

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 5TH DECEMBER 2013

Dear Cherrybrook Athletes and families,

We have a big weekend of Athletics ahead of us with 15 of our Athletes competing in the Australian All Schools Championships in Townsville from the 6th - 8th December. In addition to this we have a handful of athletes participating in the Nationals Schools Knockout including the senior school team of Mount St Benedict which consists of 5 Cherrybrook Athletes - **Carla Takchi, Karina Takchi, Gen Cowie, Lily Vidler and Becky Clark**. We hope all these athletes do their best and make themselves, their families, NSW and Cherrybrook Athletics very proud of their results!

Last weekend we also had a great turnout at Treloar Shield 5 with 25 athletes competing across 45 events in total. This should see Cherrybrook Athletics climb further up the competition ladder again! Special mention to those athletes competing in 3 or more events to score us more valuable points including: **Sofia Metaxouli, Emily Jones, Kate Collett, Johanna Biddle, Maddy Jones and Lachlan Antoinette**. We still have 3 more rounds to go in this competition and I encourage all of you to get to at least one of these before Christmas time is here!

GOOD LUCK - AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS & SCHOOLS KNOCKOUT

Good Luck to the following Athletes who have been selected by NSW to compete at the Australian All Schools Championships to be held in Townsville this weekend:

- Lauren Clark: U/14G Hammer Throw
- Tiana Death: U/14G 80m Hurdles & 4x100m Relay
- Rachel Pace: U/16G 90m Hurdles, 200m Hurdles & 4 x100m Relay
- Alysha Burnett: U/18G Javelin & High Jump
- Daisy Bryant: U/18G 200m
- Becky Clark: U/18G Triple Jump & High Jump
- Carla Takchi: U/18G 100m Hurdles
- Karina Takchi: U/18G 100m & 4x100m Relay
- Konrad Cuevas: U/14B Pole Vault
- Lewis Clabburn: U/14B 90m Hurdles & 4x100m Relay
- Kyle Ekstrom: U/14B Discus
- James McFadden: U/16B Javelin
- Alex Nguyen-Ha: U/16B Long Jump & Triple Jump
- Declan Pluim: U/16B Triple Jump & High Jump
- Jordan Shelley: U/16B 100m, 200m, 4x100m Relay and Swedish Relay

* **For the timetable of events, startlists and to follow the results of our wonderful athletes click the following link http://www.athletics.com.au/home/competition/events/australian_all_schools**

* **Good Luck also to those athletes competing in the Australian All Schools Knockout competition which will be held on Monday 9th December also in Townsville.**

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; **Please note there have now been some changes to the location(s) for the next 3 rounds as reflected in the table below.**

Round	Date	Location
6	December 7	Campbelltown - Pembroke Rd, Leumeah
7	December 14	SOPAC
8	December 21	SOPAC

Treloar Shield #6

Saturday 7th December 2013 - Campbelltown

The sixth 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 5th December. On the day entry available.

Events

60m, 100m, 400m, 1500m, 5000m, long jump, discus, javelin. **Please note that the pole vault scheduled for this competition date has been postponed to the following Treloar Shield round at SOPAC on Saturday December 14th.**

Timetable

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

Rules

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

Venue

Campbelltown Athletic Track, Rose Peyton Dr, Leumeah.

* 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>

CHERRYBROOK ATHLETICS FUNDRAISING - RAFFLE TICKETS

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 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 must be done by Friday 20th December, 2013.** Your support and generosity is greatly appreciated and valued.

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 #5 @ SOPAC - 30/11/2013				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Tiana Death	U/14	200m	27.21	PB
		80m Hurdles	12.68	
Kate Collett	U/14	200m	28.76	
		80m Hurdles	15.55	
		Shot Put (3kg)	9.79m	
Mia Hemsworth	U/14	200m	29.27	
		80m Hurdles	13.9	PB
Sofia Metaxouli	U/14	Triple Jump	9.97m	
		Shot Put (3kg)	7.89m	
	U/17	90m Hurdles	15.93	
Lauren Clark	U/14	Shot Put (3kg)	10.16m	
		Hammer Throw (3kg)	41.23m	Q
Johanna Biddle	U/17	200m	28.12	
		90m Hurdles	15.1	
		High Jump	1.45m	
		Shot Put (3kg)	10.06m	
Rachel Pace	U/17	90m Hurdles	13.44	
Emily Jones	U/17	90m Hurdles	16.81	
		2000m Steeplechase	7.58.35	PB, Q
		High Jump	1.30m	
		Triple Jump	9.77m	PB
Maddy Jones	U/17	100m Hurdles (76.2cm)	16.26	
		High Jump	1.60m	

		Triple Jump	10.65m	
Carla Takchi	U/17	100m Hurdles (76.2cm)	16.3	
Alysha Burnett	U/20	200m	26.31	SB
		100m Hurdles (84cm)	15.24	Q
Erin Blundell	U/20	800m	2.22.04	SB
Daisy Bryant	Open	200m	25.19	Q
Elizabeth Jones	35+	High Jump	1.40m	
		Triple Jump	8.45m	
Sally Stagles	50+	80m Hurdles	13.12	SB
Jordan Adams	U/14	200m	26.67	
Lachlan Antoinette	U/14	200m	29.4	
		High Jump	1.35m	
		Triple Jump	10.36m	PB
Lewis Clabburn	U/14	90m Hurdles	13.48	
Jack McFadden	U/14	90m Hurdles	20.11	
Kevin Yang	U/14	Shot Put (3kg)	13.20m	Q
Josh Baddock	U/17	High Jump	1.80m	
		Triple Jump	12.33m	PB
Alex Nguyen Ha	U/17	Triple Jump	12.31m	
Ben Jaworski	Open	200m	21.84	SB, Q, CB
Tim Foster	Open	200m	24.61	
Matthew Joyce	Open	800m	2.06.66	SB

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)