

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 24TH OCTOBER 2013

Dear Cherrybrook Athletes and Families,

Hope you are well and you enjoyed the first round of the Treloar Shield that took place at Homebush on Saturday. If you didn't there is still another 7 rounds left to go until the competition finishes just before Christmas. The competition is ideal and is great event preparation for events such as Nationals, State Relays, school events and also a great opportunity to expose athletes to senior competition(s) in a friendly environment.

Please do NOT forget about State Relays which are just over 3 weeks away from us! Nominations CLOSE early next week on Monday 28th October, Midnight. So be sure to fill out your form and send in to me over the next few days!

GOOD LUCK

- Jill Taylor will be currently competing this week for at 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 currently doing their HSC.

NSW STATE RELAYS - NOMINATIONS NOW OPEN!

The NSW Senior State Relays will take place on **Saturday 16th and Sunday 17th November** at SOPAC. The Athletics NSW draft timetable is now available and can be viewed on the link below:

[DRAFT TIMETABLE](#)

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.docx

If you have problems downloading this form please let me know - there may be issues viewing this form if 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
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 #2

Saturday 26th October 2013 - Illawong

The second 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. Entry is open until midnight on Thursday 24th October. Online entry is \$5, entry on the day costs \$10.

Events

100m, 200m, 400m, 1500m, steeplechase, long jump, shot put, discus, javelin.

Timetable

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

Note that the javelin throw has been added to the timetable.

Rules

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

Venue

The Ridge Athletics Track
Recreation Drive, Barden Ridge

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.

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](#).

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

Treloar Shield #1 @ SOPAC - 19/10/2013				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Imogen Breslin	U/14	80m Hurdles	13.68	Q
		200m Hurdles	34.6	
Mia Hemsworth	U/14	80m Hurdles	13.91	
		200m Hurdles	37.19	
Lauren Clark	U/14	Hammer Throw (3kg)	40.04m	Q
Emily Jones	U/17	200m	31.88	
		200m Hurdles	36.45	
		High Jump	1.35m	PB
		Triple Jump	9.72m	PB
Courtney Cattell	U/17	90m Hurdles	15.27	
		200m Hurdles	32.26	
Erin Blundell	U/20	800m	2.24.1	
Daisy Bryant	Open	200m	25.29	Q
Rachel Attenborough	Open	800m	2.26.61	
		3000m	11.47.43	
Elizabeth Jones	35+	3000m	13.03.22	
		Triple Jump	8.65m	
Sally Stagles	50+	200m	30.63	
		80m Hurdles	13.25	
		High Jump	1.30m	
Kobe Milard	U/14	90m Hurdles	15.01	
Jack McFadden	U/14	90m Hurdles	18.79	
Ryan Jones	U/14	200m	33.15	PB
		3000m	11.43.47	
		Triple Jump	8.00m	
Stuart Duve	U/17	100m Hurdles (84cm)	15.44	
Harrison Andrews	U/20	110m Hurdles (99.1cm)	14.53	Q, CB
Matthew Joyce	Open	800m	2.07.61	

SB - Seasons Best

PB - Personal Best

Q - National Qualifier

CB - Club Best

*** Correction to last week's result(s) - LEWIS CLABBURN actually won a GOLD medal in the 13B 90m Hurdles event. He did finish 2nd in the event but to a boy who was from ACT. Well Done Lewis!**

*** Congratulations to JULIE CHARLTON who competed at the Ferneleigh 15km Championships on Sunday 20th October - she did a PB and completed the course in a time of 1:16.1 which is an amazing result!**

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)