

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 14TH JULY 2014

Dear Cherrybrook Athletes and families,

We have a massive month of Athletics coming up with two major international competitions just around the corner with the Commonwealth Games in Glasgow (July 23 - August 3) and the World Junior Championships (July 22 -27) upon us. We wish **Alysha Burnett** (World Juniors) and former Cherrybrook athletes **Jin Su Jung** and **Shelly Jenneke** (Comm Games) the very best of luck as they compete at the highest level of competition(s) that one can compete in as an athlete. We hope all your hard training, dedication and preparation pays off and we will be all following you lots of support! Whilst on the topic of international competition and our athletes a big congratulations to **Nat Setiadji** who has just won a GOLD medal at Oceania Championships in Cook Islands with a big PB in the 100m Hurdles event with a 15.01. She later went on to win a SILVER medal in the Australia 4 x100m relay - what a great achievement!

The Cross Country season continues and our athletes continue to win medals as we saw **Ben Bishop** win a GOLD medal at the NSW Cross Country Championships at Nowra in the U/14M event whilst **Courtney Chamberlain** won her second state medal finishing with a BRONZE medal in the U/20F event with **Erin Blundell** also finishing 11th in the same race. Fantastic work from all athletes on probably the toughest cross country course in Australia! All athletes will hope to secure selection in the NSW team which will compete at the National Championships in late August. In addition to these great individual performance(s) we won a GOLD medal in the NSW Road Relay Champs in the U/20 Female Division with a team comprising of Courtney, Erin as well as Ishka Bless and Emily Jones! A very strong performance from the quartet who also would of finished in the top 5 in the Open Division!

Finally not too far away from us are World Youth Olympics in mid August. **Nick Andrews** and **Rachel Pace** are looking very promising after the broke meet records and won Gold medal(s) for the sprint hurdles events at the Down Under Series in Queensland over the weekend. Both athletes also won Silver medal(s) in the 100m sprint event(s) - we look forward to seeing what you are capable of doing in China next month - keep up the hard training!

INTERNATIONAL COMPETITION GUIDE TO CHERRYBROOK ATHLETES

Commonwealth Games - <https://www.glasgow2014.com/>

World Junior Athletics Championships -

<http://www.iaaf.org/competitions/iaaf-world-junior-championships>

Athlete	Event	Date
Alysha Burnett	Heptathlon	22 & 23 July
	100m Hurdles	22/07/14
	High Jump	22/07/14
	Shot Put	22/07/14
	200m	22/07/14
	Long Jump	23/07/14
	Javelin	23/07/14
	800m	23/07/14
Shelly Jenneke	100m Hurdles (rd 1)	31/07/14
	100m Hurdles (final)	1/08/14
Jin Su Jung	4 x 100m Relay (rd 1)	1/08/14
	4 x 100m Relay (final)	2/08/14

COMPETITIONS

FRIDAY NIGHT WINTER ATHLETICS - BARTON PARK A NEW Friday Night Competition will be running this winter for athletes in the U12-U17 age groups. This is open to all registered Little athletes across a number of Athletics Centre including Cherrybrook Athletics. It will be conducted every 3 weeks at Barton Park from 6pm-8pm with the next competition on **Friday 25th July** until the start of the summer athletics season 2014-15. Entry is \$2 per week paid each week athletes compete.

For further details please click the link

below: <http://www.plac.org.au/assets/console/news/attachments/2014043009>

[2034Friday_nights.pdf](#)

WEST METROPOLITAN CROSS COUNTRY SERIES (APRIL - AUGUST)

This is a cross-country series in the Sydney Metro area that has been a staple of the Athletics NSW club scene for some years.

Athletes interested in distance running of all ages and irrespective of club membership are welcome to compete in any of the West Met events. The purpose of the events is to cater for regular competitors who use the competition as part of their training for the NSW Championships or the summer track season. New competitors are welcome and social runners are also encouraged to enjoy the sport. Competitors must be registered with an Athletics NSW affiliated club or a Little Aths NSW Centre in order to be covered for personal accident insurance.

You don't have to be an affiliated club member to run your first two races, you can officially run them as a trial to see how much you like the events – we are sure you will be back for a third! For more information on dates, locations and times please click on the following link: http://westmetxcclubs.com.au/wmx_wp/

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>

NOMINATIONS OPEN FOR ATHLETICS TEAM FOR NATIONAL CROSS COUNTRY - SATURDAY 23RD AUGUST

If you are interested and would like to be apart of the Athletics NSW team to take part in the 2014 National Cross Country Championships which are to be held in Albany in Western Australia on Saturday 23rd August please click the following

link: https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1325&OrgID=52

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!

UNCOLLECTED GIFTS AWARDS

Could the following athletes please collect their gifts and/or awards which were presented at the Presentation night last month: **Sofia Metaxouli - Chloe Antal - Stuart Duve - Alex Nguyen-Ha - Alex Moore - Hannah Jones - Karina Takchi - Gabby Ralphs - Emma Ralphs - Evan Clothier - Tim Foster.**

The awards can be collected Monday and Wednesday evenings from 5.45pm - 7.30pm from the Clubhouse at Greenway Oval from Nicky Jenneke.

RUNNING FOR DANIEL BERRY - CITY 2 SURF 2014

On Sunday the 10th August Tom Berry, Josh Berry and Shelley Cattell will all be running in memory of Daniel Berry who was a very popular Cherrybrook athlete who passed away last year. Daniel was a Paralympian who inspired many people with his determination to overcome challenges and the way he embraced every opportunity he was given. All runners will be raising funds for brain cancer research and all proceeds will go to the Cure for Life Foundation. To find out how you can support this great cause please follow the link: [Running for Daniel Berry](#). In addition to this 'Running For Daniel' T Shirts and caps are also being sold for this event. All profits will go to the 'Cure Brain Cancer' foundation. To find out more please follow the 'Running For Daniel' website (<http://runningfordaniel.webs.com/>). Any enquiries can be directed to runningfordaniel@hotmail.com.

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

Athletics QLD Pre Departure Meet - 14/06/2014 @ Nathan					
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS	
Alysha Burnett	Open	Javelin (600g)	40.17m		
Athletics NSW Pre Departure Meet #5 - 22/06/2014 @ Campbelltown					
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS	
Rachel Pace	16	100m Hurdles (76.2cm)	14.03		
Alysha Burnett	17	200m	25.74		
		100m Hurdles (84cm)	14.91		
Lachlan Antoinette	14	100m	13.46	PB	
		Long Jump	4.90m	PB	
		High Jump	1.43m	PB	
		Javelin (700g)	14.14m		
James McFadden	16	Javelin (800g)	45.07m	CB	
Nick Andrews	17	110m Hurdles (91.4cm)	13.86		
NSW Cross Country Championships - 21/06/2014 @ Nowra					
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	
Erin Blundell	U/20	6km	11th	27.17	
Courtney Chamberlain	U/20	6km	BRONZE	23.49	
Ben Bishop	U/14	3km	GOLD	10.1	
Oceania Athletics Championships - 24-26/06/2014 @ Cook Islands					
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Natalie Setiadji	U/20	100m Hurdles (84cm)	GOLD	15.01	PB

		4 x 100m Relay	SILVER	49.58	
Trevor Craven Memorial Meet - 5-6/07/2014 @ Vancouver, Canada					
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS	
Alysha Burnett	U/18	100m Hurdles (84cm)	14.71		
		High Jump	1.75m		
2014 Down Under Series - 11-13/07/2014 @ Gold Coast, Queensland					
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Rachel Pace	16- 17	100m Hurdles (76.2cm)	GOLD	13.81	13.65 (h) MR
		100m	SILVER	12.31	
Nick Andrews	16- 17	110m Hurdles (91.4cm)	GOLD	13.96	MR
		100m	SILVER	11.03	
NSW Cross Country Relays - 12/07/2014 @ Ourimbah					
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	
Courtney Chamberlain	U/20	4km	-	14.19	
Ishka Bless	U/20	4km	-	16.19	
Emily Jones	U/20	4km	-	17.34	
Erin Blundell	U/20	4km	-	15.54	
TOTAL	U/20		GOLD	1.04.06	

PB - Personal Best

CB - Club Best Performance

MR - Meet Record

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
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