

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 9TH JANUARY 2014

Dear Cherrybrook Athletes and families,

We have just seen some fantastic results at the NSW Combined Event Championships in Campbelltown last weekend with all 4 of our athletes winning medals (3 GOLD & 1 SILVER)! **Sofia Metaxouli** was superb securing Gold in the U/14 Pentathlon event whilst **Gabby Ralphs** was unstoppable in the U/20's Heptathlon event also winning Gold. **Johanna Biddle** won Gold in the competitive and popular U/16's even whilst our Australian World Youth representative **Alysha Burnett** finished with Silver in the Open Womens event. Special Mention must go to Alysha who only just turned 17 and competed up in the Open Age group where she actually did 6 out of 7 National Qualifiers for individual events for the U/20 age group (4 were Open National Qualifiers). In addition to this Alysha broke the Under 20 NSW Record and did a World Junior Qualifier for the Heptathlon. Well Done to all these amazing hard working female multi-event athletes for these outstanding results!

This weekend will see the first round of the 2014 Club Championships at Homebush which will have a large contingent of Cherrybrook Athletes participating. Our goal is to WIN the U/20 Junior Division for this competition after we finished 2nd in the Treloar Shield and I think we have a good chance with all our amazing and enthusiastic athletes. If you didn't get the time to participate and/or support at this event there is another round on Saturday 1st February which will be great opportunity to prepare for the NSW Junior & Youth Championships which will occur the following weekend at Homebush. Good luck to all Cherrybrook athletes competing this weekend!

COMPETITIONS

CLUB CHAMPIONSHIPS - 11TH JANUARY & 1ST FEBRUARY 2014

The 2014 NSW Club Championships will be a two day championship on non consecutive Saturdays. Day one will be held on **Saturday 11th January 2014** at SOPAC. 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/23924/NSW-Club-Championships-Day-1>. **Please note that entry for this Saturday 11th January is now closed.**

Please note Cherrybrook Athletics have a very good record in this competition in the past few season(s) in term(s) of participation and strong performance(s). This is sort of like the Grand Final of Athletics for Club Based competition for the season so it's pretty important to us. **All athletes and families are encouraged to attend - we will be sitting around the Bay 10 area as a club for these two competition(s) handing out many lollipops and Cherrybrook tattoos!** If you didn't get a chance to register for this competition we would love you for the 2nd round of the competition on Saturday 1st February

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 open very shortly such as: The Hunter Track Classic Adelaide Track Classic, Perth Track Classic, Briggs Athletic Classic. 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://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887

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/home/competition/392/3656/3657>

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

NSW Combined Event Championships @ Campbelltown - 4-5/01/2014					
ATHLETES NAME	AGE	EVENT	RESULT	POINTS	DETAILS
Sophia Metaxouli	U/14	80m Hurdles (76.2cm)	14.17	954	
		High Jump	1.44m	555	
		Shot Put (3kg)	8.09m	405	
		Long Jump	4.26m	369	
		800m	2.48.95	475	
		Pentathlon	GOLD	2758	
Johanna Biddle	U/16	90m Hurdles (76.2cm)	14.71	880	Q
		High Jump	1.36m	470	
		Shot Put (3kg)	9.77m	514	
		200m	27.71	654	PB
		Long Jump	4.89m	530	
		Javelin (500g)	28.35m	445	
		800m	2.40.24	570	
		Heptathlon	GOLD	4063	Q

Gabby Ralphs	U/20	100m Hurdles (84cm)	16.88	610	PB
		High Jump	1.54m	666	
		Shot Put (4kg)	11.15m	606	
		200m	26.99	713	PB
		Long Jump	5.17m	606	
		Javelin (600g)	30.04m	477	
		800m	2.36.14	618	PB
		Heptathlon	GOLD	4295	Q
Alysha Burnett	Open	100m Hurdles (84cm)	14.75	875	Q, PB
		High Jump	1.78m	953	Q,
		Shot Put (4kg)	11.34m	618	Q
		200m	25.69	824	Q, PB
		Long Jump	6.04m	862	Q, PB, CB
		Javelin (600g)	38.45m	638	Q
		800m	2.28.93	706	PB
		Heptathlon	SILVER	5476	NSW U/20 RECORD, WJQ

NSW Allcomers @ Campbelltown - 4-5/01/2014				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Julia Charlton	15	100m	23.23	PB
		200m	43.64	
		400m	1.30.55	
		800m	3.13.65	
		Shot Put	4.92m	
Chloe Antal	16	100m	13.05	PB
		Long Jump	4.52m	
Emily Jones	16	800m	2.51.45	
		400m Hurdles	1.20.35	
		High Jump	1.35m	
		Long Jump	4.09m	
Holly Winter	17	100m Hurdles (84cm)	16.2	Q
Hannah Jones	19	100m Hurdles (84cm)	14.46	Q
Ryan Jones	13	3000m	12.34.22	

NB: Ages of the Athletes recorded in the result table(s) are as of the age they are as at December 31, 2014.

SB - Seasons Best
PB - Personal Best
Q - National Qualifier
CB - Club Best

For final and full results in the 2014 NSW Combined Event Championships point score please click the

following link: <http://www.nswathletics.org.au/Results/ArtMID/1749/ArticleID/190199/2014-NSW-Combined-Event-Championships>

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)