

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 31ST OCTOBER 2013

Dear Cherrybrook Athletes and Families,

With an exciting month of Athletics now past us with excellent results we now look forward and ahead to the State Relays and three Rounds of the Treloar Shield in the month of November. After Round 1 of the Treloar Shield Cherrybrook Athletics were in 4th place overall and 2nd place in the Junior Division - with further participation and encouragement our club has the chance to push for a top 3 finish for Clubs in Athletics NSW. This week competition will be at newly renovated ES Marks Track (Moore Park) so this will be an excellent chance to bring out some PB's on a quality track surface.

Congratulations to our masters thrower **Jill Taylor** who competed over in Brazil the past 2 weeks in the World Masters Athletic Championships. Jill finished the top 10 in the world in 4 out of the 5 events she was involved in with her best result(s) coming in the Hammer Throw and Throws Pentathlon where she finished in 7th place. This has been an excellent period of competition for Jill after coming home with 5 medals from the World Masters Games earlier this year. What an inspiration!

NSW STATE RELAYS

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](#)

Nominations for this event are now closed. Team selections will be made available in next week's newsletter and on the Cherrybrook Athletics website so please stay tuned.

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
3	November 2	ES Marks - Boronia St, Moore Park
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 2nd November 2013 - ES Marks

The third 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](#). Online entry (\$5) closes midnight on Thursday 31st October. On the day entry is available for \$10.

Events

100m, 200m, 800m, 1500m, 4x100m relay, 1500m/3000m/5000m walk, high jump, and triple jump. Due to ground maintenance the scheduled shot put and javelin events have been cancelled.

Timetable

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

Note that the shot put and javelin throw have been cancelled.

Rules

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

Venue

ES Marks Athletics Track, Moore 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

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 #2 @ Illawong - 26/10/2013					
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS	
Emily Jones	U/17	200m	32.83		
		1500m	5.43.49		
		Long Jump	4.10m	PB	
Ryan Jones	U/14	200m	33.85		
		Long Jump	3.49m		
Kevin Yang	U/14	Shot Put (3kg)	13.14m		
		Discus (1kg)	35.69m		

Alex Nguyen-Ha	U/17	Long Jump	6.38m	PB, CB	
World Masters Athletics Championships - 15-26/10/2013 @ Porte Alegre, Brazil					
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Jill Taylor	55- 59	Hammer Throw (3kg)	7th	34.24m	
		Shot Put (3kg)	9th	9.06m	
		Weight Throw (7.26kg)	11th	10.68m	
		Discus (1kg)	8th	22.18m	23.13m (q)
		Throws Pentathlon	7th	3222pts	
		1.Hammer Throw (3kg)	3rd	36.33m	
		2.Shot Put (3kg)	10th	8.46m	
		3.Weight Throw (7.26kg)	10th	10.35m	
		4.Discus (1kg)	8th	23.06m	
		5.Javelin (500g)	8th	18.47m	

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)