

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 6TH NOVEMBER 2014

Dear All Cherrybrook Athletics friends and family,

We had another fine day from our 23 Cherrybrook Senior Athletes who tackled the heat, humidity, rain and thunderstorms at ES Marks in Round #3 of the Treloar Shield last weekend. Few of the Highlights were: **Mia Hemsworth** PB's and National Q's for 100m (12.99) and 200m (27.24), **Karina Takchi** getting back to her best with a SB and National Q for 100m with a 12.43 in another fast battle with **Carla Takchi** with a PB of 12.55. **Josh Baddock** again was impressive with a 23.55 PB for a 200m and another High Jump National Q 1.95m with his training partner **Alex Nguyen-Ha** also fantastic with a 13.01m Triple Jump and showing pace in the 100m with an 11.79. Robert Clark added 2 NEW Club Records for 35+ Men in the Javelin and Shot Put Events after running hard and putting his body on the line in the 800m and 1500m events whilst **Ben Henry** was back in Cherrybrook colours for the first time since 2012 with impressive PB's in the 100m (11.46) and 200m (23.79). Well Done to all athletes once again, our strong and consistent efforts mean that we are coming 5th Overall and 3rd place in the Juniors Division for this exciting competition! We are expecting big Cherrybrook numbers this week as competition returns to SOPAC for Round #4!

Congratulations to **Jill Taylor** who competed at the Pan Pacific Masters Games in the Gold Coast last weekend where she finished with a heavy haul of 8 medals including 6 GOLD and 2 BRONZE Medals in throwing and jumping event(s). Please also take the time to look at the State Relays final teams for next week in this newsletter where minor changes and additions have been made in a number of events - we have a total of 41 athletes competing and we have assembled a solid 24 teams for the competition - get excited for lots of fun, great competition and being involved in the awesome Cherrybrook Athletics team spirit!

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
8th November	SOPAC	Round 4
29th November	Bankstown	Round 5
6th December	Campbelltown	Round 6
13th December	SOPAC	Round 7
20th December	SOPAC	Round 8

KINGS SPORT STORE TRELOAR SHIELD ROUND 4 - SATURDAY 8TH NOVEMBER 2014

Competition Status: The Treloar Shield is permitted by Athletics Australia (AA). An AA permit allows athletes to qualify for international events and break state and/ or national records.

Eligibility: Athletes must be registered with an Athletics NSW affiliated club for the 2014/15 season. If you are not currently registered with a club you can register online [here](#).

Uniform: Registered Athletics NSW club members must wear their correct club uniform. Athletes must have their Athletics NSW 2014-15 registration numbers attached on the front and back (except in pole vault and high jump events).

Age Groups: The Treloar Shield competition is conducted in the following age groups U14, U17, U20, Open, 35+, and 50+. Ages for all age groups are calculated as at 31st December 2014.

Entry: Online entry is \$7.50 and closes midnight Thursday 6th November.

[Click here](#) to enter the Treloar Shield.

[Click here](#) to enter the 2014 NSW 3000m Championships.

On the day entry is available but not guaranteed and will only be offered in the Treloar Shield events if space exists in the event. On the day entry will incur a higher fee of \$20 and entry must be completed one (1) hour prior to the athlete's first event.

Events: 100m, 400m, 3000m (Championship), Sprint Hurdles, 200m/400m Hurdles, Pole Vault, Long Jump, Discus, Hammer Throw.

Timetable:

[Click here](#) to view the Treloar Shield DRAFT timetable.

[Click here](#) to view the 3000m Championships DRAFT timetable.

A final timetable will be published here by 5pm Friday. All athletes must check the final timetable to confirm the start times of their events.

On the Day Check-in: All athletes in TRACK events must report to athlete check in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the event.

Athletes entered in FIELD events only, are not required to report to athlete check in. Instead, field event athletes must report directly to the field event site at least twenty (20) minutes before the scheduled start time.

Rules: [Click here](#) to view the competition rules in the 2014 Treloar Shield Rules.

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](#).

Prizes: At every Treloar Shield round, Athletics NSW will be giving away 6x \$100 Kings Sports Store vouchers. Recipients are randomly selected in the following categories:

Male: Junior, Open, Masters

Female: Junior, Open, Masters

Venue:

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

[Click here](#) to view map.

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. There have been some changes from last week with minor changes to the Male U/18 High Jump/Long Jump Teams and we have now got an additional U/18 Female High Jump team so there are several athletes which have been affected by this - I have highlighted the athletes in yellow who are affected.

[State Relay Teams by Athlete](#)

[State Relay Teams by Event](#)

If you have any questions or concerns with these teams or for the athlete please contact me ASAP. I will be in touch with all those participating in the relays event for finer and more specific details next week.

The draft timetable for the competition can be found by clicking the following link - [2014 NSW Senior State Relays](#). The final timetable will be made available by next Wednesday 12th November from [Athletics NSW Relay Championships Website](#) where event times may change slightly based on the number of entries received by Athletics NSW.

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

Treloar Shield Round #3 @ ES Marks - 1/11/2014				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Kate Collett	U/14	100m	14.03	
		200m	28.69	
		Javelin (400g)	26.39m	

Mia Hemsworth	U/14	100m	12.99	PB, Q
		200m	27.24	Q
Rachel Ingram	U/14	100m	14.01	
		200m	29.58	PB
		Triple Jump	8.62m	
Isabella Rudolph	U/14	High Jump	1.45m	
Emma Ralphs	U/17	Javelin (500g)	35.78m	
Courtney Cattell	U/17	100m	13.22	
		200m	27.5	
Rachel Pace	U/17	100m	12.73	
Brianna Phillips	U/20	100m	13.38	
Carla Takchi	U/20	100m	12.55	
Karina Takchi	U/20	100m	12.43	SB, Q
Daisy Bryant	Open	100m	13.11	SB
		200m	26.32	
Kevin Yang	U/14	Shot Put (3kg)	14.47m	
Lachlan Antoinette	U/17	100m	13.06	
		200m	26.78	PB
		Shot Put (4kg)	10.96m	
Stuart Duve	U/17	100m	12.73	PB
Mitch Baker	U/17	100m	12.75	
		200m	25.69	PB
		High Jump	1.65m	
Beau Ingram	U/17	100m	12.4	
Alex Nguyen-Ha	U/17	100m	11.79	
		Triple Jump	13.01m	SB
Josh Baddock	U/17	200m	23.55	PB
		High Jump	1.95m	Q
Ben Henry	Open	100m	11.46	PB
		200m	23.79	PB
		High Jump	1.65m	
Harry Andrews	Open	100m	11.1	SB
Matt Joyce	Open	100m	12.3	
		800m	2.06.02	
Sam Coburn	Open	800m	2.08.17	
Robert Clark	50+	800m	2.51.70	
		1500m	5.57.98	
		Shot Put (6kg)	9.18m	CB
		Javelin (700g)	29.45m	CB

SB - Seasons Best

CB - Club Best

Q - National Qualifying Performance (National Championships, 2015)

PB - Personal Best

****For Full Results of this meet please click**

here: <http://www.nswathletics.org.au/Portals/18/Results/tfmm4results1colcourier.pdf>

Australian Pan Pacific Masters Games - 1-3/11/2014 @ Gold Coast					
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Jill Taylor	55- 59	Hammer Throw (3kg)	GOLD	30.51m	
		Shot Put (3kg)	GOLD	9.29m	
		Weight Throw (7.26kg)	GOLD	11.03m	
		Discus (1kg)	GOLD	22.81m	
		Javelin (500g)	BRONZE	20.17m	
		Long Jump	BRONZE	3.08m	
		Triple Jump	GOLD	7.31m	
		Throws Pentathlon	GOLD	3085pts	
		Hammer Throw (3kg)	1st	30.51m	
		Shot Put (3kg)	1st	8.95m	
		Weight Throw (7.26kg)	1st	11.03m	
		Discus (1kg)	2nd	21.59m	
		Javelin (500g)	3rd	17.92m	

Kind Regards,
Matthew Joyce 0402 485 998