

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 2ND JANUARY 2014

Dear Cherrybrook Athletes and families, Hope you all had a great Christmas and New Year's celebrations and that 2014 will be a great year for you and your athlete(s). The next 3 month(s) are very busy and exciting with the Club Championships in the next month, NSW Juniors, Opens and Masters Championships in February and the Australian Junior Championships in March. We are now into the 2nd half of season where I'm sure we will continue to see many personal best performances and fine results from all the hard training that has been done throughout 2013! I'm also proud to announce that our club finished in 6th place in the 2013 Treloar Shield which included us finishing in 2nd place in the U/20 Junior Division! Once again a fantastic achievement for our club which is still quite and small compared to lots of Athletics Clubs in NSW.

This weekend will see Cherrybrook's Multi-event athletes compete at the NSW Combined Event Championships in Campbelltown. Good luck to Gabby Ralphs, Emma Ralphs, Alysha Burnett and Johanna Biddle who will go into battle against the state's finest all round athletes. Please remember also that **ALL entries for the Club Championships Round #1 which is next Saturday 11th January will close Tuesday 7th January at Midnight** so don't miss out on this opportunity to represent and participate for the club for what is always a very exciting event and day! Currently we have had approx 30 athletes to say they will be participating for the club - I know a lot of you are away on holidays but if you are available we'd love to have you compete!

COMPETITIONS

**NSW Combined Event Championships + Allcomers + NSW 10km
Walk Championship**
Saturday January 4 - Sunday January 5 - Campbelltown

TIMETABLE

[Click here for the draft timetable.](#)

NSW Combined Event Championships

No entries will be accepted on the day of competition. For a full description of the events [click here](#). For the Combined Event Championship rules [click here](#).

10000m Walk Championships

The NSW 10,000m Walk Championship will be held in the Open age group, incorporating the U20 age group. [Click here](#) for the 2014 Distance Championship rules.

NSW Allcomers Series

Athletes can enter online or on the day for the Allcomers Series. *Online entry* \$5 each athlete for unlimited events. Online will close midnight Thursday 2nd January 2013. Online Entry requires credit card payment. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange alternative entry. [Click here for online entry.](#) *On the Day Entry* \$10 each athlete for unlimited events. Athletes are to be registered for the 2013-14 season and wear their club uniform with their bibs worn front and back. [Click here](#) for the Allcomers rules. [Click here](#) for the Allcomers standards.

CLUB CHAMPIONSHIPS - 11TH JANUARY & 1ST FEBRUARY 2014

The 2014 NSW Club Championships will be a two day championship on non consecutive Saturdays. Day one will be held on **Saturday 11th January 2014** at SOPAC. Day two will be held on **Saturday 1st February 2014** at SOPAC. Entry is open to all athletes registered with Athletics NSW for the 2013-14 season. There are no restrictions on how many athletes can represent a club per event. However only two athletes from each club are eligible to score points per event. The two point-scoring athletes will be determined on the basis of performance at the Club Championships. For further information, rules and entry into this event please follow this

link: <http://www.nswathletics.org.au/Competitions/Events/ArtMID/1755/ArticleID/23924/NSW-Club-Championships-Day-1>.

NB: Online Entry CLOSES for this competition on Tuesday 7th January, Midnight and late entries will NOT be accepted so please ensure you enter before this closing date.

Please note Cherrybrook Athletics have a very good record in this competition in the past few season(s) in term(s) of participation and strong performance(s). This is sort of like the Grand Final of Athletics for Club Based competition for the season so it's pretty important to us. **All athletes and families are encouraged to attend - we will be sitting around the Bay 10 area as a club for these two competition(s) handing out many lollipops and Cherrybrook tattoos! OTHER**

COMPETITIONS

* For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2014 please click the following link: <http://www.nswathletics.org.au/Competitions/Calendar>

* You can also now access the post Christmas competition grid from the Athletics NSW website from here: <http://www.nswathletics.org.au/Portals/18/2014%20Post%20Xmas%20Competition%20Grid%20for%20Web.pdf>

HUNTER TRACK CLASSIC

This exciting and increasingly popular competition will be held from **January 17-19** at the Hunter Sports Centre in Newcastle. This season's event will feature something for everyone including: a 2 mile twilight fun run, the 'fastest kid' competition which is open to anyone from the age(s) of 6-16 as well as the Hunter Track Classic competition on the Saturday night which will feature some of Australia's most elite athlete's in the country. If you wish to be apart of this weekend you can nominate/enter for these event(s) now or you can buy ticket(s) by clicking the following link: <http://www.huntertrackclassic.com.au/>

NATIONAL ATHLETICS SERIES 2013-14

Online nominations for National Series meets which are conducted by Athletics Australia open very shortly such as: The Hunter Track Classic Adelaide Track Classic, Perth Track Classic, Briggs Athletic Classic. For further information, qualifying standards please click on the following

link: http://www.athletics.com.au/home/competition/events/australian_athletics_series To enter please click the following

link: http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887

PARA-ATHLETICS COME 'N' TRY DAY - NEWCASTLE - SATURDAY 18TH JANUARY

Athletics NSW, in conjunction with the Australian Paralympic Committee, invite all athletes with a disability, as well as athletic coaches, officials, parents and carers, to our next Para-athletics *Come 'N' Try Day*. This FREE Event includes the attendance of Paralympians from the 2012 London Games, specialists coach and a range of fun track and field activities from 9am-12pm on the 18th January. Registrations for the clinic close on the 15th January. For further information and to register contact Lisa Corrigan on lisa.corrigan@nswathletics.org.au or 9724

1112.

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 #8 @ SOPAC - 21/12/2013				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Tiana Death	U/14	100m	13.28	
	U/17	90m Hurdles	14.05	Q, CB
Imogen Breslin	U/14	100m	14	PB
		200m	28.73	
		80m Hurdles	13.16	Q, PB
Kate Collett	U/14	100m	14.05	
		200m	28.38	PB
		Shot Put (3kg)	10.05m	

		Javelin (400g)	33.62m	PB, Q
Mia Hemsworth	U/14	100m	14.31	
		80m Hurdles	13.78	Q
Tiarne Ekstrom	U/14	100m	15.11	
		Long Jump	4.07m	
		Shot Put (3kg)	7.47m	PB
		Discus (1kg)	17.80m	PB
Lauren Clark	U/14	Shot Put (3kg)	11.06m	PB
		Discus (1kg)	28.22m	
Rachel Pace	U/17	100m	12.74	
		100m Hurdles (76.2cm)	14.88	Q
Chloe Antal	U/17	100m	13.38	
		Long Jump	4.52m	
Ria Sinha	U/17	100m	13.89	
		200m	28.16	
Kate Spender	U/17	100m	14.22	
		Shot Put (3kg)	10.26m	
		Discus (1kg)	25.82m	
		Javelin (500g)	23.04m	
Johanna Biddle	U/17	200m	28.16	
		90m Hurdles	14.62	Q, PB
		Shot Put (3kg)	9.84m	
		Javelin (500g)	28.54m	
Emily Jones	U/17	400m	1.13.53	
		1500m	5.53.5	
		90m Hurdles	15.84	PB
		Long Jump	4.27m	PB
Maddy Jones	U/17	100m Hurdles (76.2cm)	16.6	
		Long Jump	4.83m	
Gabby Ralphs	U/20	100m	13.41	
		200m	27.58	
		Long Jump	5.20m	
		Javelin (600g)	35.24m	
Gen Cowie	U/20	400m	1.00.58	
Hannah Jones	Open	100m	12.88	
		100m Hurdles (84cm)	14.63	Q
Daisy Bryant	Open	100m	13.12	

		200m	26.19	
Alysha Burnett	Open	100m Hurdles (84cm)	15.6	Q
		Javelin (600g)	40.83m	CB
Abha Sinha	35+	100m	19.55	
		200m	40.54	
Julie Charlton	Open	100m Wheelchair	25.9	
		200m "	47.15	
		400m "	1.27.39	
Lachlan Antoinette	U/14	100m	14.51	
		Shot Put (3kg)	10.49m	PB
		Long Jump	4.69m	PB
		Discus (1kg)	31.62m	PB
Ben Bishop	U/14	400m	1.01.54	
		1500m	4.35.02	Q, CB, PB
Kevin Yang	U/14	Shot Put (3kg)	12.49m	
		Discus (1kg)	34.36m	
Kyle Ekstrom	U/14	Shot Put (3kg)	12.14m	
		90m Hurdles	15.07	
		Long Jump	4.70m	PB
		Discus (1kg)	41.33m	
Jack McFadden	U/14	90m Hurdles	19.72	
Ryan Jones	U/14	Long Jump	3.38m	
Lewis Clabburn	U/17	100m	12.6	
Sam Coburn	U/17	400m	54.72	PB
Hugh Hunt	U/17	400m	55.18	
Stuart Duve	U/17	100m Hurdles (84cm)	16.05	Q
Nick Andrews	U/17	110m Hurdles (91.4cm)	14.67	Q
Alex Nguyen-Ha	U/17	Long Jump	6.19m	
Clayton Anstee	U/17	Discus (1kg)	39.65m	
James McFadden	U/17	Javelin (700g)	41.53m	
Harry Andrews	U/20	110m Hurdles (99.1cm)	14.32	Q, CB, PB
Ben Jaworski	Open	100m	11.12	
		200m	22.1	
Jordan Barnes	Open	100m	11.38	
		200m	22.13	
		400m	50.74	PB
Matthew Joyce	Open	1500m	4.32.08	

Tim Foster	Open	Long Jump	6.24m	PB, CB
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ANSW Permit Meet @ Bankstown - 22/12/2013				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Konrad Cuevas	13	Pole Vault	2.50m	Q

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

For final and full results in the 2013 Treloar Shield point score please click the following

link: <http://nswathletics.org.au/Results/ArtMID/1749/ArticleID/137298/Kings-Sport-Store-Treloar-Shield-8>

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)