

Cherrybrook 2014 State Championships report

The 2014 State Championships were held at SOPAC Homebush over the weekend of 21-23 March. We had great weather conditions for most of the weekend, to match the fantastic standard of competition. Cherrybrook had 51 athletes qualify for State this year + 1 AWD athlete. Unfortunately our team was a little depleted by injury this year – in particular 3 of our elite U17B and defending state gold medallists were affected by injury – Declan Pluim (High Jump), Jordan Shelley (200m & Senior boys relay) and Alex Nguyen-Ha (LJ & TJ), who broke his pelvis just 3 days prior to the State Championships. Despite this, we still managed to win an amazing 30 medals – 13 gold, 10 silver and 7 bronze medals, which was a fantastic effort. We also had another 30 top 10 finishes, which at State level is a great effort.

For those competing at State for the first time, it is an experience quite unlike any other. Every event has heats and finals, beginning with a starting list of 24 athletes from all around the state, who have qualified either by coming top 2 at their region, or being one of the next 6 fastest qualifiers from any region. There are never any easy events at state, and the atmosphere amazing - always pretty tense and noisy, particularly for close finishes in the track events.

Cherrybrook had 4 under 9 athletes competing – under 9 being the youngest age group able to compete at the Championships. Emily Crawford continued her great form, winning gold in the 70m and 100m, and silver in the 200m which is an incredible effort – congratulations Emily! Ryan Frykberg also had a wonderful championships, where competing in the 800m he ran an 8 second PB in the heats, and bettered his time again by 3 more seconds in the finals to win a bronze medal. Clearly the competition brought out the best in him! Well done Ryan. In addition we also had Michaela Haigh competing in the High jump, and Alex Metaxoulis in the Shot put. Hopefully they will have many more opportunities to represent Cherrybrook at the highest level. Well done!!

This year 2 of our athletes broke state records, which, if you ever looked through the state program really mean these athletes have achieved an incredible standard. Amie Bowrey bettered the U12 Javelin record that she set at the regional championships by well over 3 metres, throwing 34.21m to win gold. Max Hirst in the U11 boys also had a wonderful championships, breaking the 80m hurdles record in a time of 9.27 seconds in his heat, going on to win gold in the final. He also won a bronze medal in the long jump with an amazing leap of 4.77m on his last jump. Congratulations Max.

To win one medal at state is a wonderful achievement, but to win multiple medals is a rare feat. As well as Emily Crawford in the juniors, this year 2 of our senior athletes won 3 or more medals. Courtney Cattell continued her wonderful form to take silver in the U15G long jump, gold in the U15 200m hurdles, Bronze in the long jump, and was barely out of the pit before having to run her 100m hurdles final which she won in a time of 13.52. Congratulations Courtney, who has again proved herself to be an amazing all round athlete. Kate Collett from the U13 girls competed in 4 events, winning 2 silver medals in the Javelin and discus, bronze in the shot put, as well as making the final of the 200m, where she finished 7th. Another of our Senior athletes Joshua Baddock (U15B) also had a wonderful carnival winning gold in 2 events – the U15 boys triple jump with a leap of 13.35m, and the U15 boys high jump where he jumped 1.98m, as well as a close fourth place finish (by 1cm!) in the U15 boys long jump. Well done Josh. Two other senior athletes won 2 medals: Katie Devitt with silver and Bronze in the U14G 100 and 200m, and Oliver Jacquot with silver and bronze in the U14B 200m and 400m. In the AWD events, Kailyn Joseph also became a multi state medallist, competing in 3 events in the girls 11-12 age group, coming away with gold in the discus, and silver in both the 100m and long jump – what a brilliant effort!

Thanks you to the parents who helped out doing rosters over the weekend – without your help the Championships would not run as smoothly as they did, Special mention too to all the officials who endured pretty warm conditions to run all the events – again without them we would have no carnival. This included our own Cathy Eaton who ran a couple of the call rooms for the weekend, and Elizabeth Jones who officiated all day at the high jump on Saturday. Thank-you.

Australian Little Athletics Championships (ALAC):

Every year, a small team of 11 boys and 11 girls from the U13 age group is selected to compete at the ALAC, this year in Melbourne. Athletes are chosen based on their ability to compete at National level in at least 2 events. This year 2 Cherrybrook athletes have been selected to compete at ALAC – Kate Collett and Ben Bishop – congratulations to these 2 fine athletes. We look forward to hearing of their results at the end of the championships in May.

So as the season draws to a close, we wish all our athletes well for the winter break. For those long distance runners amongst us, do not forget the upcoming cross country season which starts soon. We look forward to a new season in September, no doubt with many more amazing performances and new PB's to come!

Jenny Bishop/Cathy Eaton
Championships