

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 20TH FEBRUARY 2014

Dear Cherrybrook Athletes and families,

The countdown is on to the National Junior and Youth Australian Championships - we only have 3 weeks to go and we will have many athletes in action! I know many of you would have been busy over the weekend with Regional Little Athletics Competitions and lucky for most of you this weekend you may get a bit of rest from weekend competition as this weekend the NSW Masters State Championships will be on at Hunter Sports Centre. Good luck to our 3 Masters athletes competing who include: **Sally Stables**, **Jill Taylor** and **Caerl Murray**. Also supporting the event and our club will be **Elizabeth Jones** who will be acting as an official this year even though she would love to compete! In addition to this we have **Hannah Jones** and **Harry Andrews** who will be competing in the Queensland Junior Championships in the sprint hurdles events. Both these athletes are very strong chances of making the Australian team for the World Junior Championships in July so we wish them all the best to further improve their chances of making this happen.

Last weekend saw **Ben Jaworksi** compete in the Adelaide Track Classic - Ben managed to run two seasons best clocking a 10.67 in the 100m and 21.52 in the 200m to place inside the top 5 in a very competitive field. Well Done Ben! We also saw some great performances at the Allcomers Meet last Saturday including: **Declan Plum** doing a 2.08m PB in the High Jump, **Sam Coburn** running a 52.92 in the 400m which was over a second PB and **Julie Charlton** almost taking a whole minute of her personal best in the 1500m Wheelchair event. On the subject of Julie she has entered in the seated throwing events (Discus & Shot Put) for the Australian Junior Nationals in March - we are wondering if anyone out there or knows somebody has a seat that Julie can borrow for these event(s). Please let me know ASAP by responding to this email.

Keep training hard Cherrybrook - we are all very excited to see how we go over the next month in all the State and National Championships that are rapidly approaching!

THORNLEIGH BUNNINGS BBQ - SUNDAY 23RD FEBRUARY

Thank you for those people who have volunteered their time and support to assist the club with the Bunnings BBQ this Sunday including: Phil Lamperts, Karin Webb, Lauren Clark, Jen Bishop, Clare Cattell and Fiona Liu.

COMPETITIONS

NSW MASTERS CHAMPIONSHIPS - 22ND & 23RD FEBRUARY 2014

The 2014 NSW Masters Championships will be held on the 22nd and 23rd February 2014 at the Hunter Sports Centre in Glendale.

IMPORTANT INFORMATION

[Click here](#) to view the entry lists (updated 12.02.14). Please check your entries carefully and contact Athletics NSW you have any questions.

[Click here](#) to view the **Final Timetable**. Please note, there have changes that may impact your start and arrival time. Athletes MUST check this timetable to confirm the start time of their event/s.

[Click here](#) for athlete information.

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.

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 FEBRUARY - 2ND MARCH 2014

ENTRY

Now Closed

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-16TH 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

Please note online entries have now opened for: the Sydney Track Classic, IAAF Melbourne World Challenge and Queensland Track Classic which will all be held throughout March. Entries for these events all close by February 28.

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 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

OFFICIALS AND COACHES EDUCATION AND TRAINING DATES

- [Officials Information and Training Dates](#)

- [Coaching Education and Training Dates](#)

RUNNING FOR DANIEL BERRY - CITY 2 SURF 2014

On Sunday the 10th August Tom Berry will be running in memory of his brother Daniel who was a very popular Cherrybrook athlete who passed away last year. Daniel was a Paralympian who inspired many people with his determination to overcome challenges and the way he embraced every opportunity he was given. Tom will be raising funds for brain cancer research and all proceeds will go to the Cure for Life Foundation. To find out how you can support this great cause please follow the link: [Sponsor Thomas Berry](#).

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

We recently received some exciting news from Athletics NSW from last week's NSW Junior and Youth Champs. **Alex Nguyen-Ha** has now been elevated from Silver to a GOLD medal in the U/18 Boys Triple Jump. In addition to this it means that **Josh Baddock** now wins a BRONZE medal for the event. So we now have 11 STATE CHAMPIONS and 33 MEDALS from these championships.

| NSW Allcomers Meet @ SOPAC - 15/02/2014 | | | | |
|---|-----|------------------|---------|-----------|
| ATHLETE | AGE | EVENT | RESULT | DETAILS |
| Julie Charlton | 15 | 1500m Wheelchair | 5.41.76 | PB |
| Rachel Attenborough | 20 | 400m | 1.02.55 | CB, SB |
| Catherine Pearce | 25 | 60m | 8.55 | CB |
| Konrad Cuevas | 14 | Pole Vault | 2.80m | CB, PB, Q |
| Sam Coburn | 16 | 60m | 7.52 | |
| | | 400m | 52.92 | PB |
| Hugh Hunt | 16 | 400m | 54.47 | |
| Declan Plum | 16 | High Jump | 2.08m | CB, PB, Q |
| Toby Menday | 19 | 1500m | 4.05.76 | |
| Evan Clothier | 20 | 400m | 50.73 | |
| Tim Foster | 21 | 100m | 11.96 | SB |
| Matt Joyce | 25 | 60m | 7.95 | |
| | | 100m | 12.66 | |
| | | 400m | 56.13 | |

| Adelaide Track Classic @ Hunter Sports Centre - 15/02/2014 | | | | | |
|--|------|-------|-------|--------|---------|
| ATHLETES NAME | AGE | EVENT | PLACE | RESULT | DETAILS |
| Ben Jaworksi | Open | 100m | 3rd | 10.67 | CB, Q |
| | | 200m | 5th | 21.52 | CB, Q |

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)