

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 13TH NOVEMBER 2014

Dear All Cherrybrook Athletics friends and family,

We had another impressive showing at Round #4 of the Treloar Shield where we had 36 athletes competing in over 70 events! **Ben Jaworski** was very strong placing 2nd in the Open Male 100m (10.96) and a PB and Club Record in the 400m (48.58). **Courtney Chamberlain** was also impressive in placing 15th in NSW in the very competitive NSW State 3000m Championships breaking a club record in 10.18. Other performance(s) of note were **Imogen Breslin** 1st place in the U/14 80m Hurdles going close to her PB with a 12.15 just ahead of **Mia Hemsworth** 12.44 PB whilst **Rachel Pace** won the U/17 100m Hurdles event in a quick 13.9 ahead of team mate **Carla Takchi** 14.29 - all 4 athletes will be competing at the Australian All Schools Champs next month and they are all looking in terrific shape! Member(s) who participated in 3 or more events to help win valuable included: **Fraser Nixon, Lachy Antoinette, Ben Henry, Mitch Baker, Kate Collett**, new comer **Zoe Warland** and **Robert Clark** who again broke 2 Club Records this week. After a stunning weekend Cherrybrook are now in 4th position on the points table which is a very good result at the halfway mark of the competition.

Our attention now turns to State Relays this weekend where we will be fielding 24 teams consisting of approx 40 athletes where we will be in contention for quite a few medals and wonderful team performances. We would love to see all parents, coaches, athletes (even those who are injured), ex athletes and as many supporters as possible to help cheer on Cherrybrook Senior Athletics!!!

### NSW SENIOR STATE RELAYS - 15TH & 16TH NOVEMBER FINAL TEAMS

Please follow the link(s) below which has the FINAL team(s) per athlete and per event for the Senior State Relays on the 15th/16th November. Please note there have been quite a few significant change(s) due to a few athletes that have had to pull out due to injuries over the past few day(s) so please check the following documents very very carefully.

[State Relay Teams by Athlete](#)

[State Relay Teams by Event](#)

#### Timetable:

[Click here](#) to view the FINAL timetable. Team entry lists will be available here from 12pm Thursday 13th November.

**Rules:** [Click here](#) to view the competition rules in the 2014/15 Athletics NSW Summer Handbook.

**Results:** Live results will be available throughout the competition. [Click here](#) to go to the live results site. Collated results and competition point scores will be published on the results page [here](#).

#### Venue:

Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park.

[Click here](#) to view map.

**If you have any questions or concerns with these teams or for the athlete please contact me ASAP.**

### KINGS TRACK AND FIELD TRELOAR SHIELD (OCTOBER - DECEMBER 2014)

The Treloar Shield is an 8 round interclub track and field competition commencing in early October. It is named after the great NSW track and field athlete John Treloar. The Treloar Shield is an age group based competition for athletes of all ages, abilities, and aspirations. Athletes score points for their respective clubs which tally towards both the age group pennants and the overall Treloar Shield trophy.

Date	Venue	Further Information
29th November	Bankstown	<a href="#">Round 5</a>
6th December	Campbelltown	<a href="#">Round 6</a>
13th December	SOPAC	<a href="#">Round 7</a>
20th December	SOPAC	<a href="#">Round 8</a>

## **ATHLETICS NSW DRAFT CALENDAR 2014/15**

See what dates and competition(s) have been set for the upcoming season and make sure to clear your diaries/calendars for those major events such as NSW Junior and Youth Champs, NSW Club Championships and of course the big one NSW State Relays. Please refer to the link below for more information: <http://www.nswathletics.org.au/Portals/18/Competition/2014.15%20summer%20calendar.pdf>

## **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>

## **ATHLETICS AUSTRALIAN QUALIFYING STANDARDS 2014/15**

To qualify for the Australian Junior Championships (March) and Australian Opens Championships (April) to be held in 2015 please view the following

link: <http://athletics.com.au/Portals/56/Competition/Documents/Standards%202014-15.pdf>

## **WORLD YOUTH CHAMPIONSHIPS QUALIFYING STANDARDS 2015**

The Selection Policy for the 2015 IAAF World Youth Championships has now been published by Athletics Australia.

The following document sets out the basis on which Athletics Australia Selectors will determine the team for the five-day event to be held in Cali, Columbia from July 15 - 19,

2015: <http://athletics.com.au/Portals/56/High%20Performance/Documents/WY/World%20Youth%20Championships%20Selection%20Policy%20v9.pdf>

## **CHERRYBROOK ATHLETICS CANTEEN OPEN FOR COFFEE**

On Monday and Wednesday evenings from 5.45pm - 7.30pm the Canteen at Greenway Oval will be open and we will be selling coffee, lollies, hot chocolate and chicken soup! So next time you are up at training make sure you bring with you some spare change with you for a bit of a sugar or caffeine hit!

### **FACEBOOK & INSTAGRAM**

We 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". Our club has also just got an account on Instagram where you can see more fantastic photos of our club!

## **OFFICIALS AND COACHES EDUCATION AND TRAINING DATES**

- [Officials Information and Training Dates](#)

- [Coaching Education and Training Dates](#)

## **RESULTS**

<b>Treloar Shield Round #4 @ SOPAC - 8/11/2014</b>				
<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAILS</b>
<b>Imogen Breslin</b>	U/14	80m Hurdles	12.15	
		100m	14.05	
<b>Kate Collett</b>	U/14	80m Hurdles	14.71	
		Discus (1kg)	32.71m	
<b>Mia Hemsworth</b>	U/14	100m	13.12	Q
		80m Hurdles	12.44	PB, Q
		80m Hurdles	13.68	Q
<b>Zoe Warland</b>	U/14	100m	14.16	
		Long Jump	4.38m	

<b>Julia Vignes</b>	U/17	90m Hurdles	14.7	Q
<b>Eleanor Lamperts</b>	U/14	100m	13.88	PB
		Long Jump	4.39m	PB
<b>Rachel Pace</b>	U/17	100m	12.54	Q
		100m Hurdles (76.2cm)	13.9	Q
<b>Aurora Henke</b>	U/17	90m Hurdles	14.27	Q
		200m Hurdles	32.24	Q
<b>Tiana Hazlewood</b>	U/17	Discus (1kg)	33.23m	
<b>Jaslyn Setiadji</b>	U/17	90m Hurdles	14.09	
		200m Hurdles	31.51	
<b>Courtney Cattell</b>	U/17	100m Hurdles (76.2cm)	15.53	Q
		Long Jump	4.78m	
<b>Nat Setiadji</b>	U/20	100m Hurdles (84cm)	15.8	Q
<b>Brianna Phillips</b>	U/20	100m	13.24	SB
<b>Daisy Bryant</b>	Open	100m	13.17	
<b>Karina Takchi</b>	Open	100m	12.97	
<b>Carla Takchi</b>	Open	100m	12.87	
	U/20	100m Hurdles (76.2cm)	14.29	
<b>Courtney Chamberlain</b>	Open	State 3000m	10.18.51	15TH, CB, PB
<b>Jenny Bishop</b>	35+	Discus (1kg)	25.64m	
		Long Jump	4.28m	
<b>Sally Stagles</b>	50+	100m	14.73	
		80m Hurdles	13.34	
<b>Nick Dang</b>	U/14	100m	12.44	
		90m Hurdles	13.3	
<b>Ben Tavner</b>	U/14	100m	13.68	
<b>Stuart Duve</b>	U/17	100m	12.8	
		110m Hurdles (91.4cm)	16.61	Q
<b>Tom Gammie</b>	U/17	100m	11.82	
		110m Hurdles (91.4cm)	16.09	Q
<b>Lachlan Antoinette</b>	U/17	100m	13.44	
		400m	1.06.77	
		Long Jump	5.04m	
		Discus (1kg)	35.68m	
<b>Mitchell Baker</b>	U/17	100m	12.88	
		400m	1.01.22	
		Long Jump	5.04m	
<b>Josh Baddock</b>	U/17	100m	11.98	
		Long Jump	6.11m	
<b>Sam Coburn</b>	Open	100m	11.98	
	U/17	400m	53.33	
<b>Alex Nguyen-Ha</b>	Open	Long Jump	6.35m	
<b>Tim Foster</b>	Open	400m	53.69	

<b>Harry Andrews</b>	Open	100m	11.3	
<b>Jordan Shelley</b>	Open	100m	11.02	Q
<b>Ben Henry</b>	Open	100m	11.77	
		400m	57.27	
		Long Jump	5.10m	
<b>Fraser Nixon</b>	Open	100m	12.78	
		400m	1.00.77	
		Long Jump	4.64m	
		Hammer Throw (7.26kg)	ND	
<b>Matthew Joyce</b>	Open	100m	12.64	
		400m	55.99	
<b>Ben Jaworski</b>	Open	100m	10.96	Q
		400m	48.58	CB, PB, Q
<b>Caerl Murray</b>	35+	100m	13.18	
<b>Robert Clark</b>	50+	400m	1.14.49	
		Hammer Throw (6kg)	28.69m	CB
		Discus (1.5kg)	29.59m	CB

**CB - Club Best**

**PB - Personal Best**

**SB - Season's Best**

**Q - National Qualifier - March 2015**

**For Full results please click here -**

<http://www.nswathletics.org.au/Results/ArtMID/1749/ArticleID/1155065/Kings-Sport-Store-Treloar-Shield-4-NSW-3000m-Championships>

Kind Regards,  
Cherrybrook Athletics - Senior Vice President  
Matthew Joyce 0402 485 998