

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 6TH MARCH 2014

Dear Cherrybrook Athletes and families,

We have had yet another exciting and wonderful weekend of athletics performances this time at the NSW AWD and Open Championships held at Homebush. Special mention goes to **Alysha Burnett** who not only won a GOLD medal at the age of 17 in the Opens Long Jump but she also did a Commonwealth Games B Qualifier and World Junior Qualifier with a gigantic leap of 6.34m! This is now Alysha's 3rd event where she has done a World Junior Qualifier to go along side her High Jump and Heptathlon results recorded earlier this year. Well Done Alysha - the performances you have achieved this year are truly incredible on a state, national and international level!

Our AWD athletes saw nothing but Gold on the weekend with **Julie Charlton** taking 7 GOLD medals from 7 events in the Under 19 Wheelchair age category whilst **Tim Foster** collected 4 GOLD medals from all of his events in the 20+ age group including big PB's in his 100m, 200m and 400m events. The next focus for these two athletes will be Nationals AWD Championships which be held along side the Australian Junior Championships next week. Other performances of note this weekend included SILVER medals for Ben Jaworski in the 200m and Declan Pluim in the Open male High Jump - an amazing feat for Declan who only turns 16 this year. Well Done to all the 14 athletes that took part in what was a very challenging weekend with a wet track and heavy rain - the results speak for themselves.

Can you believe we only have 6 days left before the Australian Junior and AWD Championships. Very exciting time in the Athletics Season!

AUSTRALIAN JUNIOR CHAMPIONSHIPS RELAY TEAMS FOR NSW

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

COMPETITIONS

NSW ALLCOMERS - SATURDAY 8TH 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 Thursday 6th 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:

Sprint hurdles, 200m, 800m, 400m hurdles, 5000m, pole vault, long jump, discus, shot put.

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

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 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. 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.sydneytrackclassic.com/>

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 now 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

As part of Cherrybrook's fundraiser initiatives for this season we will be cooking up a BBQ and selling sausages/drinks on **Sunday 6th April** 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 be:

- 8.00am - 10.00am
- 10.00am - 12.00pm
- 12.00pm - 2.00pm
- 2.00pm - 4.00pm

Please let me know by replying to this email by **Sunday 30th March** 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!

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 Opens & AWD Championships - 28/02/2014 - 2/03/2014 @ SOPAC						
ATHLETE	DIV	EVENT	PLACE	RESULT	EXTRA	DETAILS
Brianna Phillips	Open	100m	29th	13.69		
Alysha Burnett	Open	100m Hurdles (84cm)	12th	15.17		
		Long Jump	GOLD	6.34m		WJQ, CGB, CB, PB
		High Jump	4th	1.75m		
Hannah Jones	Open	100m Hurdles (84cm)	5th	14.32	14.09 (h)	
Gen Cowie	Open	400m Hurdles	6th	1.05.05		
Declan Plum	Open	High Jump	SILVER	2.02m		
Josh Baddock	Open	Triple Jump	5th	12.71m		
Jordan Shelley	Open	100m	25th	11.16 (h)		
Jordan Barnes	Open	100m	22nd	11.31	11.21 (h)	
		400m	10th	50.54		
Toby Menday	Open	1500m	18th	4.03.43		SB
Evan Clothier	Open	400m Hurdles	15th	57.51		CB

		Long Jump	10th	6.53m		CB, SB
Ben Jaworski	Open	100m	6th	10.79	10.61(h)	CB, SB
		200m	SILVER	21.48		
Matthew Joyce	Open	800m	26th	2.04.68		
Julie Charlton	AWD: U/19	100m	GOLD	23.37		
		200m	GOLD	45.61		
		400m	GOLD	1.24.03		PB
		800m	GOLD	2.55.93		
		1500m	GOLD	5.44.80		
		Shot Put (3kg)	GOLD	4.56m		
		Discus (1kg)	GOLD	10.37m		
Tim Foster	AWD: 20+	100m	GOLD	11.79		PB
		200m	GOLD	23.62		PB
		400m	GOLD	52.68		PB
		Long Jump	GOLD	5.82m		

****h - heat run (only noted in the table if faster than final run)****

WJQ - World Junior Qualifier

CGB - Commonwealth Games B 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)