

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 28th NOVEMBER 2013

Dear Cherrybrook Athletes and families,

Hope you a good restful and peaceful weekend off seniors athletics last week and that you're all recharged for the final 4 weeks of competition prior to Christmas. This week we are back at Sydney Olympic Park for Round #5 of the Treloar Shield. I'm expecting a big turnout from our club as this will be a great hit out for those going to Nationals next week and also for those athletes competing in their respective zone little athletics carnivals the following week. Currently Cherrybrook is in 8th position for the Treloar Shield and 2nd in the Junior U/20 Age Pennant. Let's push for a top 5 finish!

Well Done to both **Mia Hemsworth** and **Ben Bishop** who both made it through to finals in their events at the Primary School National Championships in Brisbane last weekend. Mia finished 10th in the 11 girls 100m final whilst Ben finished in 7th in the 12 boys 800m final. Both athletes also managed to win a bronze medal for NSW in relay event(s) they were selected in.

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 or attended Senior State Relays 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

| School Sport Australia Track & Field Champs @ Brisbane - 23-26/11/2013 | | | | | | |
|--|-----|-------|-------|---------|-----------|-------|
| ATHLETES NAME | AGE | EVENT | PLACE | RESULT | DETAILS | EXTRA |
| Mia Hemsworth | 11G | 100m | 10th | 13.59 | 13.49 (h) | PB |
| Ben Bishop | 12B | 800m | 7th | 2.13.41 | | PB |

ANSW Permit Meet @ Bankstown - 24/11/2013

| ATHLETE | AGE | EVENT | RESULT | DETAILS |
|----------------------|------------|--------------|---------------|----------------|
| Konrad Cuevas | 13 | Pole Vault | 2.55m | PB, CB, Q |
| | | | | |

ANSW Throwers Permit Meet @ Greystanes - 24/11/2013

| ATHLETE | AGE | EVENT | RESULT | DETAILS |
|---------------------|------------|--------------------|---------------|----------------|
| Lauren Clark | U/14 | Hammer Throw (3kg) | 41.97m | PB, CB, Q |
| | | Shot Put (3kg) | 10.69m | |
| | | Discus (1kg) | 30.18m | |

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)