open	100m	12.81	
Jill Taylor	50+	Shot Put (3kg)	8.89m	
		Hammer Throw (3kg)	36.71m	
Konrad Cuevas	U/14	Pole Vault	2.70m	Q, PB, CB
Nick Andrews	U/17	100m	11.83	
Hugh Hunt	U/17	800m	2.08.41	
Will Medway	U/20	High Jump	1.90m	
Ben Jaworksi	Open	100m	10.95	Q
		200m	22.31	
Jordan Barnes	Open	200m	22.74	
Matthew Joyce	Open	800m	2.07.20	
Tim Foster	Open	100m	12.46	
		200m	24.98	

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)