

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 23RD OCTOBER 2014

Dear All Cherrybrook Athletics friends and family,

Well Done on a fantastic week 1 of club competition at the Treloar Shield over the weekend at SOPAC. We had 22 athletes compete in a wide range of event(s) ranging from hurdles to sprints to relays and jumps with a athletes making their first ever competition in the red Cherrybrook singlet. Special mentions to: **Ryan Jones, Emily Jones, Jaslyn Setiadji, Lachlan Antoinette, Josh Baddock and Mitch Baker** who all competed in 3 or more event(s) to help score many valuable points for our club. It was also wonderful to see our club field 2 relay team(s) in the opens division for women and men - we finished in the top 3 for both races due to great team work and organisation! After the 1st of the 8 week competition Cherrybrook are placed 3rd overall for Athletics NSW clubs and 1st place in the U/20 Junior Division which is a wonderful effort from such a small group of athletes competing. Let's keep up our high standard by competing well at Illawong this week!

Please also remember that **Senior State Relay Nominations** are still open for 15th/16th November so make sure to nominate yourself and/or your athlete by **Monday 27th October**, Midnight to be apart of the Cherrybrook team for this special competition! More information below.

NSW SENIOR STATE RELAYS - 15TH & 16TH NOVEMBER

On the **15th and 16th November** we have the Athletics NSW 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 for Cherrybrook. 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!

The draft timetable for the competition can be found by clicking the following link - [2014 NSW Senior State Relays](#)

To Nominate for these relays please click the following link to complete the online form: <https://www.surveymonkey.com/s/QHWB9QL>

****Nominations CLOSE Monday 27th October, Midnight****

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
25th October	Illawong	Round 2
1st November	ES Marks	Round 3
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 2 - SATURDAY 25TH 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: 100m, 200m, 400m, 1500m, Steeplechase, Long Jump, Shot Put, Discus.

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.

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: The Ridge Athletics Track, Recreation Dr, Barden Ridge. [Click here](#) to view map.

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 #1 @ SOPAC - 18/10/2014				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Eleanor Lamperts	U/14	200m	29.06	PB
Emily Jones	U/17	400m Hurdles	1.15.72	
		3000m	12.35.97	
		Triple Jump	10.20m	
		High Jump	1.40m	
Jaslyn Setiadji	U/17	90m Hurdles	14.14	
		200m Hurdles	31.54	
Rachel Pace	U/17	100m Hurdles (76.2cm)	14.37	Q
Carla Takchi	U/20	100m Hurdles (76.2cm)	14.65	
Nat Setiadji	U/20	100m Hurdles (84cm)	15.2	Q
Maddy Jones	U/20	High Jump	1.55m	
Daisy Bryant	Open	200m	26.29	
Julie Charlton	Open WC	200m	41.9	
		800m	2.59.59	
Womens Relay	Open	4 x 100m Relay	52.7	
C.Takchi - J.Setiadji - Bryant - N.Setiadji				
Elizabeth Jones	35+	3000m	13.09.77	CB
		Triple Jump	8.61m	
Sally Stagles	50+	80m Hurdles	13.34	
		200m	31.11	
Ryan Jones	U/14	200m	30.4	PB
		3000m	10.45.31	PB
		Triple Jump	8.91m	PB

Konrad Cuevas	U/17	Pole Vault	2.90m	Q
Stuart Duve	U/17	110m Hurdles (91.4cm)	16.18	Q
Thomas Gammie	U/17	110m Hurdles (91.4cm)	DQ	
		200m	23.7	
Jordan Shelley	U/17	200m	21.7	Q
Josh Baddock	U/17	200m	23.9	
		High Jump	2.00m	PB, Q
		Triple Jump	12.34m	
Mitchell Baker	U/17	200m	26.23	
		High Jump	1.60m	
		Triple Jump	11.44m	
Lachlan Antoinette	U/17	200m	27.63	PB
		800m	2.45.33	
		High Jump	1.40m	
		Triple Jump	10.79m	
Mens Relay	Open	4 x 100m Relay	47.35	
Baddock - Duve - Baker - Gammie				
Matthew Joyce	Open	800m	2.07.35	
Hugh Hunt	Open	800m	2.08.10	
Robert Clark	50+	Hammer Throw (6kg)	25.04m	CB

WYQ - World Youth Qualifier

CB - Club Best

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

PB - Personal Best

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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