

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 17TH OCTOBER 2013

Dear Cherrybrook Athletes and Families,

The NSW All Schools Championships have been a great success for most Cherrybrook senior athletes and coaches! We had just over 50 athletes compete across 4 days of competition and in total there were **51 PB's**, **34 National Qualifiers** (for Nationals in March, 2014), **42 Medals** (18 GOLD, 11 SILVER & 13 BRONZE) and **11 Club Records** broken. Congratulations to **Jordan Shelley** who broke the 15 Boys 100m and 200m NSW All Schools Record and **Rachel Pace** who broke the 15 Girls 90m Hurdles record. Also Well Done to **Julie Charlton** for again breaking her own Australian Discus Record!

Special mention must also go to our other **GOLD** medalists we had including: **Alysha Burnett** (16G High Jump + Javelin), **Daisy Bryant** (16G 200m), **Kevin Yang** (12B Shot Put + Discus), **Declan Plum** (15B High Jump + Triple Jump) **Tiana Death** (13G 80m Hurdles), **Becky Clark** (17G High Jump), **Gabby Ralphs** (19G 100m + Long Jump) **Imogen Breslin** (12G 80m Hurdles), **Konrad Cuevas** (13B Pole Vault), **Alex Moore** (16B 400m). Full Results can be found below in this newsletter. We have had a total of 14 athletes who have now been selected for the Australian All Schools Championships that will take place in Townsville from the 6-8 December due to these outstanding results. WELL DONE!

Please also remember we have our first competition of the Athletics NSW Club based competition(s) - the Treloar Shield Round #1 commencing this Saturday 19th October at Sydney Olympic Park Athletic Centre. All registered athletes are encourage to participate in this competition and try win points for our wonderful club!

Finally State Relays Nominations are now Open - please don't miss out on this wonderful opportunity to be involved in a great event!

### GOOD LUCK

- Jill Taylor will be competing this week for atWorld 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 currently doing their HSC.
- To Cherrybrook Athletics for the Treloar Shield which starts this weekend!

### NSW STATE RELAYS - NOMINATIONS NOW OPEN!

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

**All Athletes wishing to compete in a relay team for Cherrybrook Athletics at this championship event must first complete and submit a Cherrybrook State Relay Nomination Form.** The Nomination form can be downloaded here:

[http://nonlbassets.imgstg.com/assets/console/document/documents/State\\_Relay\\_Nomination\\_Form.doc](http://nonlbassets.imgstg.com/assets/console/document/documents/State_Relay_Nomination_Form.doc)  
[x](#)

If you have problems downloading this form please let me know - there may be issues viewing this form is using an Iphone or Ipad. If this is the case just email me the athlete details and what day/events you would like to be apart of.

**Nominations CLOSE Monday 28th October, Midnight.**

### 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
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, Bass 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](mailto: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

## AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS

Congratulations to the following Athletes who have been selected by NSW to compete at the Australian All Schools Championships to be held in Townsville from the 6-8 December this year:

- Lauren Clark: 13G Hammer Throw

- Tiana Death: 13G 80m Hurdles
- Rachel Pace: 15G 90m Hurdles & 200m Hurdles
- Alysha Burnett: 16G Javelin & High Jump
- Daisy Bryant: 16G 200m
- Becky Clark: 17G Triple Jump & High Jump
- Karina Takchi: 17G 100m
- Konrad Cuevas: 13B Pole Vault
- Lewis Clabburn: 13B 90m Hurdles
- Kyle Ekstrom: 13B Discus
- James McFadden: 15B Javelin
- Alex Nguyen-Ha: 15B Long Jump & Triple Jump
- Declan Plum: 15B Triple Jump & High Jump
- Jordan Shelley: 15B 100m & 200m

### **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.

### **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](http://www.runforthehills.com.au) or to enter as part of a Cherrybrook Athletics team contact Nicky Jenneke on [Cherrybrookseniorathletics@bigpond.com](mailto: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](mailto:kat@cuevas.com.au)

### **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](#).

### **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 All Schools Championships @ SOPAC - 10/10-13/10/2013
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<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>PLACE</b>	<b>RESULTS</b>	<b>DETAILS</b>	<b>EXTRA</b>
<b>Kate Collett</b>	12G	80m Hurdles	9th	15.49	PB	
		High Jump	12th	1.30m		
		Shot Put (3kg)	SILVER	10.19m	PB	
		Discus (750g)	SILVER	31.10m	PB	
		Javelin (400g)	14th	24.04m		
<b>Sofia Metaxouli</b>	12G	80m Hurdles	6th	14.23		
		High Jump	7th	1.45m		
		Triple Jump	7th	9.95m		
<b>Lauren Clark</b>	13G	Shot Put (3kg)	7th	10.49m	PB	
		Discus (1kg)	4th	30.41m	PB	
		Hammer Throw (3kg)	SILVER	36.30m	PB, Q	
<b>Imogen Breslin</b>	12G	80m Hurdles	GOLD	13.18	PB, Q	
		100m	15th	14.33		
		Long Jump	5th	4.53m		
<b>Tiana Death</b>	13G	80m Hurdles	GOLD	12.76	CB, PB, Q	12.49 (h)
		Long Jump	BRONZE	5.11m	PB	
<b>Amy Reid</b>	13G	High Jump	10th	1.45m		
<b>Kristina Moore</b>	14G	Shot Put (3kg)	BRONZE	12.48m	Q	
		Discus (1kg)	SILVER	37.53m	Q	
		Javelin (500g)	10th	29.03m	PB	
<b>Courtney Cattell</b>	14G	100m	10th	13.46		13.34 (h)
		200m Hurdles	4th	31.49	Q	
		Long Jump	10th	4.91m		
<b>Julie Charlton</b>	14G	100m AWD	7th	23.85		
		200m AWD	6th	42.73		
		400m	17th	1.25.09	PB	
		800m AWD	5th	3.12.50		
		Shot Put AWD	6th	3.84m		
		Discus (1kg)	20th	13.46m	PB	NATIONAL RECORD
<b>Jaslyn Setiadji</b>	14G	90m Hurdles	SILVER	13.81	PB, Q	
		200m Hurdles	BRONZE	30.76	PB, Q	
<b>Kate Spender</b>	14G	Long Jump	26th	4.13m		
		Shot Put (3kg)	9th	10.87m	PB	
<b>Chloe Antal</b>	15G	100m	16th	13.32		
		200m	15th	27.63	PB	

		Long Jump	10th	4.60m		
		Triple Jump	12th	9.77m		
<b>Emily Jones</b>	15G	1500m	11th	5.56.30		
		3000m	12th	12.01.85		
		2000m Steeplechase	5th	8.34.50		
<b>Rachel Pace</b>	15G	100m	BRONZE	12.2	CB, PB, Q	
		90m Hurdles	GOLD	12.55	CB, PB, Q	MEET RECORD
		200m Hurdles	GOLD	28.71	Q	
<b>Emma Ralphs</b>	15G	Javelin (500g)	BRONZE	36.10m	PB	
<b>Jordan Roughan</b>	15G	400m	10th	1.02.84		
<b>Alysha Burnett</b>	16G	Long Jump	BRONZE	5.55m	Q	
		High Jump	GOLD	1.81m	PB, Q	
		Javelin (500g)	GOLD	46.98m	CB, PB, Q	
<b>Daisy Bryant</b>	16G	100m	5th	12.35	Q	
		200m	GOLD	24.9	PB, Q	
<b>Lara Newey</b>	16G	High Jump	BRONZE	1.60m	PB	
<b>Siobhan Kelly</b>	16G	Shot Put (3kg)	5th	11.29m	PB	
<b>Brianna Phillips</b>	16G	100m	12th	13.22	PB	
		200m	16th	28.21	PB	
		Long Jump	11th	4.50m	PB	
<b>Carla Takchi</b>	16G	100m	7th	12.65	PB	
		100m Hurdles (76.2cm)	BRONZE	14.85	PB, Q	
<b>Holly Winter</b>	16G	200m	12th	27.53		
		100m Hurdles (76.2cm)	5th	15.49	Q	
<b>Erin Blundell</b>	17G	400m	6th	1.01.09	SB	
		800m	4th	2.23.61	SB	
<b>Becky Clark</b>	17G	Triple Jump	GOLD	10.98m		
		High Jump	SILVER	1.65m	Q	
<b>Natalie Setiadji</b>	17G	100m Hurdles (76.2cm)	BRONZE	14.67	PB, Q	
<b>Karina Takchi</b>	17G	100m	SILVER	12.01	CB, PB, Q	
<b>Gabby Ralphs</b>	19G	100m	GOLD	12.73	PB	
		Long Jump	GOLD	5.15m		
		High Jump	BRONZE	1.63m		
		Shot Put (4kg)	4th	11.58m	CB, PB, Q	

<b>Ben Tavner</b>	12B	100m	9th	13.93		13.75 (h)
		200m	10th	29.31		
<b>Kevin Yang</b>	12B	Shot Put (3kg)	GOLD	13.42m	CB, PB, Q	
		Discus (750g)	GOLD	40.95m	PB, Q	
<b>Konrad Cuevas</b>	13B	Pole Vault	GOLD	2.40m	Q	
<b>Lewis Clabburn</b>	13B	100m	5th	12.12	PB	11.97 (h)
		200m	13th	26.07		
		90m Hurdles	SILVER	13.08	CB, PB, Q	
<b>Oli Jacquot</b>	13B	200m	7th	24.67		heat
		Long Jump	-	FOUL		
<b>Kyle Ekstrom</b>	13B	90m Hurdles	6th	14.05		heat
		Shot Put (3kg)	13th	12.03m	PB	
		Discus (1kg)	SILVER	41.27m	PB	
<b>Kobe Millard</b>	13B	90m Hurdles	8th	14.6	PB	
<b>James Roffe</b>	13B	100m	22nd	13.42		
		200m	21st	27.34		
<b>Oliver Clarke</b>	14B	800m	13th	2.19.51		
<b>Tim Simmons</b>	14B	100m	10th	12.2	PB	11.96 (h)
		200m	8th	24.27		
		Long Jump	7th	5.72m	PB	
<b>Josh Baddock</b>	15B	High Jump	BRONZE	1.86m	PB	
<b>Sam Coburn</b>	15B	800m	9th	2.13.13		
<b>Matthew Eaton</b>	15B	400m	9th	54.48		
<b>Stuart Duve</b>	15B	100m Hurdles (84cm)	7th	15.08	Q	
<b>James McFadden</b>	15B	200m Hurdles	5th	30.67		
		Javelin (700g)	SILVER	43.73m		
<b>Alex Nguyen-Ha</b>	15B	Long Jump	SILVER	6.17m		
		Triple Jump	SILVER	12.45m		
<b>Declan Pluim</b>	15B	Triple Jump	GOLD	12.76m	PB, Q	
		High Jump	GOLD	1.92m		
<b>Owen Guichelaar</b>	15B	1500m	9th	4.28.64	PB	
		3000m	6th	9.30.47	PB	
<b>Cooper Lee</b>	15B	3000m	14th	10.15.28		
<b>Jordan Shelley</b>	15B	100m	GOLD	10.75	CB, PB, Q	MEET RECORD
		200m	GOLD	21.64	CB, PB, Q	MEET RECORD

<b>Alex Moore</b>	16B	100m	4th	11.18	PB, Q	11.08 (h)
		200m	BRONZE	22.01	PB, Q	
		400m	GOLD	48.65	CB, PB, Q	
<b>Stephen Eaton</b>	16B	400m	13th	53.86		
<b>Rhys Tuohy</b>	16B	High Jump	5th	1.80m		
<b>Tom Vanderlaan</b>	16B	3000m	14th	11.14.82		
<b>Jordan Barnes</b>	19B	200m	BRONZE	21.76	PB, Q	

**NB: All Results and Times are the 'Final(s)' Times for Athletes. If they ran quicker in the heat these is indicated by (h) with the relevant time in the 'EXTRA' column.**

**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)