

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

Dear Cherrybrook Athletes and families,

I hope you are all keeping warm and safe in winter. Over the past month we have again witnessed many highlights as a club with a major one having: **Nick Andrews** and **Rachel Pace** being selected in the Australian team that will be competing at the World Youth Olympics in August in China in the sprint hurdles events. The selection comes on the back of Nick and Rachel's extraordinary track season(s) where they were both crowned the U/18 national champion(s) in the Australian Junior Champs in March. In addition to this Nick has continued to excel in other Athletics events after winning the 100m, 200m and 100m Hurdles at the NSW GPS Champs last month where he broke meet records for the 200m (21.87) and 100m Hurdles (13.45) - as result which has him currently ranked #2 in the world for U/18's males. Well Done to both our fantastic athletes - best of luck with your training preparation over the next few months!

In the Cross Country world we had one women's open team consisting of: **Raa Attenborough, Ishka Bless, Emily Jones and Courtney Chamberlain** who competed NSW Relay Championships last month. The young team who are all under the age of 21 competed with great enthusiasm and were competitive by finishing 7th out of 16 teams in the event. Also in action from the club is **Alysha Burnett** who has commenced her Pre Departure Meets over the past few weeks in preparation for the World Junior Championships to be held in Oregon next month from **July 22-27**. In addition to this we have **Natalie Setiadji** who will be competing for Australia in the Oceania Championships in the 100m Hurdles event on **Tuesday 24th June** - to follow her results and more information on the meet please click the following link: [Oceania Championships](#). GOOD LUCK NAT!!!

### COMMONWEALTH GAMES ATHLETES - WELL DONE

Special mention must be made to two of our former Cherrybrook athletes **SHELLY JENNEKE** (100m Hurdles) and **JIN SU JUNG** (4 x 100m Relay) for being selected in the AUSTRALIAN Commonwealth Games team!! Both these athletes were with the Cherrybrook Little and Senior Athletics club(s) for approx 10 years each and both still train/coach weekly at Greenway Oval. We wish both these athletes the very best as they prepare for their first senior competition(s) in Australian Colours. The Commonwealth Games will take place in Glasgow from July 23 - August 3. More information will follow in our July newsletter!

### 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 4th 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/20140430092034Friday\\_nights.pdf](http://www.plac.org.au/assets/console/news/attachments/20140430092034Friday_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://westmetxclubs.com.au/wmx\\_wp/](http://westmetxclubs.com.au/wmx_wp/)

## **NSW ROAD RELAY CHAMPIONSHIPS - SATURDAY 12TH JULY**

**\*\*For Athletes who are interested in being apart of a Cherrybrook relay please contact the Team Manager Rachel Attenborough on [raa212@hotmail.com](mailto:raa212@hotmail.com) by Friday 4th July, 5pm\*\*.**

**Venue:** University of Newcastle Central Coast Campus, Ourimbah

### **Program**

- \* 12:00pm - U12 Male & Female 4 x 2km, U14 Male & Female 4 x 2km, U16 Male & Female 4 x 2km, U18 Female 4 x 2km
- \* 12.45pm – U18 Male 4 x 4km, U20 Male 4 x 4km, Open Male 4 x 4km, 35+ Male 4 x 4km
- \* 2.00pm - 2.30pm - Central Coast Cross Country invitation 2km, 4km & 6km all ages Fun Run
- \* 2.30pm - Open & U20 Female 4 x 4km, 35+, 45+, 55+, 65+ Female 4 x 4km 45+, 55+, 65+ Male 4 x 4km

### **Course/Venue Information**

- The course incorporates a fully enclosed, traffic-free 2km loop at the University of Newcastle Central Coast Campus, Ourimbah.
- The relay start/finish is located on The Boulevard.
- Runners will begin on The Boulevard, running along North Loop Rd and South Loop Rd for a 2km lap.
- Ample Parking is available adjacent to the start/finish area.
- The closest railway station is Ourimbah - 300m walk.
- Ample toilets are located in the Campus Canteen directly behind registration.
- A variety of food and drinks will be available from the canteen tent in the vicinity of the registration area.

### **Other**

- The ANSW Tag Timing system will be in operation at relay events.
- Entrants in the Road Relays must be registered with Athletics NSW and wear their correct club uniform with the correct bib numbers worn front and back.
- Athletes competing, as individuals must run the first leg of the race. The cost of entering as an individual is \$10.
- Clubs must enter teams, consisting of four (4) members, and any reserves, 60 mins prior to the commencement of the event and any alterations must be submitted prior to the starting time of the last runner.
- Fun Run Participants will register with Central Coast Cross Country for a one day pass and can run 2km, 4km or 6km. Cost of fun run is Adult \$6 Junior \$3.

## **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 asugar or caffeine hit!

## **ATHLETCS NSW - JULY SCHOOL HOLIDAY CLINICS**

In the July school holidays Athletics NSW are holding a range of coaching clinics for athletes aged 12-18 including high jump, middle distance, cross country, javelin and hurdles events to be coached by Australian representative athletes such as: Lara Tamsett, Petrina Price, Youcef Abdi and Jacinta Doyle

For further information and manual entry forms for all of the coaching clinics please visit <http://www.nswathletics.org.au/Coaching/ANSW-Super-Clinics>

For online registration please

visit <https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=8194&OrgID=52>

Little athletics is also running a clinic on Thursday 3rd July in conjunction with ANSW for the younger age group. Further information for this is attached and you can register online

at <https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=7470&OrgID=914>

### **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](mailto: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**

<b>NSW GPS Championships - 10/05/2014 @ Homebush</b>				
<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>PLACE</b>	<b>RESULT</b>
<b>Kevin Yang</b>	U/13	Shot Put (3kg)	1st	14.90m
<b>Maine Vidler</b>	Open	800m	1st	2.03.09
		1500m	2nd	4.10.34
	Open	100m	1st	10.79
<b>Nick Andrews</b>	U/17	200m	1st	21.87*
	U/17	100m Hurdles (91.4cm)	1st	13.45*

\* GPS Meet Record(s)

<b>NSW Cross Country Relays - 31/05/2014 @ Illawong</b>				
<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>PLACE</b>	<b>RESULT</b>
<b>Raa Attenborough</b>	Open	4km	-	15.41
<b>Ishka Bless</b>	Open	4km	-	17.09
<b>Emily Jones</b>	Open	4km	-	17.27
<b>Courtney Chamberlain</b>	Open	4km	-	14.49
<b>TOTAL</b>	Open		<b>7th</b>	<b>1.05.07</b>

<b>Athletics NSW Pre Depature Meet #1 - 1/06/2014 @ Campbelltown</b>				
<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAILS</b>
<b>Alysha Burnett</b>	Open	100m Hurdles (84cm)	15.23	
		Long Jump	5.76m	

<b>Athletics NSW Pre Depature Meet #2 - 5/06/2014 @ Bankstown</b>				
<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAILS</b>
<b>Alysha Burnett</b>	Open	Shot Put (4kg)	11.21kg	

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)