

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 14TH AUGUST 2014

Dear all Cherrybrook member(s),

Hope you've enjoyed the wonderful and very enjoyable Commonwealth Games that has just past us where the Australian team did so well in Athletics with some very exciting and promising result(s) including that of our former athlete and coach Ms **Michelle Jenneke**. Shelly was absolutely outstanding in her first competition as a senior Australian athlete after she made the 100m Hurdles final after an excellent heat run of 13.34 after she smashed the first hurdle. The next day Shelly went on to place 5th in the Commonwealth Games with a time of 13.36 just outside her personal best!!! Well Done Shelly on this magnificent and stunning achievement at the young age of just 21 - we look forward to see how your future career unfolds competing for future Australian team(s)!

The next big thing to look forward to as a club is the World Youth Olympics where we will have both **Nick Andrews** and **Rachel Pace** competing in the Green and Gold Australian colours in sprint hurdles events in China - we know you will do the country proud. On the note of international representation we had a bit of bad luck with **Alysha Burnett** after she pulled out of the World Juniors competition last month with a foot injury. Very unlucky for Alysha who has had such a great year so far but we all know we will be a much stronger athlete from this experience and you will have so many more opportunities in future Australian teams to show how good you are.

Finally Good Luck to **Erin Blundell** who has recently been selected by Athletics NSW after strong and consistent performance(s) over the next last few months to compete at the Australian Cross Country Championships next weekend (Saturday 23rd August) in Albany, Western Australia. Erin will be competing in the U/20 female division in the 6km event and I'm sure she'll have a great run!

### WORLD YOUTH OLYMPICS - 16TH - 28TH AUGUST

Good Luck to **Nick Andrews** and **Rachel Pace** as they represent Australia in the sprint hurdles events at the 2nd ever World Youth Olympics in Nanjing, China next week. The duo have their heat(s) on **Wednesday 20th August** and final(s) later in the week on **Saturday 23rd August**. For further information including information on how to follow our athletes LIVE please click the following link:

<http://www.olympic.org/news/nanjing-2014-youth-olympic-games-how-to-get-broadcast-quality-footage-text-photos-interviews-and-other-useful-information/235425>

For rules and the Athletics competition

timetable <http://mat1.gtim.com/nanjing2014/qingaosucai/Athletics.pdf>

In Australia, the Seven Network will broadcast a YOG TV highlights package on 7mate (Channel 73) daily from 17 – 29 August 2014. During the week the highlights will be programmed for 12pm on Channel 73 across the country. The time of the highlights varies on the weekend and checking local guides for the program time is recommended.

### CHERRYBROOK ATHLETICS REGISTRATION DAYS 2014/15 - 24TH & 27TH AUGUST

If you would like to register for Cherrybrook Little Athletics and/or Cherrybrook Senior Athletics for season 2014/15 you can sign up over the next few weeks with further details being:

**Dates/Times:** Sunday 24th August 3pm - 5pm and Wednesday 27th August, 5pm - 7pm

**Location:** Greenway Oval #2/Cherrybrook Athletics Clubhouse

For all the essential information you require to be a Cherrybrook Senior Athlete for the new season please view the following link: <http://www.cherrybrookathletics.org.au/20142015%20Stuff/PDFs/Rego%202014-15/Cherrybrook%20Senior%20Registration.htm>

**\*\*If you can't make it to the above dates you can register online on the Athletics NSW website (the preferred method for Cherrybrook Seniors athletes) for season 2014/15 from early October. I will post more information on this in the next newsletter\*\***

### 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>

## 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.

## 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 Short Cross Country Championships - 2/08/2014 @Dundas				
ATHLETES NAME	AGE	EVENT	PLACE	RESULT
Ryan Jones	U/14	2.5km	17th	9.51
Emily Jones	U/18	2.5km	16th	10.42
Erin Blundell	U/20	5km	7th	21.19
Elizabeth Jones	35+	5km	6th	23.41

City 2 Surf Results 14km - 10/08/2014 @ Sydney				
ATHLETES NAME	AGE	CATEGORY PLACE	OVERALL PLACE	RESULT
Ryan Jones	13-15	33rd	1309th	58.45
Hugh Hunt	13-15	274th	15475th	1.17.21
Tom Vanderlaan	16-19	72nd	1801st	1.00.13
Matthew Joyce	20-29	425th	1617th	59.42
David Beattie	30-39	2644th	7789th	1.09.14
Emily Jones	13-	29th	10437th	1.12.16

	15			
<b>Erin Blundell</b>	16-19	26th	6003rd	1.07.13
<b>Ishka Bless</b>	16-19	23rd	5632nd	1.06.46
<b>Holly Winter</b>	16-19	410th	35291th	1.37.00
<b>Courtney Chamberlain</b>	16-19	3rd	1222nd	58.28
<b>Raa Attenborough</b>	20-29	171st	4837th	1.05.43
<b>Elizabeth Jones</b>	40-49	168th	7125th	1.08.32

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)