

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 10TH OCTOBER 2013

Dear Cherrybrook Athletes and Families,

The NSW All Schools Championships are now underway and we have many Cherrybrook Athletes competing over the 4 days of competition. I'm confident we will see some great performances and results from all Athletes involved. I hope you all get time to catch a day or two of action at Homebush as this is a terrific event and one of the best on the Calendar to be involved in with over 1500 school students participating. Full results of this competition will be in next week's newsletter.

Also fast approaching us is the first competition of the Athletics NSW Club based competition(s) - the Treloar Shield. The first competition will be Saturday 19th October and I encourage as many Cherrybrook Athletes to participate in this event to win points for our club!

GOOD LUCK

- Jill Taylor will be leaving this week for the World Masters Athletics Champs in Porto Alegre, Brazil taking place from October 15-26. Jill has a full schedule consisting of Shot Put, Discus, Weight Throw, Hammer Throw and the Throws Pentathlon. To follow Jill's progress and results as they happen you can access the following link <https://wma2013.com/en/>. Go Jill!!
- To all Year 12 students doing their HSC this month which commences next week.

NSW ALL SCHOOLS IMPORTANT INFORMATION

Please ensure you check that you and your athlete is on the correct start lists for the event as well as checking out the FINAL timetable as some event(s) have changed times.

All athletes must read the athlete information sheet. To view please [click here](#).

[Click here to view the FINAL TIMETABLE](#)

[Click here to view entry lists by event \(updated 08.10.13\)](#). Please check your entry carefully to ensure it is correct.

[Click here to view the rules](#)

[Click here to view the specifications](#)

[Click here to view the heat to final progression](#)

[Click here to view the venue information](#)

[Click here to view important information about the 2013 Australian All Schools including how to qualify](#)

NSW STATE RELAYS

Please note that the NSW State Relays will take place at Sydney Olympic Park Athletic Centre (SOPAC) on the **16th and 17th November** this year. Please keep a note of this in your diary. Nominations for this event will open next week on **MONDAY 14TH OCTOBER**. **ALL Athletes are strongly encouraged to nominate and participate** in what is the most exciting and funnest event of the Athletics season!

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
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1	October 19	Sydney Olympic Park Athletics Centre (SOPAC)
2	October 26	Illawong - The Ridge, Recreation Dr, Barden Ridge
3	November 2	ES Marks - Boronia St, Moore Park
4	November 9	SOPAC
5	November 30	Campbelltown - Pembroke Rd, Leumeah
6	December 7	Bankstown - The Crest, McLean St, Bas Hill
7	December 14	SOPAC
8	December 21	SOPAC

Treloar Shield #1

Saturday 19th October 2013 - SOPAC

The first 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 or 0408 622 144.**

Entry

[Click here](#) for online entry which will be \$5.00 for unlimited events. Entry closes midnight Thursday 17th October. On the day entry also available at the venue but costs will be \$10.00. **Please ensure you register and check in at least 1 hour prior to your first event even if you have entered online.**

Events

200m, 800m, 3000m, Sprint hurdles, 200H/400H, high jump, pole vault, triple jump, hammer throw.

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

Rules - [Click here to view the Competition 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. 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.

DRAFT SUMMER CALENDAR 2013/14

Athletics NSW has released a calendar for the upcoming season including a number of NEW and exciting competitions. For further details please [CLICK HERE](#)

RUN FOR THE HILLS – SUNDAY OCTOBER 20

Run for the Hills is an 8km Fun run held in Castle Hills to raise funds for a local charity. This year the charity is for 'Lifestart', which provides early childhood intervention for Infants and Preschoolers with disabilities such as Down Syndrome and Autism. Cherrybrook Athlete **Michelle Jenneke** is one of the ambassadors for this event. Michelle would like to encourage you all to come along and join in the fun run, even if you just plan to walk it like her.

To Enter or find out more visit www.runforthehills.com.au or to enter as part of a Cherrybrook Athletics team contact Nicky Jenneke on Cherrybrookseniorathletics@bigpond.com. The Fun run will be followed by a free family festival and free outdoor movie.

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](#)

CAMPBELLTOWN PARA ATHLETICS COME AND TRY DAY

On October the 28th from 9am -12pm Athletics NSW are holding a 'come and try day' for para athletes. Anyone of any disability are welcome, parents, teachers athletes are also welcome. It is free of charge and we will be having Matt Rawlings attending as the main coach as well as Lisa Corrigan and Kara Retford from the APC attending. For more information [CLICK HERE](#).

RESULTS

Australian University Games - 30/09/2013 - 03/10/2013

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Michelle Jenneke	20	100m	GOLD	12.19	CB
		800m	11th	2.24.29	
Raa Attenborough	19	1500m	10th	4.58.52	

NSW All Schools Warm Up #1 @ SOPAC - 05/10/2013

ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Sofia Metaxouli	12	Triple Jump	10.01m	
Gen Cowie	18	400m Hurdles	1.05.57	PB, Q
		100m	12.81	SB
Rachel Pace	15	100m	12.41	PB, Q
		200m Hurdles	29.65	Q
		100m	12.5	
Daisy Bryant	16	200m	25.33	Q
Brianna Phillips	16	100m	13.54	PB
Kevin Yang	12	Discus (750g)	40.67m	
Konrad Cuevas	13	Pole Vault	2.40m	Q
Oliver Clarke	14	800m	2.10.51	
Alex Nguyen Ha	15	Triple Jump	12.48m	

SB - Seasons Best
PB - Personal Best
Q - National Qualifier
CB - Club Best

If you have any other news you wish to share with our Athletics club please let me know.

Kind Regards,
Cherrybrook Senior Athletics
Championships and Seniors Vice President
Matthew Joyce - [0402 485 998](tel:0402485998)