

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 7TH NOVEMBER 2013

Dear Cherrybrook Athletes and Families,

Hope you're all well and looking forward to the State Relays events we have coming up this month. If you have nominated for the Seniors event on the 16th and 17th November you would have now received an email to notify you of the team selections - if not teams are available in the notices below. In total we have had a total of 44 Athletes nominate which is a great response and we will be fielding 28 teams at the event with some strong medal chances in a range of events. Thank you to all who nominated - we look forward to your participation and support on event day!

Coming up this week is Round #4 of the Treloar Shield which is at the Sydney Olympic Park Athletics Centre as well as the State 3000m Championships. I hope to see more friendly and familiar face(s) on the weekend having a go and most of all having fun!!

### NSW STATE RELAYS

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

Preliminary teams have now been selected and can be viewed below:

[Cherrybrook Relay Teams by Event](#)  
[Cherrybrook Relay Teams by Athlete](#)

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>

I will be in touch with you all the middle of next week for final teams, final timetable and more essential information.

### 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;

Round	Date	Location
4	November 9	SOPAC
5	November 30	Campbelltown - Pembroke Rd, Leumeah
6	December 7	SOPAC
7	December 14	Bankstown - The Crest, McLean St, Bass Hill
8	December 21	SOPAC

#### Treloar Shield #3

##### Saturday 9th November 2013 - Sydney Olympic Park Athletics Centre

The fourth round of the ANSW pre-Christmas competition in which athletes compete for **Cherrybrook Athletics** 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. **If you have not yet receive your bibs please contact our Seniors Registrar Karin Webb on [karinswebb@yahoo.com.au](mailto:karinswebb@yahoo.com.au) or 0408 622 144.**

### Entry

[Click here](#) for online entry into the NSW 3000m Championship.

[Click here](#) for online entry into Treloar Shield 4.

Online entry closes midnight on Thursday 7th November.

### Events

100m, 400m, 3000m, sprint hurdles, 200m/400m Hurdles, pole vault, long jump, discus, hammer throw.

### Timetable

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

### Rules

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

[Click here to view the NSW Distance Championships Rules](#)

### Venue

Sydney Olympic Park Athletic Centre

Edwin Flack Ave

Sydney Olympic Park

### 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](mailto: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 Round 3 - ES Marks - 02/11/2013

ATHLETE	AGE	EVENT	RESULT	DETAILS
Mia Hemsworth	U/14	100m	13.68	
Holly Winter	U/17	100m	13.27	
Courtney Cattell	U/17	100m	13.14	
		200m	27.16	

<b>Chloe Antal</b>	U/17	200m	28.48	
<b>Gen Cowie</b>	U/20	100m	13.07	
<b>Rachel Attenborough</b>	Open	800m	2.24.49	
<b>Sally Stagles</b>	50+	100m	14.74	
<b>Lewis Clabburn</b>	U/14	100m	12.03	
<b>Ben Tavner</b>	U/14	100m	13.61	PB
<b>Hugh Hunt</b>	U/17	800m	2.08.24	
<b>Sam Coburn</b>	U/17	800m	2.09.00	
<b>Owen Guichelaar</b>	U/17	1500m	4.25.69	PB
<b>Ben Jaworski</b>	Open	100m	10.87	CB
		200m	22.11	CB
<b>Matthew Joyce</b>	Open	800m	2.08.20	

**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)