

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 13TH FEBRUARY 2014

Dear Cherrybrook Athletes and families,

We have had yet another very successful weekend for Cherrybrook Senior Athletics at the NSW Junior & Youth Championships held over the weekend. Out of the 64 athletes we had participating we have had almost 50 athletes qualify for Nationals which is a very good result! In addition to this we won 32 Medals (10 Gold, 11 Silver and 11 Bronze), 6 Club Records were cracked and most impressive of all 48 Personal Bests performance(s) were recorded. Special mention to **Harry Andrews** who has posted his first World Junior Qualifier clocking a time of 13.77 in U/20 110m Hurdles event! Other impressive performers who won multiple medals included: **Imogen Breslin** (U/14's Gold - 80mh, Silver - HJ, Bronze - LJ), **Alex Nguyen-Ha** (U/18's Silver - TJ & Bronze LJ), **Courtney Cattell** (U/16 's Gold - 200mh & Bronze - 90mh), **Kevin Yang** (U/14's Gold - Shot Put & Silver - Discus), **Mia Hemsworth** (U/14's Gold - 200mh & Silver - 80mh), **Ben Bishop** (U/14's Silver - 1500m & Bronze - 800m), **Kate Collett** (U/14's Gold - Javelin & Bronze - Shot Put) and **Sofia Metaxouli** (U/14's Gold - TJ & Bronze - 200mh). Our other State Champions included: **Nick Andrews** (U/18 110mh), **Rachel Pace** (U/18 100mh) & **Nicole Freestone** (U/14's HJ).

Congratulations to all parents, athletes, coaches and spectators that were involved in the event and sitting in Bay 11 cheering all our athletes on all weekend. The Club Spirit and enthusiasm shown by our club is not matched by any other club in NSW and I think we should all be very proud to be in such a loving and supportive club!

### THORNLEIGH BUNNINGS BBQ - VOLUNTEERS NEEDED - SUNDAY 23RD FEBRUARY

As part of Cherrybrook's fundraiser initiatives for this season we will be cooking up a BBQ and selling sausages/drinks on **Sunday 23rd February** outside the **Thornleigh Bunnings Warehouse**. We are after volunteers (adults & kids) for the day to help cook sausages, handle money and serve food and drink to visitors of the store. We would love if you could volunteer 2 hours of your time to help out if your available. Slots will most likely be:

- 8.30am - 10.30am
- 10.30am - 12.30pm
- 12.30pm - 2.30pm
- 2.30pm - 4.30pm

Please let me know by replying to this email by **Sunday 16th February** if you are available and would love to help out our club. It is always a fun day to mingle with other friendly Cherrybrook families and athletes!

### COMPETITIONS

#### NSW ALLCOMERS COMPETITION - SATURDAY 15TH FEBRUARY 2014

##### ENTRY:

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

##### Online Entry

NSW Allcomers online entry is \$5 each athlete for unlimited events. The NSW 5000m Championships entry fee is \$20.

**Entry closes at midnight on Thursday 13th February.**

[Click here](#) for online entry.

##### On the Day Entry

\$10 each athlete for unlimited events.

All athletes, whether entered online or not, must report to check in to advise check in officials of the events they wish to contest at least one (1) hour prior to the event start time. Failure to do so may result in the athlete being unable to compete in the event.

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

##### EVENTS:

60m, 100m, 400m, 5000m, triple jump, javelin, and high jump. There is also a 1500m race with a restricted entry.

There will be one men's race and one women's race. The top 16 will be selected based on performance. To enter this race please email Brent at [brent.hayward@nswathletics.org.au](mailto:brent.hayward@nswathletics.org.au) by 5pm Thursday 13th February. In the email please confirm your name, date of birth, club, competition number, and season best performance (since October 1st 2013). The start list will be confirmed by 5pm Friday 14th February.

**COMPETITION RULES AND DRAFT TIMETABLE:**

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

To view the Allcomers competition rules [click here](#).

To view the NSW Distance Championship rules [click here](#).

To view the competition standards [click here](#).

**LATE ENTRIES:**

On the day entries for the NSW 5000m Championships are not guaranteed and will be accepted only if positions exist. Late entries cost \$35 for the 5000m and \$10 for the supporting events. Entries will be accepted on a first in first served basis and is not guaranteed that you will be entered into a race according to seed time, but more so according to availability.

**VENUE:**

Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park

**NSW MASTERS CHAMPIONSHIPS - 22ND & 23RD FEBRUARY 2014**

**LOCATION: Hunter Sports Centre in Glendale.**

**ENTRY: CLOSED**

**AGE GROUPS:**

Competition will be conducted in five-year age groups starting at 30-34, 35-39, 40-44 and so on with age as of 22 February 2014.

**TIMETABLE:**

[Click here](#) for the DRAFT timetable. Please note that this timetable is likely to change once entries close and the final timetable is confirmed.

**RULES:**

[Click here](#) to view the rules for the 2014 NSW Masters Championships. All athletes are encouraged to read carefully.

**AUSTRALIAN MASTERS CHAMPIONSHIPS INFORMATION:**

For information regarding the Australian Masters Track and Field Championships in Hobart on 7-10th March 2014 [click here](#).

**NSW OPEN CHAMPIONSHIPS - 28TH - 30TH MARCH 2014**

**ENTRY**

[Click here](#) for online entry. **Entry closes at midnight on Tuesday 18th February 2014.**

[Click here](#) for a manual entry form.

Entry costs \$20 per event, with a maximum fee of \$70 per athlete.

Athletes are to be registered with Athletics NSW (or other state member association) for the 2013-14 season and wear their Athletics club uniform with their bibs worn front and back for the duration of the Championship.

## **TIMETABLE**

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

Please check the website on Thursday 27th February for the FINAL timetable and start lists.

## **AGE GROUPS**

The NSW Track and Field Championships will be conducted in the Open age group, where medals for the Under 23 Championship will be awarded based on results from the Open Championships. The first three athletes aged 20, 21 or 22 in the calendar year of the event will be awarded Under 23 medals.

AWD events will be multi disability events. Medals will be awarded as a % of the world record for Open events and the multi disability scoring tables for athletes in the U20 and U16 age groups.

## **CHAMPIONSHIP RULES**

It is very important that all athletes read and understand these rules prior to entering.

[Click here](#) for Championships rules.

## **VENUE**

Sydney Olympic Park Athletics Centre - Edwin Flack Avenue, Sydney Olympic Park.

## **AUSTRALIAN JUNIOR & YOUTH CHAMPIONSHIPS - 12TH-17TH MARCH, 2014**

The 2014 Australian Junior Athletics Championships will be held at the Sydney Olympic Park Athletic Centre (Edwin Flack Ave, Sydney Olympic Park, NSW 2127) from 12 - 16 March 2014. To view the draft timetable please click the following link:

<http://www.athletics.com.au/Compete/Events/Event-Details/ArtMID/5138/ArticleID/4038/2014-Australian-Junior-Athletics-Championships>

## **OTHER COMPETITIONS**

\* For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2014 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>

## **NATIONAL ATHLETICS SERIES 2013-14**

Online nominations for National Series meets which are conducted by Athletics Australia are now open. For further information, qualifying standards please click on the following link: [http://www.athletics.com.au/home/competition/events/australian\\_athletics\\_series](http://www.athletics.com.au/home/competition/events/australian_athletics_series)

**Please note online entries have now just opened for: the Sydney Track Classic, IAAF Melbourne World Challenge and Queensland Track Classic which will all be held throughout March.**

To enter please click the following link: <http://www.athletics.com.au/Compete/Online-Entries>

## **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/Portals/23/Competition/Documents/Aust%20Qual%20Standards%202013-14.pdf>

## **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](mailto: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**

<b>NSW Junior &amp; Youth Championships - 7-9/02/2014 @ SOPAC</b>						
<b>ATHLETE</b>	<b>AGE</b>	<b>EVENT</b>	<b>PLACE</b>	<b>RESULT</b>	<b>EXTRA</b>	<b>DETAILS</b>
<b>Mia Hemsworth</b>	U/14	100m	8th	13.68		
		80m Hurdles	SILVER	12.83		PB, Q
		200m Hurdles	GOLD	31.17		CB, PB, Q
<b>Eleanor Lamperts</b>	U/14	100m	10th	14.88	14.83 (h)	
		Long Jump	7th	4.26m		
<b>Kate Collett</b>	U/14	200m	11th	27.86		PB
		400m	7th	1.05.71	1.04.96 (h)	PB
		Shot Put (3kg)	BRONZE	9.81m		Q
		Javelin (400g)	GOLD	31.64m		Q
<b>Imogen Breslin</b>	U/14	200m	7th	28.63	27.45 (h)	PB, Q
		80m Hurdles	GOLD	12.38		PB, Q
		Long Jump	BRONZE	4.62m		PB, Q
		Triple Jump	4th	9.51m		
		High Jump	SILVER	1.50m		PB, Q
<b>Tiarne Ekstrom</b>	U/14	80m Hurdles	7th	15.03		PB
<b>Sofia Metaxouli</b>	U/14	80m Hurdles	4th	13.76		PB, Q
		200m Hurdles	BRONZE	32.17		Q
		Triple Jump	GOLD	9.90m		Q
		High Jump	6th	1.45m		
<b>Nicole Freestone</b>	U/14	High Jump	GOLD	1.53m		PB, Q
<b>Johanna Biddle</b>	U/16	100m	21st	13.48		
		90m Hurdles	15th	14.81		
		High Jump	9th	1.40m		
		Long Jump	9th	4.91m		
		Javelin (500g)	9th	30.19m		
<b>Courtney Cattell</b>	U/16	100m	15th	13.26		
		200m	11th	27.17		
		90m Hurdles	BRONZE	13.87	13.63 (h)	PB, Q
		200m Hurdles	GOLD	30.02		PB, Q
<b>Julie Charlton (AWD)</b>	U/16	100m	-	24.03		
		200m	-	43.68		
		400m	-	1.26.11		
		800m	-	2.54.13		PB
		Shot Put (3kg)	-	5.08m		PB
		Discus (1kg)	-	12.21m		

<b>Tiana Death</b>	U/16	100m	12th	13.18		
		90m Hurdles	10th	-	13.37 (h)	PB, Q
<b>Bridget Martin</b>	U/16	90m Hurdles	7th	14.27	14.08 (h)	Q
		Long Jump	6th	4.99m		
<b>Jaslyn Setiadji</b>	U/16	90m Hurdles	5th	14.16		Q
		200m Hurdles	5th	31.07		Q
<b>Lauren Clark</b>	U/16	Shot Put (3kg)	9th	10.84m		
		Discus (1kg)	10th	31.01m		
		Hammer Throw (3kg)	7th	34.35m		Q
<b>Kristina Moore</b>	U/16	Shot Put (3kg)	5th	11.82m		
		Discus (1kg)	BRONZE	36.42m		Q
		Javelin (500g)	8th	30.85m		PB
<b>Kate Spender</b>	U/16	Shot Put (3kg)	10th	10.70m		
		Javelin (500g)	16th	26.72m		
<b>Tiana Hazlewood</b>	U/16	Discus (1kg)	6th	35.04m		PB
		Javelin (500g)	4th	32.98m		
<b>Katie Devitt</b>	U/16	100m	BRONZE	12.86	12.77 (h)	Q
		400m	9th	1.00.48		PB, Q
<b>Chloe Antal</b>	U/18	100m	15th	13.27		
		Long Jump	10th	4.53m		
<b>Daisy Bryant</b>	U/18	100m	4th	12.52	12.44 (h)	Q
		200m	4th	25.66		Q
<b>Rachel Pace</b>	U/18	100m Hurdles (76.2cm)	GOLD	13.49		PB, Q
<b>Brianna Phillips</b>	U/18	100m	18th	13.46		
		Long Jump	12th	4.30m		
<b>Carla Takchi</b>	U/18	100m	13th	13.01		
		100m Hurdles (76.2cm)	4th	14.65		PB, Q
<b>Holly Winter</b>	U/18	100m Hurdles (76.2cm)	6th	15.11	15.08 (h)	PB, Q
		200m	17th	27.7		
<b>Maddy Jones</b>	U/18	100m Hurdles (76.2cm)	9th	15.65		
		High Jump	7th	1.50m		
		Triple Jump	6th	10.72m		
<b>Emily Jones</b>	U/18	400m Hurdles	12th	1.15.86		
		3000m	5th	12.44.10		
		2000m Steeplechase	7th	9.00.50		
		Triple Jump	11th	9.67m		
<b>Tara Kissick</b>	U/18	400m Hurdles	SILVER	1.07.47		
<b>Emma Ralphs</b>	U/18	Javelin (500g)	SILVER	36.97m		PB, Q
<b>Alysha Burnett</b>	U/20	100m Hurdles	4th	14.98		

		(84cm)				
<b>Hannah Jones</b>	U/20	100m	6th	12.36		SB, Q
		100m Hurdles (84cm)	SILVER	13.97		PB, Q
<b>Holly Musgrave</b>	U/20	100m	10th	13.17		
<b>Karina Takchi</b>	U/20	100m	7th	12.37		Q
<b>Gen Cowie</b>	U/20	200m	10th	26.53		
		400m Hurdles	SILVER	1.03.27		CB, PB, Q
<b>Erin Blundell</b>	U/20	800m	11th	2.22.44		
<b>Becky Clark</b>	U/20	High Jump	5th	1.55m		
<b>Gabby Ralphs</b>	U/20	Long Jump	5th	5.20m		
		400m Hurdles	5th	1.07.54		PB
		Shot Put (4kg)	5th	11.34m		
		Javelin (600g)	BRONZE	36.60m		PB, Q
<b>Nat Setiadji</b>	U/20	100m Hurdles (84cm)	5th	15.64		
<b>Ben Tavner</b>	U/14	100m	8th	14.21		
<b>Ben Bishop</b>	U/14	800m	BRONZE	2.13.61		Q
		1500m	SILVER	4.32.36		CB, PB, Q
<b>Jack McFadden</b>	U/14	90m Hurdles	4th	14.72		PB, Q
		200m Hurdles	BRONZE	34.17		Q
<b>Kevin Yang</b>	U/14	Shot Put (3kg)	GOLD	14.19m		CB, PB, Q
		Discus (1kg)	SILVER	38.96m		PB, Q
<b>Tim Simmons</b>	U/16	100m	15th	12.29		
		Long Jump	7th	5.69m		
<b>Oli Jacquot</b>	U/16	100m	18th	12.45		
		200m	4th	24.19	23.61 (h)	PB, Q
		400m	BRONZE	53.17		PB, Q
<b>Lewis Clabburn</b>	U/16	100m	12th	12.28		
		200m	8th	24.55		PB
<b>Kyle Ekstrom</b>	U/16	100m Hurdles (84cm)	9th	15.52	15.30 (h)	PB, Q
		Discus (1kg)	10th	45.83m		PB, Q
		Shot Put (4kg)	16th	10.51m		
<b>Konrad Cuevas</b>	U/16	Pole Vault	SILVER	2.60m		CB, PB, Q
<b>Lachlan Antoinette</b>	U/16	Long Jump	15th	4.56m		
		Triple Jump	11th	9.99m		
<b>Sam Coburn</b>	U/18	400m	17th	54.34		
		800m	25th	2.11.12		
<b>Hugh Hunt</b>	U/18	400m	16th	54.24		PB
		800m	13th	2.03.49		PB
<b>Nick Andrews</b>	U/18	110m Hurdles (91.4cm)	GOLD	14		CB, PB, Q
		100m	10th	11.18		PB, Q

<b>Stuart Duve</b>	U/18	110m Hurdles (91.4cm)	12th	16.78		PB, Q
<b>Jacob McCorry</b>	U/18	110m Hurdles (91.4cm)	9th	15.88	15.52 (h)	PB, Q
<b>Jared Pejko</b>	U/18	Triple Jump	5th	12.85m		
<b>Josh Baddock</b>	U/18	Long Jump	9th	5.90m		
		Triple Jump	4th	12.86m		PB, Q
		High Jump	6th	1.90m		PB, Q
<b>Alex Nguyen-Ha</b>	U/18	Long Jump	BRONZE	6.38m		CB, PB, Q
		Triple Jump	SILVER	13.34m		PB, Q
<b>Declan Plum</b>	U/18	High Jump	SILVER	2.00m		CB, Q
<b>Clayton Anstee</b>	U/18	Discus (1.5kg)	7th	42.15m		
		Javelin (700g)	6th	42.40m		
<b>James McFadden</b>	U/18	Shot Put (5kg)	5th	12.78m		PB
		Javelin (700g)	7th	41.70m		
<b>Jordan Barnes</b>	U/20	200m	10th	22.48		
		400m	5th	50.36	50.35 (h)	
<b>Jackson Kang</b>	U/20	110m Hurdles (99.1cm)	7th	15.34		Q
<b>Toby Menday</b>	U/20	1500m	9th	4.08.52		
<b>Harry Andrews</b>	U/20	110m Hurdles (99.1cm)	GOLD	13.77		WJQ, CB, PB, Q
<b>Will Medway</b>	U/20	High Jump	5 <sup>th</sup>	1.90m		