

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 30TH OCTOBER 2014

Dear All Cherrybrook Athletics friends and family,

We have had another fantastic weekend at the track with 14 of our senior athletes making the trip down south to the windy and unpredictable Illawong track. Lots of PB's were recorded including **Lachlan Antoinette** who capped off a remarkable day for the club by competing in 6 individual events and breaking 4 Personal Bests in the process. **Ryan Jones** and **Emily Jones** also showed a lot of enthusiasm by competing in 9 events between them both cracking 400m PB's in the process. **Ben Jaworski** broke a Club Record in the 400m with a 49.24 to win the Open Males event whilst **Rachel Ingram** and **Beau Ingram** made their debuts for the senior club running great sprint times! **Eleanor Lamperts** did PB's for the 100m and Long Jump whilst **Jordan Shelley** ran one of the fastest 100m in 10.81 for the day. After yet another fantastic effort Cherrybrook are in 4th place and remain in are second for the Junior Division! Club competition continues at ES Marks - keep the great work and participation in multiple events up!

### 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
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 3- SATURDAY 1ST 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 30th October.

[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, 800m, 1500m, 4x100m, Walks, High Jump, Triple Jump, Shot Put, Javelin.

**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:** E.S. Marks Athletic Field, Dacey Ave, Moore Park.

[Click here](#) to view map.

### **NSW SENIOR STATE RELAYS - 15TH & 16TH NOVEMBER DRAFT TEAMS**

Please follow the link(s) below which has the draft team(s) per athlete and per event for the Senior State Relays on the 15th/16th November.

[State Relay Teams by Athlete](#)

[State Relay Teams by Event](#)

As we are still quite a small senior club quite a few athletes have either:

- Been put into an older age group for their nominated event(s) to make up a team
- Been put into an event(s) they have not nominated for to make up a team
- Been put into a male team to make up numbers

This is after all a team event and we do our best to give everyone a run and fair go so we appreciate everyone filling in for those teams where necessary and showing that awesome Cherrybrook Athletics pride and spirit! If you have any questions or concerns with these teams or for the athlete please contact me ASAP as teams must be finalised early very shortly - Final Teams will be made available in next week's newsletter and emailed to you.

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

### **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>Treloar Shield Round #2 @ Illawong - 25/10/2014</b>				
<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAILS</b>
<b>Rachel Ingram</b>	U/14	100m	13.92	
		200m	30.41	
<b>Eleanor Lamperts</b>	U/14	100m	13.95	PB
		200m	29.15	
		Long Jump	4.28m	PB
<b>Emily Jones</b>	U/17	400m	1.08.64	PB
		Long Jump	4.13m	
		Shot Put (3kg)	7.28m	
		2000m Steeplechase	8.21.25	
<b>Carla Takchi</b>	U/20	100m	12.62	
<b>Karina Takchi</b>	U/20	100m	12.64	
<b>Jack McFadden</b>	U/14	Shot Put (3kg)	9.86m	
<b>Ryan Jones</b>	U/14	200m	31.08	
		400m	1.08.51	PB
		1500m	5.12.67	PB
		Long Jump	3.82m	PB
		Discus (1kg)	17.41m	
<b>Jordan Shelley</b>	U/17	100m	10.81	Q
<b>Josh Baddock</b>	U/17	100m	11.69	

		Long Jump	5.45m	
<b>Beau Ingram</b>	U/17	100m	12.34	PB
<b>Lachlan Antoinette</b>	U/17	100m	12.84	PB
		200m	27.58	PB
		400m	1.04.66	
		Long Jump	4.85m	
		Shot Put (4kg)	11.76m	PB
		Discus (1kg)	33.19m	
<b>Alex Nguyen-Ha</b>	U/17	200m	24.46	
	Open	Long Jump	6.28m	
<b>Ben Jaworksi</b>	Open	400m	49.24	CB, Q
<b>Harry Andrews</b>	Open	100m	11.22	

**CB - Club Best**

**Q - National Qualifying Performance (National Championships, 2015)**

**PB - Personal Best**

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

**here:** <http://nswathletics.org.au/Results/ArtMID/1749/ArticleID/1108860/Kings-Sports-Store-Treloar-Shield-2>

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

Kind Regards,  
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Vice President  
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