

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 27TH FEBRUARY 2014

Dear Cherrybrook Athletes and families,

We had a pretty successful weekend for our 3 Athletes who were involved in the NSW State Masters Championships over the weekend at Glendale. **Jill Taylor** was absolutely amazing claiming 4 GOLD medals from her 4 events including season's best performance in her Discus Throw and Hammer Throw events. **Sally Stagles** was close to her best with a GOLD in the 80m Hurdles and BRONZE in the 60m whilst **Caerl Murray** produced a SILVER medal and a club record in the 800m in his first meet since being out with injury. The next major event for these athletes will be the Australian Master Championships in 2 weeks time which will be held in Hobart. Well Done also to **Harry Andrews** and **Hannah Jones** who both won GOLD in the U/20 sprint hurdles events over the weekend in the Queensland Junior Championships. They both ran very well against some very strong headwinds which exceeded -4.0m/s for their races - I'm sure with much better conditions both athletes will again trouble the World Junior Qualifier standards in their event(s).

This weekend will see the NSW Opens Championships occur where we will have 13 athletes in action as well the NSW AWD Championships where **Tim Foster** has entered in 4 events and **Julie Charlton** with a very busy program taking part 7 events. Good Luck to all our athletes who will be competing over the 3 day program at Homebush!

COMPETITIONS

NSW OPEN CHAMPIONSHIPS - 28TH FEBRUARY - 2ND MARCH 2014

ENTRY

Now Closed

TIMETABLE

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

[Click here](#) for the entry lists (updated 26.02.14)

[Click here](#) for Athlete Information.

IMPORTANT NOTICE: In the likely event that the men's 100m will have six (6) heats, the progression to the semifinals is 1st, 2nd & 3rd from each heat and fastest others qualify for the semifinals (27 athletes).

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.

BANKSTOWN INVITATIONAL MEET - ANSW MEET - THURSDAY 6TH MARCH 2014

The inaugural Bankstown Invitational will be held at the Crest Athletics Track at Bankstown on Thursday 6th March 2014. The meet has ANSW permit status allowing athletes to qualify for national competitions.

Entry

Entry is \$5 to be paid on the day at athlete check in. Athletes must check in at least 30 minutes before their first

event.

Athletes are to nominate to participate. To nominate please provide your name, date of birth, gender, club, competition number, event(s), and season best performance to Youcef Abdi at youcef.abdi@nswathletics.org.au by 5pm Tuesday 4th March. Start lists will be confirmed by 5pm Wednesday 5th March.

Entry is restricted to athletes registered with Athletics NSW or Little Athletics NSW. All athletes must wear their club uniform and 2013/14 competition bibs front and back.

Timetable

[Click here](#) to view the draft timetable (updated 26.02.14).

Contact

Youcef Abdi - youcef.abdi@nswathletics.org.au or 0403 553 519.

NSW ALLCOMERS - SATURDAY 8TH MARCH 2014

ENTRY:

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 6th March 2014. 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.

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:

Sprint hurdles, 200m, 800m, 400m hurdles, 5000m, pole vault, long jump, discus, shot put.

COMPETITION RULES AND DRAFT TIMETABLE:

For a draft timetable please [click here](#).

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

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

VENUE:

Sydney Olympic Park Athletic Centre, Edwin Flack Ave, 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>

SYDNEY TRACK CLASSIC - SATURDAY 15TH MARCH, 2014

The 2014 Sydney Track Classic is Sydney's premier athletic event.

The Sydney Track Classic will take place on **Saturday 15 March** at the Sydney Olympic Park Athletic Centre. The main event starts at 7pm with pre-event track and field competition will be taking place from 5pm. Whether you're an athlete, coach, or simply just love fierce competition on the track and the field, then come and see the hottest stars of Australian track and field battle with international challengers on a blistering night at Sydney Olympic Park.

This is your chance to see first hand, top class competition. You can witness current and future Olympians competing against one another in a competition that displays both national and international talent, all in preparation for the Glasgow 2014 Commonwealth Games. For further information and to purchase tickets please click the following link: <http://www.sydneytrackclassic.com/>

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 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 Friday February 28, 5pm.

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>

THORNLEIGH BUNNINGS BBQ #2 - VOLUNTEERS REQUIRED - SUNDAY 6TH APRIL

As part of Cherrybrook's fundraiser initiatives for this season we will be cooking up a BBQ and selling sausages/drinks on **Sunday 6th April** 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 be:

- 8.00am - 10.00am
- 10.00am - 12.00pm
- 12.00pm - 2.00pm
- 2.00pm - 4.00pm

Please let me know by replying to this email by **Sunday 30th March** 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!

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".

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](#)

RESULTS

NSW Masters Championships - 22-23/02/2014 @ Hunter Sports Stadium					
ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Caerl Murray	35-39	60m	5th	8.38	
		200m	5th	27.81	
		800m	SILVER	2.35.12	PB, CB
Sally Stagles	50-54	60m	BRONZE	9.04	
		80m Hurdles	GOLD	13.27	
Jill Taylor	55-59	Shot Put (3kg)	GOLD	9.53m	
		Discus (1kg)	GOLD	25.05m	
		Hammer Throw (3kg)	GOLD	36.94m	
		Weight Throw (7.26kg)	GOLD	11.36m	

Queensland Junior Championships - 21-23/02/2014 @ State Athletics Facility, Nathan					
ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Hannah Jones	U/20	100m Hurdles (84cm)	GOLD	14.48	Q
Harry Andrews	U/20	110m Hurdles (99.1cm)	GOLD	14.36	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)