

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 16TH OCTOBER 2014

Dear All Cherrybrook Athletics friends and family,

You should be very very proud of our 50+ athletes who have achieved between them 2 x World Youth Qualifying (WYQ) Standards, 4 x Meet records, 5 x Club Records, 39 x Medals (18 x GOLD, 8 x SILVER, 13 x BRONZE), 20+ National Qualifiers and best of all 20+ Personal Bests Performances at the NSW All Schools Championships last week!!! Special mention to **Jordan Shelley** who ran 2 x WYQ's in the 100m and 200m with PB's of 10.61 and 21.29 which were also New Meet record(s) for the 16B age category. We also had **Imogen Breslin** (13G 80m Hurdles) with a time of 12.13 and **Rachel Pace** (16G 100m Hurdles) 13.92 break NEW meet records for the championships! Other winner(s) of events from Cherrybrook Seniors included: **Julia Vignes** (12G 80m Hurdles), **Kristina Moore** (15G Shot Put), **Julie Charlton** (15G AWD 100m, 200m, 800m, Shot Put and Discus), **Carla Takchi** (17G 100m Hurdles), **Nat Setiadji** (19G 100m Hurdles), **Emma Ralphs** (16G Javelin) **Nick Dang** (13B 90m Hurdles), **Kevin Yang** (13B Shot Put), **Konrad Cuevas** (15B Shot Put), **James McFadden** (16B Javelin). Other incredible performers with multiple medal(s) included **Mia Hemsworth** (2 x Silver & Bronze - 13G 800m Hurdles and 12G 100m and 200m), **Katie Devitt** (2 x Bronze - 14G 100m & 200m), **Lauren Clark** (1 x Silver & 1 x Bronze - 14G Hammer Throw and Discus), **Alex Nguyen Ha** (1 x Silver in the Triple Jump and 1 x Bronze in the Long Jump) and **Josh Baddock** 1x Silver and 1 x Bronze - 16B High Jump and Triple Jump). Well Done to each and every individual who competed in this championship - we currently have 13 Athletes that will be travelling to Adelaide in December to compete at the Australian All Schools Championships which I'm sure will see even more wonderful and stunning performances!

This Saturday 18th October will mark week #1 of the Athletics NSW Summer based competition which will be at the home of Athletics SOPAC. We would like to see a strong representation from our club members and encourage athletes to compete in as many event(s) as possible to help contribute points to our club in an attempt to win the Treloar Shield. Last year Cherrybrook finished runner(s) up to UTS in the Junior Division and came 6th place overall in the NSW for this competition. This year our aim is to WIN the Junior Division and place in the top 5 club(s) overall for the competition. It will be awesome to see as many of you as possible for the start of this exciting and fun competition!

### AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS - DECEMBER 6 - 8 2014

Congratulations to the following 13 athletes who have gained selection in the Australian All Schools Championships to be held in Adelaide in December:

- Mia Hemsworth (13G) 80m Hurdles
- Imogen Breslin (13G) 80m Hurdles
- Kristina Moore (15G) Discus and Shot Put
- Julie Charlton (15G) AWD 100m, 200m, 800m, Shot Put and Discus
- Rachel Pace (16G) 100m Hurdles
- Emma Ralphs (16G) Javelin
- Maddy Jones (17G) High Jump
- Carla Takchi (17G) 100m Hurdles
- Nick Dang (13B) 80m Hurdles
- Kevin Yang (13B) Shot Put
- Konrad Cuevas (14B) Pole Vault
- James McFadden (16B) Javelin

- Jordan Shelley (16B) 100m and 200m

It is a fantastic achievement for these athletes as Athletics NSW only select 3 athletes per event based on a very strict criteria in the following age group(s) - U/14, U/16 and U/18 so Well Done!

### **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.

<b>Date</b>	<b>Venue</b>	<b>Further Information</b>
18th October	SOPAC	<a href="#">Round 1</a>
25th October	Illawong	<a href="#">Round 2</a>
1st November	ES Marks	<a href="#">Round 3</a>
8th November	SOPAC	<a href="#">Round 4</a>
29th November	Bankstown	<a href="#">Round 5</a>
6th December	Campbelltown	<a href="#">Round 6</a>
13th December	SOPAC	<a href="#">Round 7</a>
20th December	SOPAC	<a href="#">Round 8</a>

### **KINGS SPORT STORE TRELOAR SHIELD ROUND 1 - SATURDAY 18TH OCTOBER 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.

[Click here](#) to enter online.

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:** 200m, 800m, 3000m, Sprint Hurdles, 200m/400m Hurdles, 4x100m Relay, High Jump, Pole Vault, Triple Jump, Hammer Throw.

**Timetable:**

[Click here](#) to view the 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.

**\*\* There is also a 4 x100m Relay at 3.00pm this day – please let me know if you wish to be part of a Cherrybrook team for the day by return email or on the day \*\***

**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](#).

**Venue:**

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

[Click here](#) to view map.

**NSW SENIOR STATE RELAYS - 15TH & 16TH NOVEMBER**

If there are any date(s) that you should keep free this athletics season the **15th and 16th November** is the weekend as we have our Senior State Relays on at Sydney Olympic Park Athletics Centre where we would love to see as many athletes compete as possible in this friendly team competition. Last year we had 46 athletes in 28 teams where we had lots of fun on and off the track with great club spirit and it provided a great friendly team based competition for all involved!

To Nominate for these relays please click the following link to complete the online form: <https://www.surveymonkey.com/s/QHWP9QL>

**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**

<b>NSW All Schools Championships @ SOPAC - 9/10 - 12/10/2014</b>						
<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>PLACE</b>	<b>RESULT</b>	<b>DETAILS</b>	<b>EXTRA</b>
Tiarne Ekstrom	12G	80m Hurdles	4th	14.06	PB	
		Long Jump	15th	3.92m		
		Shot Put (3kg)	6th	8.56m		
		Discus (750g)	8th	24.61m		
Julia Vignes	12G	80m Hurdles	GOLD	12.81	Q	
Mia Hemsworth	12G	100m	SILVER	13.07	CB, PB, Q	13.01 (h)
		200m	BRONZE	26.71	Q	
	13G	80m Hurdles	SILVER	12.51	PB	
Eleanor	13G	100m	25th	14.08	PB	

Lamperts		Long Jump	17th	4.19m		
Rachel Ingram	13G	80m Hurdles	19th	15.31		
		Triple Jump	13th	8.90m		
Nicole Freestone	13G	High Jump	BRONZE	1.55m	Q	
Imogen Breslin	13G	80m Hurdles	GOLD	12.13	MR, CB, PB, Q	
		High Jump	12th	1.45m		
Sofia Metaxouli	14G	90m Hurdles	12th	15.42		
Maia Leadbetter	14G	400m	21st	1.10.56		
Katie Devitt	14G	100m	BRONZE	12.46		12.44 (h)
		200m	BRONZE	25.59	PB, Q	
Aurora Henke	14G	90m Hurdles	SILVER	13.65		
		200m Hurdles	DNS Final	30.41 (h)	Q	
Tiana Death	14G	90m Hurdles	DNS Final	13.69 (h)	Q	
Lauren Clark	14G	Shot Put (3kg)	9th	10.53m		
		Discus (1kg)	BRONZE	33.17m	Q	
		Hammer Throw (3kg)	SILVER	43.41m	Q	
Kristina Moore	15G	Shot Put (3kg)	SILVER	13.77m	CB, PB, Q	
		Discus (1kg)	GOLD	41.50m	CB, PB, Q	
		Javelin (500g)	6th	31.94		
		Long Jump	7th	4.92m		
Courtney Cattell	15G	90m Hurdles	4th	13.67		
		200m Hurdles	BRONZE	31.05		
		Long Jump	10th	4.74m		
Julie Charlton	15G	100m WC	GOLD	23.45		
		200m WC	GOLD	42.14		
		800m WC	GOLD	3.00.09		
		Shot Put AWD	GOLD	6.06m	PB	
		Discus (1kg)	GOLD	12.96m		
Jaslyn Setiadji	15G	90m Hurdles	9th	13.93		
		200m Hurdles	4th	31.26		
Natasha Pidgeon	15G	100m	9th	13.06		12.97 (h)
		200m	11th	26.49		
Kate Spender	15G	Shot Put (3kg)	11th	10.43m		
Emily Jones	16G	2000m Steeplechase	4th	8.21.26		
		High Jump	7th	1.50m		
		Triple Jump	6th	10.34m	PB	
Evangelene Paterson	16G	100m	11th	13.11		

Rachel Pace	16G	100m	SILVER	12.18	Q	
		100m Hurdles (76.2cm)	GOLD	13.92	MR, Q	
Emma Ralphs	16G	Javelin (500g)	GOLD	39.99m	PB, Q	
Tara Kissick	16G	400m Hurdles	BRONZE	1.10.60	Q	
Maddy Jones	17G	High Jump	SILVER	1.65m	PB, Q	
		Triple Jump	5th	10.67m		
Daisy Bryant	17G	100m	7th	13.19		
		200m	7th	26.56		
Ishka Bless	17G	3000m	4th	11.22.73	PB	
Siobhan Kelly	17G	Shot Put (3kg)	8th	10.26m		
Brianna Phillips	17G	100m	8th	13.29		
		200m	15th	28.55		
		Long Jump	7th	4.35m		
Carla Takchi	17G	100m	BRONZE	12.63		
		100m Hurdles (76.2cm)	GOLD	14.33	PB, Q	
Natalie Setiadji	18+G	100m Hurdles (76.2cm)	GOLD	15.18	Q	
Jordan Adams	13B	100m	9th	12.5		12.29 (h)
		200m	11th	25.42	PB	
Nicholas Dang	13B	100m	11th	12.41		
		90m Hurdles	GOLD	12.77	PB	
Jack McFadden	13B	90m Hurdles	19th	18.86		
		Discus (1kg)	21st	27.62m		
		Javelin (600g)	12th	28.37m	PB	
Kevin Yang	13B	Shot Put (3kg)	GOLD	14.79m	Q	
		Discus (1kg)	7th	38.17m		
Ryan Jones	14B	3000m	14th	11.18.51		
Lachlan Antoinette	14B	Long Jump	17th	4.63m		
		Triple Jump	12th	10.79m	PB	
		Shot Put (4kg)	17th	11.28m		
		Discus (1kg)	16th	39.93m	PB	
Konrad Cuevas	14B	Pole Vault	GOLD	2.80m	Q	
Oli Jacquot	14B	100m	5th	11.67	PB, Q	11.46 (h)
		200m	BRONZE	23.18	Q	
		400m	4th	53.33	Q	
Kyle Ekstrom	14B	100m Hurdles (84cm)	6th	14.72	PB, Q	
		Discus (1kg)	4th	49.53m	Q	
James Roffe	14B	100m	29th	13.21		
		200m	28th	26.96		
Beau Ingram	15B	100m	24th	12.51		

Josh Baddock	16B	Long Jump	7th	5.98m		
		High Jump	SILVER	1.90m	PB, Q	
		Triple Jump	BRONZE	12.76m	Q	
Sam Coburn	16B	400m	10th	52.88		
		800m	10th	2.03.75		
Hugh Hunt	16B	400m	14th	54.21		
		800m	12th	2.04.83		
Oliver Louw	16B	800m	20th	2.19.71		
		1500m	17th	4.56.11		
Stuart Duve	16B	110m Hurdles (91.4cm)	5th	15.96	Q	
James McFadden	16B	800m	BRONZE	2.01.93	PB	2.01.21 (h)
		Shot Put (5kg)	6th	12.93m		
		Javelin (700g)	GOLD	51.85m	Q	
Alex Nguyen-Ha	16B	Long Jump	BRONZE	6.38m	Q	
		Triple Jump	SILVER	12.94m	Q	
Jordan Shelley	16B	100m	GOLD	10.61	WYQ, MR, PB,	Q
		200m	GOLD	21.29	WYQ, MR, PB,	CB, Q
Declan Pluim	17B	High Jump	4th	1.90m		
Rhys Tuohy	17B	High Jump	5th	1.85m		

**WYQ - World Youth Qualifier**

**MR - Meet Record**

**CB - Club Best**

**Q - National Qualifying Performance (March Junior Nationals, 2015)**

**PB - Personal Best**

**h - heat**

If you have anything else to share or recommend to make this newsletter even better please let me know.

Kind Regards,  
Cherrybrook Senior Athletics  
Vice President  
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