

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 20TH MARCH 2014

Dear Cherrybrook Athletes and families,

We have had 47 Senior Cherrybrook athletes who have represented NSW last week and we had many wonderful performances to be proud of as a club. In total 24 medals (10 GOLD, 6 SILVER & 8 BRONZE) were won by athletes, 5 Club Records broken and the most pleasing statistic is there were 31 Personal Best performances. Congratulations to one of our great role models of the club - **Hannah Jones** who did her 2nd WJQ time in the 100m Hurdles heats with a PB 13.87 however she was unlucky in the final and stumbled on one of the hurdles so we will await her fate this coming week to see if she is successful in being selected. National Champions we had were: **Imogen Breslin** (U/14 80m Hurdles), **Julie Charlton** (AWD U/16 Shot Put and Discus) breaking her own Australian record in the process, **Rachel Pace** (U/18 100m Hurdles) competing in the older age group, **Alysha Burnett** (U/18 Long Jump), **Kevin Yang** (U/14 Shot Put), **Nick Andrews** (U/18 110m Hurdles) and **Jordan Shelley** (U/18 200m). **Oliver Jacquot** and **Katie Devitt** also featured in Gold medal winning relay teams for NSW.

Other individual medalists included: **Mia Hemsworth** (U/14 80m Hurdles), **Lauren Clark** (U/15 Hammer Throw), **Tiana Death** (U/15 90m Hurdles), **Emma Ralphs** (U/17 Javelin), **Daisy Bryant** (U/18 200m), **Kyle Ekstrom** (U/15 Discus), **Konrad Cuevas** (U/15 Pole Vault) and **Declan Pluim** (U/17 High Jump). Multi medalists included: **Julie Charlton** (U/16 Shot Put + Discus), **Jordan Shelley** (U/17 200m + U/18 4 x 100m Relay), **Kevin Yang** (U/14 Discus + Shot Put) and **Imogen Breslin** (U/14 80m Hurdles + High Jump).

As a club I believe this one of the most talented and strongest group of athletes we have ever had at a National Junior competition and with so many young and enthusiastic athletes and families Cherrybrook Athletics is only going from strength to strength. Once again a big thank you to all parents, coaches, spectators, volunteers and supporters of the athletes - they can't do what they do without your continued guidance and support each and every week. We still have another 3 weeks left in the season with 2 Allcomers meets left, NSW Little Athletics State Champs and the Australian Multi's, Opens and AWD Championships concluding in April. Enjoy what we have left!

COMPETITIONS

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

NSW ALLCOMERS - SATURDAY 29TH MARCH

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 27th 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, 200m, 800m, Sprint Hurdles, Steeplechase, Pole Vault, Long Jump, Discus, and Javelin.

COMPETITION RULES AND DRAFT TIMETABLE:

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

[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 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!

OFFICIALS AND COACHES EDUCATION AND TRAINING DATES

- [Officials Information and Training Dates](#)
- [Coaching Education and Training Dates](#)

RESULTS

Australian Junior & Youth Championships - 12-16/03/2014 @ SOPAC						
ATHLETE	AGE	EVENT	PLACE	RESULT	EXTRA	DETAILS
Mia Hemsworth	U/14	80m Hurdles	SILVER	13.09	12.93 (h)	
Kate Collett	U/14	Shot Put (3kg)	8th	9.81m		
		Javelin (400g)	4th	33.72m		PB
Imogen Breslin	U/14	80m Hurdles	GOLD	12.39	12.25 (h)	PB
		Long Jump	5th	4.85m		PB
		High Jump	SILVER	1.57m		PB
Sofia Metaxouli	U/14	80m Hurdles	10th	13.8		
		Triple Jump	8th	9.66m		
Nicole Freestone	U/14	High Jump	BRONZE	1.57m		PB
Lauren Clark	U/15	Hammer Throw (3kg)	SILVER	42.47m		CB, PB
	U/17	Hammer Throw (3kg)	10th	40.90m		
	U/15	Discus (1kg)	-	ND		
	U/15	Shot Put (3kg)	8th	11.05m		
Tiana Death	U/15	90m Hurdles	BRONZE	13.59	13.02 (h)	PB
		Long Jump	11th	4.89m		
Katie Devitt	U/15	100m	-	DQ	12.54 (h)	
		200m	6th	25.7		
	U/16	4 x 100m Relay	GOLD	47.55		
Johanna Biddle	U/16	90m Hurdles	23rd	14.71		
Courtney Cattell	U/16	90m Hurdles	4th	13.31		PB

		200m Hurdles	4th	29.47		PB	
Julie Charlton (AWD)	U/16	100m	10th	23.24			
		200m	8th	43.54			
		400m	-	DQ			
		Shot Put (3kg)	GOLD	6.02m		PB	
		Discus (1kg)	GOLD	13.65m		PB, AR	
Jaslyn Setiadji	U/16	90m Hurdles	14th	13.97			
		200m Hurdles	12th	31.81			
Kristina Moore	U/16	Shot Put (3kg)	5th	13.28m		PB	
		Discus (1kg)	8th	36.44m			
	U/17	Shot Put (3kg)	9th	11.92m			
		Discus (1kg)	5th	39.92m		CB, PB	
Emily Jones	U/17	3000m	9th	12.00.67			
		2000m Steeplechase	9th	8.04.57			
Rachel Pace	U/18	100m Hurdles (76.2cm)	GOLD	13.65			
		100m	5th	12.35	12.28 (h)		
	U/20	4 x 100m Relay	BRONZE	47.21			
Tara Kissick	U/17	400m Hurdles	16th	1.10.69			
Emma Ralphs	U/17	Javelin (500g)	BRONZE	39.84m		PB	
Daisy Bryant	U/18	100m	10th	12.61			
		200m	BRONZE	25.33			
Carla Takchi	U/18	100m Hurdles (76.2cm)	10th	15.06			
Holly Winter	U/18	100m Hurdles (76.2cm)	11th	15.27			
Alysha Burnett	U/20	100m Hurdles (84cm)	-	DQ	14.57 (h)	PB	
	U/18	Long Jump	GOLD	6.09m			
	U/20	High Jump	7th	1.73m			
	U/20	Javelin (600g)	10th	37.39m			
Hannah Jones	U/20	100m Hurdles (84cm)	-	DQ	13.87 (h)	WJQ, PB	
Karina Takchi	U/20	100m	12th	12.53			
		4 x 100 Relay	BRONZE	47.21			
Gen Cowie	U/20	400m Hurdles	6th	1.03.81	1.03.63 (h)		
Becky Clark	U/20	High Jump	9th	1.73m			
Gabby Ralphs	U/20	400m Hurdles	12th	1.09.52			
		Long Jump	-	ND			
		Javelin (600g)	14th	32.33m			
Nat Setiadji	U/20	100m Hurdles (84cm)	15th	15.95			
Ben Bishop	U/14	800m	4th	2.11.15		PB	
		1500m	5th	4.32.43			
Jack McFadden	U/14	90m Hurdles	8th	15.81	15.09 (h)		
Kevin Yang	U/14	Shot Put (3kg)	GOLD	14.69m			
		Discus (1kg)	SILVER	41.33m		PB	
Oli Jacquot	U/15	200m	6th	23.5		PB	

		400m	5th	52.91	52.74 (h)	PB
	U/16	4 x 200m Relay	GOLD	1.33.91		
Lewis Clabburn	U/15	100m	9th	11.83		
		200m	11th	24.14		PB
Kyle Ekstrom	U/15	100m Hurdles (84cm)	7th	15.13		PB
		Discus (1kg)	BRONZE	44.39m		
Konrad Cuevas	U/15	Pole Vault	BRONZE	3.00m		CB, PB
Stuart Duve	U/17	110m Hurdles (91.4cm)	10th	16.9		
Josh Baddock	U/17	Triple Jump	7th	13.00m		PB
		High Jump	5th	1.91m		PB
Jordan Shelley	U/17	100m	4th	11.02		
		200m	GOLD	21.93		
	U/18	4 x 100m Relay	SILVER	41.96		
Alex Nguyen-Ha	U/17	Long Jump	6th	6.64m		CB, PB
		Triple Jump	5th	13.01m		
Declan Plum	U/17	High Jump	SILVER	2.00m		
Clayton Anstee	U/17	Discus (1.5kg)	7th	42.06m		
		Javelin (700g)	9th	38.56m		
James McFadden	U/17	Shot Put (5kg)	9th	12.78m		PB
		Javelin (700g)	6th	46.33		PB
Nick Andrews	U/18	100m	17th	11.35		
		110m Hurdles (91.4cm)	GOLD	13.8		CB, PB
Jacob McCorry	U/18	110m Hurdles (91.4cm)	7th	14.83		PB
Jared Pejkoic	U/18	Triple Jump	10th	12.80m		
Jordan Barnes	U/20	200m	-	DQ		
		400m	16th	49.82		PB
Jackson Kang	U/20	110m Hurdles (99.1cm)	15th	15.35		
Harry Andrews	U/20	110m Hurdles (99.1cm)	-	DQ	14.45 (h)	

WJQ - World Junior Qualifier

AR - Australian Record

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

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