

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 6TH FEBRUARY 2014

Dear Cherrybrook Athletes and families,

I can declare that Cherrybrook Athletics are the best Junior Club in NSW after successfully winning the Club Championships last weekend! We won convincingly by more than 900 points in the Junior Division and we also finished 11th in the Opens Division and 15th in the Masters Division. Thank you for all the athletes, coaches and parents that were involved in these competitions - we had a record number of 56 athletes participating on the weekend showing amazing club spirit and support as always. Special mention to Emily Jones, Ryan Jones, Tiarne Ekstrom, Kyle Ekstorm, Gabby Ralphs, Kate Collett and Johanna Biddle who did 3 or more event(s) on the weekend to help secure many important points for the club!

On the weekend there were 5 Club records broken, 21 National Qualifiers (14 from Hurdlers) and 25 Personal Bests to highlight how well our athletes are going at this stage of this season! This is very encouraging just ahead of the NSW Junior Championships which will be going ahead this weekend at Homebush. We have approx 60 athletes competing with many still chasing National Qualifiers - Good Luck to all our Athletes!!! We will be seated around Bay 10-11 so make sure you come and say hello and cheer on all our mighty Cherrybrook athletes!

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 JUNIOR & YOUTH CHAMPIONSHIPS: 7TH - 9TH FEBRUARY 2014

IMPORTANT INFORMATION:

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

[Click here](#) to view the **Final Timetable**. This has been updated on 04.02.14. The minor change relates to the U14 Boys 200m which now starts at 1.10pm and the Girls U14 200m which now starts at 1.13pm. All other event start times are as of 03.02.14. 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](#) to view the **Athlete Information Sheet**.

CHAMPIONSHIP RULES:

For Championship rules, please [click here](#). It is very important that all athletes read and understand these rules prior to entering.

For the pole vault and high jump starting heights, please [click here](#).

AUSTRALIAN JUNIOR CHAMPIONSHIPS INFORMATION:

For information regarding selection into the NSW team to compete at the Australian Junior Championships, please [click here](#).

VENUE:

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

[Click here](#) for a map to gain directions.

QUALIFICATION PROCEDURES FOR ATHLETES, PARA ATHLETES & RELAY RUNNERS FOR 2014 AUSTRALIAN JUNIORS:

http://nonlbassets.imgstg.com/assets/console/document/documents/20140122021807Qualification_Pathway_for_web.pdf

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 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.

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 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>

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 this is the final weekend you can obtain a National Qualifier for the Australian Juniors competition.**

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

NSW Club Championships #2 @ SOPAC - 01/02/2014				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Imogen Breslin	U/14	80m Hurdles	12.89	PB, Q
Mia Hemsworth	U/14	80m Hurdles	13.58	PB, Q
		200m	28.38	PB
Sofia Metaxouli	U/14	80m Hurdles	14.33	PB
		Long Jump	4.36m	
Tiarne Ekstrom	U/14	80m Hurdles	15.37	
		Long Jump	4.18m	PB
		Shot Put (3kg)	8.12m	PB
Kate Collett	U/14	200m	28.01	PB
		Long Jump	4.31m	
		Shot Put (3kg)	9.60m	
Eleanor Lamperts	U/14	200m	30.09	PB
		Long Jump	4.24m	
Tiana Death	U/17	90m Hurdles	13.51	PB, Q
		Long Jump	4.80m	
Courtney Cattell	U/17	90m Hurdles	13.75	PB, Q
		Long Jump	5.20m	PB
Jaslyn Setiadji	U/17	90m Hurdles	14.15	Q
Johanna Biddle	U/17	90m Hurdles	14.93	
		200m	27.64	

		Long Jump	5.03m	PB
		Shot Put (3kg)	10.64m	PB
Emily Jones	U/17	3000m	12.36.94	
		100m Hurdles (76.2cm)	18.71	PB
		800m	2.47.71	
		Long Jump	4.10m	
Chloe Antal	U/17	200m	28	
		Long Jump	4.69m	
Rachel Pace	U/17	100m Hurdles (76.2cm)	14	PB, Q
Lauren Clark	U/17	Hammer Throw (3kg)	34.21m	Q
		Shot Put (3kg)	10.58m	
Kristina Moore	U/17	Shot Put (3kg)	12.00m	Q
Kate Spender	U/17	Shot Put (3kg)	10.96m	PB
Alysha Burnett	U/20	Long Jump	5.71m	Q
		Shot Put (4kg)	11.24m	Q
Hannah Jones	U/20	100m Hurdles (84cm)	14.15	Q
Nat Setiadji	U/20	100m Hurdles (84cm)	15.5	Q
Maddy Jones	U/20	100m Hurdles (76.2cm)	16.46	
Daisy Bryant	U/20	200m	26.11	
Gen Cowie	U/20	200m	26.44	
Gabby Ralphs	U/20	200m	27.44	
		Long Jump	5.17m	
		Shot Put (4kg)	10.59m	
Holly Musgrave	U/20	200m	27.55	
		Long Jump	4.83m	
Erin Blundell	U/20	800m	2.49.75	
Raa Attenborough	Open	800m	2.22.01	SB
Sally Stagles	50+	80m Hurdles	13.41	
Jill Taylor	50+	Hammer Throw (3kg)	32.18m	
		Shot Put (3kg)	9.25m	
Kevin Yang	U/14	Long Jump	4.07m	PB
		Shot Put (3kg)	13.99m	CB, PB, Q
Harry Farrington	U/14	3000m	11.21.52	
		800m	2.35.60	
Ryan Jones	U/14	3000m	12.01.1	
		200m	35.49	
		Long Jump	3.24m	
		Shot Put (3kg)	5.73m	
Ben Bishop	U/14	800m	2.15.41	Q
Charlie Farrington	U/14	800m	2.38.75	
Jack McFadden	U/14	90m Hurdles	16.92	PB
Ben Tavner	U/14	200m	27.9	
		Long Jump	4.30m	
Lachy Antoinette	U/17	Shot Put (4kg)	9.23m	

		Long Jump	4.26m	
Stuart Duve	U/17	110m Hurdles (91.4cm)	16.81	Q
Hugh Hunt	U/17	800m	2.06.12	
Sam Coburn	U/17	800m	2.13.15	
Kyle Ekstrom	U/17	100m Hurdles (84cm)	15.77	Q
		Long Jump	4.96m	PB
		Shot Put (4kg)	10.98m	PB
Tim Simmons	U/17	200m	24.4	
		Long Jump	5.85m	PB
Lewis Clabburn	U/17	200m	24.61	PB
Konrad Cuevas	U/17	Pole Vault	2.50m	CB, Q
Josh Baddock	U/17	Long Jump	6.16m	PB
James McFadden	U/17	Shot Put (5kg)	12.18m	
Thomas Vanderlaan	U/20	5000m	19.21.28	
Harry Andrews	U/20	110m Hurdles (99.1cm)	14.13	CB, PB, Q
Nick Andrews	U/20	110m Hurdles (91.4cm)	14.34	CB, PB, Q
Jacob McCorry	U/20	110m Hurdles (91.4cm)	15.68	Q
Jordan Barnes	U/20	200m	21.99	Q
Toby Menday	Open	800m	1.57.92	PB
Matt Joyce	Open	800m	2.04.48	SB
Evan Clothier	Open	200m	23.71	
		Long Jump	6.35m	CB
Tim Foster	Open	200m	23.97	SB
		Long Jump	5.87m	

For FULL results including the Final Club Point score for Club Champs please follow this link: <http://www.nswathletics.org.au/Results/ArtMID/1749/ArticleID/293718/2014-NSW-Club-Championships-Day-2>

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)