

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 16TH JANUARY 2014

Dear Cherrybrook Athletes and families,

Cherrybrook Athletics were at their very best at the first week of Club Champs with plenty of great performances and amazing club spirit as always. We are currently sitting in **FIRST** place in the Junior Division of the competition thanks to the participation of approx 40 athletes over the weekend. Special mention must be made to our athletes who did 3 or more event(s) including **Courtney Cattell, Gabby Ralphs, Ryan Jones, Lachy Antoinette** and a very special mention **Emily Jones** who did 5 events including 3 very difficult event(s) - 400m Hurdles, 1500m and Steeplechase. We are hoping that we can hold on to our position to be crowned the best Junior U/20 club in NSW and we hope you can all make it out to round 2 at SOPAC on the 1st February.

This weekend will see the Hunter Track Classic take place - Cherrybrook will be represented by **Hannah Jones** (100m Hurdles) and **Ben Jaworski** (100m) in the first meet of the National Athletics Series for 2013-14. Good Luck to both athletes - this is always an exciting meet with a great atmosphere so if anyway is free this weekend visit the Hunter region and enjoy some high quality athletes in action! Elsewhere in the Cherrybrook Athletics world Masters athlete **Jill Taylor** has just competed at the Oceania Masters Games in Bendigo with fantastic results collecting a total of 5 Medals from her 5 events (2 Gold, 3 Silver). Keep up the good work Cherrybrook!

VALE GREG COLLETT

Our thoughts and condolences go out to the Collett family after their father Greg passed away last week. Greg Collett was heavily involved in the Cherrybrook Little Athletics Club for the last 5-6 years and his presence will be sorely missed.

COMPETITIONS

ANSW Permit - Illawong - Friday 17th January 2014

The Illawong and Districts Athletics Club is hosting an NSW permit meet on Friday 17th January 2014 at The Ridge Athletics Track, Barden Ridge. This competition has been granted Permit status by Athletics NSW, thus ratifying the event and allowing athletes to qualify for Australian Championships.

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

Entry

Entry is \$5 dollars on the day. Athletes need to report to the check in desk at least 30 minutes prior to their event start time.

Timetable

Track:

6.45pm - 100m
7.15pm - 800m
7.45pm - 200m
8.15pm - 400m Hurdles
8.45pm - 3000m

Field:

6.30pm - Shot Put / Long Jump
7.15pm - Javelin
7.45pm - High Jump
8.15pm - Discus

Venue

The Ridge Athletics Track
Recreation Drive, Barden Ridge

ANSW Permit - Campbelltown - Tuesday 21st January 2014

This meet has been awarded an Athletics NSW permit status. Athletes can qualify for Australian Championships and be included in ranking lists.

Entry

\$5 on the day entry. All athletes are to be registered with Athletics NSW and wear their club uniform with the 2013/14 bib numbers attached front and back.

Events

100m, 400m, 1500m, steeplechase, triple jump, shot put, hammer throw

Field Timetable

7:00pm Men's Hammer Throw

7:00pm Women's Shot Put

7:30pm Triple Jump 11m/13m boards

8:00pm Women's Hammer Throw

8:00pm Men's Shot Put

8:15pm Triple Jump 5m/7m/9m boards

Track Timetable

7:00pm Men's 3000m and 2000m Steeplechase

7:30pm 100m

8:10pm 400m

8:40pm 1500m

Venue

Campbelltown Sports Centre, Corner of Rose Payten Drive and Pembroke Road, Leumeah

CLUB CHAMPIONSHIPS - 1ST FEBRUARY 2014

The 2014 NSW Club Championships will be a two day championship on non consecutive Saturdays. Day two will be held on **Saturday 1st February 2014** at SOPAC. Entry is open to all athletes registered with Athletics NSW for the 2013-14 season. There are no restrictions on how many athletes can represent a club per event. However only two athletes from each club are eligible to score points per event. The two point-scoring athletes will be determined on the basis of performance at the Club Championships. For further information, rules and the timetable of this event please follow this

link: <http://www.nswathletics.org.au/Competitions/Events/ArtMID/1755/ArticleID/42157/NSW-Club-Championships-Day-2>

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

This is an exciting Championship for underage athletes in NSW. Introduced in 2010, in collaboration with Athletics Australia, the premier athletics event for U14 to U20 athletes is for the development of the sport in the transitional demographic of 12 – 19 years.

ENTRY:

[Click here](#) for online entry.

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

Athlete Entry Fee is \$20 for each event (if entering U20 or U18 events) or \$15 for each event (if entering U16 or U14 events), with a cap of \$70.

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

Entries and payment is to be submitted by midday, **Tuesday 28th January 2014**.

TIMETABLE:

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

AGE GROUPS:

U20 - Born 1995 or later (cannot be in this age group if 20 on the 31st December 2014)

U18 - Born 1997 or later (cannot be in this age group if 18 on the 31st December 2014)

U16 - Born 1999 or later (cannot be in this age group if 16 on the 31st December 2014)

U14 - Born 2001 or 2002 (cannot be in this age group if 14 on the 31st December 2014)

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.

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>

HUNTER TRACK CLASSIC

This exciting and increasingly popular competition will be held from **January 17-19** at the Hunter Sports Centre in Newcastle. This season's event will feature something for everyone including: a 2 mile twilight fun run, the 'fastest kid' competition which is open to anyone from the age(s) of 6-16 as well as the Hunter Track Classic competition on the Saturday night which will feature some of Australia's most elite athlete's in the country. If you wish to be apart of this weekend you can nominate/enter for these event(s) now or you can buy ticket(s) by clicking the following link: <http://www.huntertrackclassic.com.au/>

NATIONAL ATHLETICS SERIES 2013-14

Online nominations for National Series meets which are conducted by Athletics Australia are now open. Please note entries to the Tasmania Briggs Classic and the Adelaide Track Classic close this **Friday 17th January**. For further information, qualifying standards please click on the following link: http://www.athletics.com.au/home/competition/events/australian_athletics_series
To enter please click the following link: <http://www.athletics.com.au/Compete/Online-Entries>

PARA-ATHLETICS COME 'N' TRY DAY - NEWCASTLE - SATURDAY 18TH JANUARY

Athletics NSW, in conjunction with the Australian Paralympic Committee, invite all athletes with a disability, as well as athletic coaches, officials, parents and carers, to our next Para-athletics *Come 'N' Try Day*. This FREE Event includes the attendance of Paralympians from the 2012 London Games, specialists coach and a range of fun track and field activities from 9am-12pm on the 18th January. Registrations for the clinic close on the 15th January. For further information and to register contact Lisa Corrigan on lisa.corrigan@nswathletics.org.au or 9724 1112.

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 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

Oceania Masters Athletics Championships @ Bendigo - 4-12/01/2014				
ATHLETES NAME	AGE	EVENT	PLACE	RESULT
Jill Taylor	55-59	Hammer Throw (3kg)	SILVER	33.73m
		Shot Put (3kg)	GOLD	9.54m
		Weight Throw (7.26kg)	SILVER	11.14m
		Discus (1kg)	SILVER	21.58m
		Throws Pentathlon	GOLD	3141pts
		Hammer Throw (3kg)	1st	32.90m
		Shot Put (3kg)	1st	9.10m
		Weight Throw (7.26kg)	1st	10.83m
		Discus (1kg)	1st	23.05m
Javelin (500g)	1st	15.89m		

Queensland Combined Event Championships @ Uni of QLD - 11-12/01/2014					
ATHLETES NAME	AGE	EVENT	RESULT	POINTS	DETAILS
Johanna Biddle	U/16	90m Hurdles (76.2cm)	14.68	884	
		High Jump	1.36m	470	
		Shot Put (3kg)	9.58m	502	
		200m	27.15	651	PB
		Long Jump	4.92m	592	PB
		Javelin (500g)	31.18m	499	PB
		800m	2.42.84	541	
		Heptathlon	4th	4085pts	PB

NSW Club Championships @ SOPAC - 11/01/2014

ATHLETE	AGE	EVENT	RESULT	DETAILS
Mia Hemsworth	U/14	100m	14.02	
Nicole Freestone	U/14	High Jump	1.50m	
Sofia Metaxoui	U/14	Triple Jump	9.58m	
Eleanor Lamperts	U/14	100m	14.97	
		Triple Jump	7.96m	
Courtney Cattell	U/17	100m	12.86	PB
		200m Hurdles	31	Q, SB
		Triple Jump	10.08m	
Chloe Antal	U/17	100m	12.92	PB
Tiana Death	U/17	100m	13.05	
Emily Jones	U/17	1500m	6.26.08	
		400m Hurdles	1.19.45	
		2000m Steeplchase	9.35.04	
		High Jump	1.35m	
		Triple Jump	9.50m	
Jaslyn Setiadji	U/17	200m Hurdles	31.77	
Lauren Clark	U/17	Discus (1kg)	28.47m	
Kate Spender	U/17	Discus (1kg)	16.60m	
		Javelin (500g)	26.63m	
Hannah Jones	U/20	100m	12.46	SB
Daisy Bryant	U/20	100m	12.8	
		400m	1.01.84	
Carla Takchi	U/20	100m	13.1	
Holly Musgrave	U/20	100m	13.23	
		Triple Jump	10.30m	
Natalie Setiadji	U/20	100m	13.62	
		Javelin (600g)	24.80m	
Gabby Ralphs	U/20	400m Hurdles	1.10.45	Q
		Discus (1kg)	27.15m	
		Javelin (600g)	34.03m	
		High Jump	1.55m	
C.Takchi, H. Jones T.Death, D.Bryant	Open	4x 100m Relay	50.07	
Melanie Best-Clark	30+	100m	14.82	SB
Abha Sinha	30+	100m	19.12	SB
		1500m	7.10.57	
Sally Stagles	50+	100m	14.84	
Ben Tavner	U/14	100m	13.62	
Ryan Jones	U/14	100m	16.47	

		400m	1.17.33	
		Javelin (600g)	18.58m	
Ben Bishop	U/14	400m	1.00.93	
		1500m	4.36.40	Q
Harry Farrington	U/14	400m	1.11.42	
		1500m	5.02.9	PB
Charlie Farrington	U/14	400m	1.12.62	
		1500m	5.29.05	
Kevin Yang	U/14	Discus (1kg)	37.97m	Q, PB
Lewis Clabburn	U/17	100m	12.02	
Stuart Duve	U/17	100m	13.31	
Lachlan Antoinette	U/17	100m	14.28	SB
		Discus (1kg)	33.67m	SB
		Triple Jump	9.93m	
		High Jump	1.35m	
Alex Nguyen-Ha	U/17	Triple Jump	12.27m	
Sam Coburn	U/17	400m	54.06	PB
		1500m	4.44.76	
Hugh Hunt	U/17	400m	54.76	
		1500m	4.51.89	
Jordan Barnes	U/20	100m	11.26	
		400m	50.03	PB, Q
Nicholas Andrews	U/20	100m	11.49	SB
Harry Andrews	U/20	400m Hurdles	56.88	Q
Tim Foster	Open	100m	11.98	SB
		400m	55.27	
Ben Jaworski	Open	400m	50.34	SB, CB
Matthew Joyce	Open	400m	55.92	
B.Jaworski, H.Andrews N.Andrews, J.Barnes	Open	4x100m Relay	42.05	

To view full results of the Club Competition point score please follow the link: <http://www.nswathletics.org.au/Results/ArtMID/1749/ArticleID/215859/2014-NSW-Club-Championships-Day-1>

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)