

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 11TH MARCH 2014

Dear Cherrybrook Athletes and families,

We have a very exciting week ahead of us with the Australian Athletics Junior Championships in Sydney from Wednesday 12th March to Sunday 16th March. All up we have 46 athletes participating which is an incredible result at such a high level of competition. Best of luck to all athletes, coaches and families - we hope you do yourself, your club and NSW very proud! I'm sure we will see many personal bests, medals and maybe even a World Junior Qualifier or two from those athletes in contention. Well Done to **Hannah Jones** who on the weekend secured her first World Junior Qualifying for the 100m Hurdles in a time of 13.94. The last week for qualifying to the 2014 World Junior Championships will be this weekend so we hope she can repeat her performance to ensure selection.

Congratulations to our mighty masters athletes **Sally Stagles** and **Jill Taylor** who once again has excelled and impressed in another competition - this time at the Australian Masters Championships in Hobart over the weekend. Sally won 5 medals (4 GOLD & 1 BRONZE) from 6 events whilst Jill Taylor won 4 medals (3 GOLD and 1 SILVER) from 4 events. Remarkable results from both athletes - Jill will next compete in the World Masters Indoor Championships which will be held in Budapest in 2 weeks time.

Good Luck to all coaches, athletes, families and spectators involved in the Australian Junior Championships this week. I'm sure we will once again see some more amazing and stunning results!

WELL DONE

* Congratulations to the following Cherrybrook athletes who have gained selection in the NSW relay team(s) to compete at the Australian Junior Championships:

- **Katie Devitt:** U/16W 4 x 100m & 4 x 200m (reserve)
- **Rachel Pace:** U/20W 4 x 100m
- **Oliver Jacquot:** U/16M 4 x 200m
- **Jordan Shelley:** U/18M 4 x 100m
- **Jordan Barnes:** U/20M 4 x 400m (reserve)

* Well Done to **Ben Jaworski** who has been selected to compete in the Sydney Track Classic for the 200m this weekend. In addition to this Ben has been included in the NSW 4 x 100m Relay team at the Queensland Track Classic on Saturday 29th March.

* Congratulations to **Tim Foster** who has been invited to compete in the Sydney Track Classic in the AWD 100m event as well as the Melbourne Track Classic on Saturday 22nd March in the 400m.

COMPETITIONS

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 all FINAL startlists 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.

Cherrybrook Athletes featuring in this event will include Ben Jaworski and Tim Foster.

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.sydneystackclassic.com/>

NSW ALLCOMERS - THURSDAY 20TH 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 Tuesday 18th 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:

100, 400m, 1500m, 5000m Walk, High Jump, Triple Jump, Shot Put, Hammer Throw

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

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: Athletics Australia Championships and Australian Combined Event

Championships are open. Entries for these events all close by Monday March 17, 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

Our final fundraiser of the season will occur at Thornleigh Bunnings on Sunday April 6 2014. Those who have helped out before will tell you that it is very relaxed and enjoyable and a good way to spend 2 hours. Timeslots are 8-10am, 10-12 noon, 12-2pm, 2-4pm. **Please reply to this email indicating your interest.**

CHERRYBROOK ATHLETICS PRESENTATION NIGHT - SUNDAY 18TH MAY

Save the Date - our annual presentation day is **Sunday 18 May** from **6.30pm - 7.30pm** at **Dural Country Club**. Trophies and gifts will be handed out to record breakers, state medalists and high achieving and consistent athletes we have had over the 2013-14 season. Dural Country Club have a great Bistro menu inside which you may like to try after the presentation is complete.

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 & INSTAGRAM

We 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". Our club has also just got an account on Instagram where you can see more photos of our club!

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 Allcomers Meet @ SOPAC - 8/03/2014				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Mia Hemsworth	12	80m Hurdles	13.03	
Eleanor Lamperts	13	200m	29.66	PB
		Long Jump	4.25m	
Kate Collett	13	200m	27.45	PB
Imogen Breslin	13	80m Hurdles	12.85	
Lauren Clark	14	Shot Put (3kg)	10.89m	
		Discus (1kg)	30.31m	
Tiana Death	14	90m Hurdles	13.36	PB
Courtney Cattell	15	90m Hurdles	13.52	PB

Rachel Pace	16	100m Hurdles (76.2cm)	14.04	
Chloe Antal	16	Long Jump	4.67m	
Daisy Bryant	17	200m	26.05	
Carla Takchi	17	100m Hurdles (76.2cm)	15.04	
Maddy Jones	17	100m Hurdles (76.2cm)	16.51	
		Long Jump	5.65m	
Alysha Burnett	17	100m Hurdles (84cm)	14.69	PB
Hannah Jones	19	100m Hurdles (84cm)	13.94	WJQ, PB
Rachel Attenborough	20	800m	2.22.16	
Jack McFadden	13	90m Hurdles	15.48	
		Shot Put (3kg)	10.41m	
Konrad Cuevas	14	Pole Vault	2.80m	CB, PB
Lachlan Antoinette	14	200m	28.75	PB
		Long Jump	4.66m	
		Shot Put (4kg)	9.42m	PB
		Discus (1kg)	32.31m	
James McFadden	16	800m	2.05.63	PB
		Shot Put (5kg)	12.33m	PB
Hugh Hunt	16	800m	2.06.89	
Sam Coburn	16	800m	2.13.11	
Nick Andrews	17	110m Hurdles (91.4cm)	14.3	
Maine Vidler	18	800m	2.01.39	PB
Toby Menday	19	800m	1.59.03	
Harry Andrews	19	110m Hurdles (99.1cm)	14.09	
Jackson Kang	19	110m Hurdles (99.1cm)	15.52	
Evan Clothier	20	400m Hurdles	56.87	CB
		Long Jump	6.76m	CB, PB
Ben Jaworski	21	200m	21.68	
Matt Joyce	25	800m	2.05.38	

Queensland Opens & AWD Championships - 6/03/2014 - 8/03/2014

ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Tim Foster	AWD Open	200m	SILVER	24.09	
		400m	5th	54.36	
		Long Jump	GOLD	5.96m	

Australian Masters Championships - 8-10/03/2014 @ Hobart, Tasmania					
ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Sally Stagles	50-54	100m	6th	14.44	SB
		80m Hurdles	GOLD	21.52	
		Shot Put (3kg)	GOLD	9.91m	
		Long Jump	GOLD	4.06m	
		High Jump	GOLD	1.36m	SB
		4 x 100m Relay	BRONZE	55.09	
Jill Taylor	55-59	Shot Put (3kg)	GOLD	9.22m	
		Discus (1kg)	GOLD	25.89m	PB
		Hammer Throw (3kg)	SILVER	35.70m	
		Weight Throw (7.26kg)	GOLD	11.36m	

WJQ - World Junior Qualifier

SB - Seasons Best

PB - Personal Best

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)