

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 20TH NOVEMBER 2014

Dear All Cherrybrook Athletics friends and family,

Thank you to all of our wonderful and enthusiastic squad of 37 athletes that competing across 24 State Relay teams last weekend at SOPAC. Cherrybrook managed to win a total of 6 medals (3 SILVER & 3 BRONZE) with one of the big highlights winning an unexpected Silver in the Open Mens 4 x100m which consisted of very young athletes **Jordan Shelley 16, Ben Henry 19, Harry Andrews 19 and Ben Jaworski 21** in what is one of the most fiercely competitive events each year! Well done to those athletes who won multiple medal(s) over the weekend including: **Emily Jones, Jaslyn Setiadji, Kate Collett, Zoe Warland, Daisy Bryant and Courtney Chamberlain**. Also special mention to those athletes who competed in event(s) that they don't normally do to help make up teams such as: **Jaslyn Setiadji (400m), Carla Takchi (200m), Zoe Warland (1500m), Ryan Jones (100m) and Eleanor Lamperts (Shot Put)**. Big Thank you also to all our vocal, encouraging and very supportful parents/families who cheered all Cherrybrook teams on loud and proud over the weekend as well as Cherrybrook's number #1 fan Nicky Jenneke!!

Hope you all enjoy a week off Senior Athletics this weekend - it will give you a chance to recharge the batteries for the final 4 week(s) of the Treloar Shield as well as the Australian All Schools Champs which will round our Athletics in 2014.

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	Round 5
6th December	Campbelltown	Round 6
13th December	SOPAC	Round 7
20th December	SOPAC	Round 8

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

NSW Senior State Relays @ SOPAC - 16-17/11/2014				
TEAM/RELAY	AGE	PLACE	RESULT	ATHLETES
4x100m Female	U/14	6th	54.87	Mia Hemsworth, Tiarne Ekstrom, Eleanor Lamperts, Rachel Ingram
4x200m Female	U/14	4th	1.57.19	Kate Collett, Zoe Warland, Tiarne Ekstrom, Eleanor Lamperts
4xShot Put Female	U/14	BRONZE	32.85m	Kate Collett, Zoe Warland, Tiarne Ekstrom, Eleanor Lamperts
4x100m Female	U/16	10th	53.12	Kate Collett, Natasha Pidgeon, Jaslyn Setiadji, Eleanor Lamperts
4x200m Female	U/16	10th	1.55.04	Mia Hemsworth, Natasha Pidgeon, Eleanor Lamperts, Rachel Ingram
4x100m Female	U/18	SILVER	51.16	Mia Hemsworth, Natasha Pidgeon, Brianna Phillips, Daisy Bryant
4x200m Female	U/18	4th	1.47.61	Daisy Bryant, Carla Takchi, Natasha Pidgeon, Jaslyn Setiadji
4xLong Jump Female	U/18	5th	17.67m	Eleanor Lamperts, Zoe Warland, Emily Jones, Brianna Phillips
4x High Jump Female	U/18	SILVER	5.95m	Nicole Freestone, Isabella Rudolph, Kate Collett, Emily Jones
4x100m Female	U/20	5th	51.55	Carla Takchi, Daisy Bryant, Brianna Phillips, Nat Setiadji
4x400m Female	U/20	BRONZE	4.14.54	Daisy Bryant, Erin Blundell, Jaslyn Setiadji, Courtney Chamberlain
4x800m Female	U/20	5th	10.25.60	Capri Vidler, Emily Jones, Ishka Bless, Courtney Chamberlain
4x1500m Female	U/20	BRONZE	21.40.63	Zoe Warland, Emily Jones, Ishka Bless, Courtney Chamberlain
4x400m Female	Open	8th	4.19.38	Catherine Pearce, Emily Jones, Daisy Bryant, Courtney Chamberlain
4x100m Male	U/16	6th	49.14	Mitch Baker Tom Gammie, Ryan Jones, Beau Ingram, Lachlan Antoinette
4x100m Male	U/18	DQ	-	Stuart Duve, Tom Gammie, Josh Baddock, Lachlan Antoinette

4xLong Jump	U/18	8th	21.10m	Alex Nguyen-Ha, Mitch Baker, Josh Baddock, Beau Ingram
4xHigh Jump	U/18	4th	6.70m	Josh Baddock, Emily Jones, Lachlan Antoinette, Mitch Baddock
4x200m Male	U/20	7th	1.33.99	Stuart Duve, Tom Gammie, Josh Baddock, Jordan Shelley
4x100m Male	Open	SILVER	41.99	Ben Jaworski, Ben Henry, Jordan Shelley, Harry Andrews
4x200m Male	Open	6th	1.34.94	Evan Clothier, Fraser Nixon, Ben Jaworski, Matthew Joyce
4x400m Male	Open	6th	3.27.29	Sam Coburn, Hugh Hunt, Evan Clothier, Ben Jaworski
4x800m Male	Open	11th	9.07.01	Sam Coburn, Hugh Hunt, Ryan Jones, Matthew Joyce
Sprint Medley Male	Open	6th	3.48.83	Ben Henry, Fraser Nixon, Tom Gammie, Matthew Joyce

For full results including individual field results please click here -
<http://nswathletics.org.au/Results/2014-nsw-relay-championships-19341>

Kind Regards,
Cherrybrook Athletics - Senior Vice President
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