

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 21st NOVEMBER 2013

Dear Cherrybrook Athletes and Families,

We have just had another very succesful weekend of Athletics for our club at the NSW Senior State Relays. Out of the 43 Athletes who participated across the 28 teams we had entered we ended up with 13 MEDALS featuring 5 BRONZE, 5 SILVER and 3 GOLD. Special mention must go to athletes **Chloe Antal** and **Lauren Clark** who each scored 4 team medals. This included Lauren winning a Silver and Bronze in the Under 14 Male throwing events and Chloe winning a Silver in the U/16's 200m event slotting in to the team at very short notice! Other big winners for the weekend were **Lachlan Antoinette, Kyle Ekstrom, Tiana Death** and **Courtney Cattell** who all scored 3 medals each. Other amazing results and individuals who were in these teams are listed in the notices below.

Thank you to all athletes, families, coaches and officials (Elizabeth Jones) who were involved in this fabulous event. The support, encouragment and team spirit that was shown throughout the weekend was great to see and I'm sure you are already looking forward to next year's event!

Finally Good luck to **Ben Bishop** who will be competing for NSW in the primary school sport Australian Track and Field Championships this weekend in Brisbane. Ben will be competing in the U/12 Boys 800m event.

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)

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

Treloar Shield #5

Saturday 30th November 2013 - SOPAC

IMPORTANT UPDATE: This event will now be held at Sydney Olympic Park Athletic Centre.

The fifth round of the ANSW pre-Christmas competition in which athletes compete for their club for the Treloar Shield.

Athletes are to be registered for the 2013-14 season and wear their club uniform with their bibs worn front and back.

Entry

[Click here](#) for online entry. Entries close midnight Thursday 28th November. On the day entry available.

Events

200m, 800m, sprint hurdles, steeplechase, 1500m/3000m/5000m walk, high jump, triple jump, shot put, hammer throw.

Timetable

[Click here to view the draft timetable.](#)

Rules

[Click here for the Treloar Shield rules.](#)

Venue

Sydney Olympic Park Athletic Centre.

CHERRYBROOK ATHLETICS FUNDRAISING - RAFFLE TICKETS

One of the 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. 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 20th 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

NSW Senior State Relays @ SOPAC - 16/11/2013 & 17/11/2013				
TEAM/RELAY	AGE	PLACE	RESULT	ATHLETES
4xShot Put Female	U/14	SILVER	33.13m	Kate Collett, Tiana Death, Tiarne Ekstrom, Lauren Clark
4x100m Female	U/16	SILVER	50.2	Tiana Death, Chloe Antal, Courtney Cattell, Rachel Pace
4x200m Female	U/16	BRONZE	1.53.39	Kate Spender, Courtney Cattell, Tiarne Ekstrom, Chloe Antal
4x200m Female	U/18	4th	1.46.25	Daisy Bryant, Becky Clark, Rachel Pace, Jaslyn Setiadji
4xLong Jump Female (A)	U/18	GOLD	19.81m	Courtney Cattell, Tiana Death, Chloe Antal, Rachel Pace
4xLong Jump Female (B)	U/18	9th	17.53m	Brianna Phillips, Daisy Bryant, Tiarne Ekstrom, Nat Setiadji
4xDiscus Throw Female	U/18	6th	90.69m	Lauren Clark, Siobhan Kelly, Becky Clark, Kate Spender
4xShot Put Female	U/18	BRONZE	41.68m	Lauren Clark, Becky Clark, Siobhan Kelly, Kate Spender
4xJavelin Female	U/18	5th	101.96m	Nat Setiadji, Kate Spender, Becky Clark, Siobhan Kelly
4x100m Female	U/20	6th	51.51	Becky Clark, Daisy Bryant, Gen Cowie, Nat Setiadji
4x200m Female	U/20	5th	1.50.92	Daisy Bryant, Gen Cowie, Becky Clark, Courtney Chamberlain
4x400m Female	U/20	BRONZE	4.07.67	Gen Cowie, Erin Blundell, Raa Attenborough, Courtney Chamberlain
4x800m Female	U/20	GOLD	9.48.91	Raa Attenborough, Emily Jones, Erin Blundell, Courtney Chamberlain
4x100m Female	Open	13th	53.48	Catherine Pearce, Melanie Best-Clarke, Gen Cowie, Becky Clark
4x400m Female (A)	Open	5th	4.04.46	Gen Cowie, Erin Blundell, Daisy Bryant, Courtney Chamberlain
4x400m Female (B)	Open	7th	4.21.56	Catherine Pearce, Raa Attenborough, Emily Jones, Courtney Cattell
Medley Female	Open	6th	4.19.97	Courtney Chamberlain, Catherine Pearce, Raa Attenborough, Erin Blundell
4xLong Jump Female	Open	6th	18.01m	Catherine Pearce, Emily Jones, Nat Setiadji, Rachel Pace
4x100m Male	U/14	GOLD	48.95	Oli Jacquot, Lewis Claburn, Ben Tavner, Kyle Ekstrom, Lachlan Antoinette
4xLong Jump Male	U/14	5th	16.64m	Kevin Yang, Ryan Jones, Lachlan Antoinette, Kyle Ekstrom
4xShot Put Male	U/14	BRONZE	45.41m	Lauren Clark, Kyle Ekstrom, Kevin Yang, Lachlan Antoinette
4xDiscus Throw Male	U/14	SILVER	129.64m	Lauren Clark, Kevin Yang, Lachlan Antoinette, Kyle Ekstrom
4x200m Male	U/16	SILVER	1.39.27	Jordan Shelley, Tim Simmons, Sam Coburn, Chloe Antal
4x400m Male	U/16	4th	3.59.3	Sam Coburn, Hugh Hunt, Ryan Jones, Clayton Anstee
4x800m Male	U/16	SILVER	8.40.99	Sam Coburn, Hugh Hunt, Owen Guichelaar, Ben Bishop
4x100m Male	U/18	5th	44.75	Jordan Shelley, Alex Moore, Tim Simmons, Lewis Claburn, Oli Jacquot
4xLong Jump	U/18	BRONZE	22.05m	Alex Nguyen-Ha, Rhys Tuohy, Josh Baddock, Lachlan Antoinette
4x400m Male	Open	4th	3.31.16	Matthew Joyce, Tim Foster, Harry Andrews, Alex Moore

NB: For individual Field Results you can view the results from this

link: <http://nswathletics.org.au/Results/ArtMID/1749/ArticleID/24046/NSW-Relay-Championships>

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)