

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 14TH NOVEMBER 2013

Dear Cherrybrook Athletes and Families,

One of the biggest weekend's for our Seniors Club is just days away and we hope to have as many parents, families and athletes as possible at Sydney Olympic Park Athletics Centre cheering on the 28 teams and 46 athletes that we have entered. It is always a great atmosphere at this event and brings out a lot of club spirit and team camaraderie that other athletic events don't provide.

Last weekend we saw a record of 30 Athletes compete in the 4th round of the Treloar Shield across 50 different events in the afternoon. Having this many participants and athletes and competing enabled Cherrybrook to go from 13th to 11th in the competition and we are now in 2nd place in the Junior Under 20 Division. We still have another 4 rounds before Christmas so if you haven't already make sure you come out and support and participate for the club.

CONGRATULATIONS

Well Done to following Athletes who have just been selected in the NSW relay team(s) for the Australian All Schools Championships from December 6-8 in Townsville:

- Tiana Death: U/14 4x100m
- Rachel Pace: U/16 4x100m
- Karina Takchi: U/18 4x100m
- Daisy Bryant: U/18 Swedish Relay (reserve)
- Lewis Clabburn: U/14 4 x100m
- Jordan Shelley: U/16 4x100m & Swedish Relay (200m leg)

NSW STATE RELAYS

The NSW Senior State Relays will take place on **Saturday 16th and Sunday 17th November** at SOPAC.

I am still waiting for Athletics NSW to release it's FINAL timetable for all events which is due by Thursday 14th November, 5pm. Once released I will be sending an email to all parents and athletes involved in the event with all FINAL teams and other very important info so please stay tuned!

For further information of rules, procedures and the timetable of events please follow this link: <http://www.nswathletics.org.au/Competitions/Events/ArtMID/1755/ArticleID/23211/NSW-Relay-Championships>

Thanks once again to all those athletes and families that have nominated. Good luck to all involved and GO TEAM CHERRYBROOK!

COMPETITIONS

TRELOAR SHIELD

The Athletics NSW Treloar Shield is a club-based competition where athletes score points for their club i.e Cherrybrook Athletics. The emphasis is on participation and enjoyment, aiming to attract athletes of all abilities (including athletes with a disability) and standards to compete in an organised track and field competition.

Each individual event listed on the timetable of events for each round will be offered for both male and female in Under 14, Under 17, Under 20, Open, 35+, and 50+ age groups.

DATES AND VENUES

During the 2013 track and field season, the ANSW Treloar Shield will be held within eight rounds on the following dates; **Please note there have now been some changes to the location(s) for the next 3 rounds as reflected in the table below.**

Round	Date	Location
5	November 30	SOPAC
6	December 7	Campbelltown - Pembroke Rd, Leumeah
7	December 14	SOPAC
8	December 21	SOPAC

This weekend is State Relays for Senior Athletics and next weekend State Relays for Little Athletics so the next seniors competition we have will be at SOPAC on Saturday 30th November. A timetable and further details of this will be in next week's notices.

CHERRYBROOK ATHLETICS FUNDRAISING - RAFFLE TICKETS

One of the many fundraising initiatives that the Cherrybrook Athletics club has implemented this season is the sale of Raffle Tickets for **Holroyd Rotary Club's Community Chest & Christmas Treasure Trove to be drawn on 10 January 2014 (with 1st prize being a Car)**. Books have **10 tickets @ \$2.00 each**. If you attended one of our registration days in August, 2013 you should have already received a book of raffle tickets to sell. For those of you who haven't yet received your book of raffle tickets for this season you can collect these from myself at Greenway Oval at training on Monday and Wednesday evenings from 5pm - 7pm or at the Senior State Relays this weekend if your attending. Alternatively you can collect these during our Competition night on Fridays from one of our committee members in the clubhouse or canteen from 6pm - 9pm.

Please note that it is one book of raffle tickets per family. If you and/or your family do not wish to partake in this initiative you will be required to pay a \$20.00 donation towards our club. This can be done by contacting our Treasurer Sandra Moore on 0402 099 206 or Sandra.l.moore@bigpond.com Alternatively payment can be made to Sandra or Nicky Jenneke during one of our training or competition night(s). **Payment and/or return of these raffle tickets butts must be done by Friday 21st December, 2013.** Your support and generosity is greatly appreciated and valued.

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

Treloar Shield #4 @ SOPAC - 09/11/2013				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Imogen Breslin	U/14	80m Hurdles	13.6	Q
		100m	14.59	
Lauren Clark	U/14	Discus (1kg)	27.61m	
		Hammer Throw (3kg)	37.01m	Q
Mia Hemsworth	U/14	80m Hurdles	14.09	
		100m	13.98	
		200m Hurdles	33.67	PB
Rachel Pace	U/17	90m Hurdles	13.46	
		200m Hurdles	29.97	
		100m	12.9	
Carla Takchi	U/17	100m	13.19	
Chloe Antal	U/17	100m	13.58	
		Long Jump	4.79m	
Emily Jones	U/17	100m	16.04	
		400m Hurdles	1.15.42	
		Long Jump	4.12m	PB
Karina Takchi	Open	100m	12.39	Q
Daisy Bryant	Open	100m	12.54	Q
		400m	1.00.22	SB
Gen Cowie	Open	100m	13.48	
		400m	1.00.33	
Rachel Attenborough	Open	400m	1.04.06	
Elizabeth Jones	35+	400m Hurdles	1.22.20	
Sally Stagles	50+	80m Hurdles	13.61	
		100m	15.21	
Lewis Clabburn	U/14	90m Hurdles	14.01	
		100m	12.67	
Kobe Millard	U/14	90m Hurdles	15.41	
		200m Hurdles	33.06	
Jack McFadden	U/14	90m Hurdles	17.2	
		200m Hurdles	33.49	
Konrad Cuevas	U/14	Pole Vault	2.30m	Q
Kevin Yang	U/14	Discus (1kg)	35.50m	
		Long Jump	3.98m	
Ben Tavner	U/14	100m	14.15	
Ryan Jones	U/14	100m	16.83	
		400m	1.12.66	
		Long Jump	3.70m	PB
James McFadden	U/17	Discus (1.5kg)	32.61m	

Hugh Hunt	U/17	400m	54.36	PB
Sam Coburn	U/17	400m	56	
Harry Andrews	U/20	110m Hurdles (99.1cm)	14.67	Q
Matthew Joyce	Open	400m	56.04	
Ben Jaworksi	Open	100m	11.02	Q
		400m	51.92	CB
Tim Foster	Open	400m	54.33	
		Long Jump	5.08m	
Owen Guichelaar	Open	State 3000m (D Race)	9.45.04	
Alex Nguyen-Ha	Open	Long Jump	6.17m	
Josh Baddock	Open	Long Jump	5.89m	

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)