

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 18TH SEPTEMBER 2014

Dear all Cherrybrook member(s),

Hope you're all getting exciting for the NEW athletics season with a number of major school Athletics carnivals occurring over the past few weeks including Schools Knockout and state based school Athletics meets. The **NSW All Schools Championships** is just over 3 weeks away so don't forget to **register online by next Friday 23rd September** in this great opportunity to compete in what is the biggest competition in the Athletics Calendar. Please also not that **online registrations** for the new season **2014/15 have now open** so make sure you registered for Cherrybrook Seniors Athletics prior to the 1st round of the **Treloar Shield** which will be **Saturday 18th October** at SOPAC.

Congratulations to **Nick Andrews** and **Rachel Pace** who competed for Australia at the World Youth Olympics last month who both participated with great pride and energy in their first national team. Rachel won the B final in a time of 14.06 in addition to winning a SILVER medal in a team relay whilst unfortunately Nick finished 5th in his hurdles heat in a time of 13.94 and unfortunately had to withdraw in the final due to injury. This was a wonderful experience and achievement for both athletes who I'm sure will go on to reach many other Australian teams in the future. Also Well Done again to Coach Mick Zisti who has trained and guided these athletes to such a high level of competition!

We must also acknowledge our two Cross Country Athletes - **Ben Bishop** and **Erin Blundell** who competed at the National Cross Country Championships in Albany last month. Erin finished 30th in the U/20F 6km event whilst Ben finished inside the top 10 to place 8th in the U/14M division. Congratulations to both athletes for representing NSW at this every competitive event and for strong consistent performances across the 2014 Cross Country season.

CHERRYBROOK SENIOR ATHLETICS REGISTRATION - ONLINE REGISTRATIONS NOW AVAILABLE!

If you would like to register as a Cherrybrook Senior Athletics for season 2014/15 you now can sign up online by clicking the following link:

<http://www.nswathletics.org.au/Join> and/or for more information
<http://www.cherrybrookathletics.org.au/20142015%20Stuff/PDFs/Rego%202014-15/Cherrybrook%20Senior%20Registration.htm>

**** Please note for all manual/paper based registrations that are received from today onwards will now be an additional \$5.00 per athlete so best to register online!****

NSW ALL SCHOOLS CHAMPIONSHIPS: 9TH - 12TH OCTOBER

Over 1400 secondary school athletes will converge on Sydney Olympic Park Athletic Centre from the 9th-12th October for the NSW All Schools Track & Field Championships; the state championships for secondary school athletes.

The event incorporates athletes from all sectors of the school system, including Government, Catholic and Independent, and has a long and rich history in NSW, being a breeding ground for many of NSW's best athletes, including Matt Shirvington, Melinda Gainsford-Taylor, Jana Rawlinson and current stars Dani Samuels, Fabrice Lapierre, Ryan Gregson and Joel Milburn.

The competition is open to any athlete currently attending a NSW Secondary School, between the ages of 12-19. There is no direct progression from a previous carnival, and no qualifying standards exist. As long as you submit your entry by the closing date, you can compete!

Eligibility

NSW athletes must attend a NSW Secondary School and be between the ages of 12 and 19 years inclusive i.e. born between 1995 and 2002. Interstate athletes must attend a Secondary School in their state and be between the ages of 12 and 19 years inclusive.

Uniform

Athletes are to wear their school athletics uniform, school PE uniform or their Senior Athletics Club uniform (Little Athletics uniforms and regional uniforms may not be worn).

Age Groups

Events will be conducted in age groups 12, 13, 14, 15, 16, 17 & 19 years of age. Age is determined as at 31 December 2014.

[Click here](#) to view the weight and hurdle specifications.

Para-Athletes

The following events are offered for para athletes; 100m, 200, 800m, Shot Put, Discus Throw & Long Jump. Results will be determined as a % of the multi disability scoring tables for each athlete's classification in the Senior (16-19 year) & Junior (12-15 year) age categories.

Entry

[Click here](#) to enter online.

[Click here](#) for a manual entry form.

Entry into the NSW All Schools Championships is \$20 per event.

****Entries close on Tuesday 23 September 2014 at Midday****

Timetable

[Click here](#) for the DRAFT timetable.

A final timetable will be published here after entries close.

On the Day Check-in

Athletes must report to Athlete Check-In at least 60 minutes before the start of each of their events to confirm their entry. Athletes are encouraged to check-in at the commencement of each day for all of their events for that day.

Athletes will receive their competition numbers when they check-in for their first event, on their first day of competition. Athletes not wearing an official competition number WILL NOT be allowed to compete.

Rules

[Click here](#) to view the NSW All Schools Championship rules.

[Click here](#) to view the heat to final progression.

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](#) for venue information.

Merchandise

[Click here](#) to purchase 2014 NSW All Schools merchandise (coming soon).

Lead Up Meets

[Click here for information.](#)

Qualifying for Australian All Schools Championships

[Click here](#) for information.

Contact

info@nswathletics.org.au

(02) 9746 1122

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>

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
18th October	SOPAC	Round 1
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

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.

Rules:

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

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>

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

World Youth Olympics - 20/08/2014 - 26/08/2014

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Rachel Pace	U/18	100m Hurdles (76.2cm)	9th	14.07*	13.83 (h)
Nick Andrews	U/18	110m Hurdles (91.4cm)	14th	13.92	

* 1st in 'B' Final

Australia Cross Country Championships - 23/08/2014 @ Albany, WA

ATHLETES NAME	AGE	EVENT	PLACE	RESULT
Erin Blundell	U/20	6km	30th	25.34
Ben Bishop	U/14	3km	8th	10.09

NSW CHS Championships - 4-6/09/2014 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Kate Collett	13G	80m Hurdles	7th	14.75	
		100m	5th	13.74	
		200m	5th	27.59	
		High Jump	11th	1.35m	
		Shot Put (3kg)	SILVER	11.57m	CB
		Discus (1kg)	SILVER	34.85m	CB, Q
		Javelin (400g)	4th	30.53m	
Tiana Hazlewood	15G	Discus (1kg)	SILVER	37.38m	Q
		Javelin (500g)	SILVER	34.93m	
Jaslyn Setiadji	15G	90m Hurdles	SILVER	13.77	
Courtney Cattell	15G	200m Hurdles	SILVER	30.66	
		Triple Jump	GOLD	11.10m	
Declan Plum	16B	High Jump	GOLD	1.95m	Q
Alex Nguyen Ha	16B	Long Jump	GOLD	6.48m	
		Triple Jump	BRONZE	12.51m	
Rachel Pace	16G	100m	GOLD	12.62	
		100m Hurdles (76.2cm)	GOLD	15.01	Q
Ria Sinha	16G	200m	7th	28.14	
Emily Jones	16G	High Jump	5th	1.45m	

		1500m	8th	5.31.75	
		2000m Steeplechase	4th	8.39.73	
Tara Kissick	16G	100m Hurdles (76.2cm)	SILVER	16.39	
	17+G	400m Hurdles	4th	1.09.27	Q
Rhys Tuohy	17+B	High Jump	BRONZE	1.85m	
Maddy Jones	17+G	High Jump	SILVER	1.61m	
		Triple Jump	GOLD	11.28m	
Erin Blundell	17+G	400m	5th	1.01.74	
		800m	4th	2.19.72	
Natalie Setiadji	17+G	100m Hurdles (76.2cm)	GOLD	15.08	
		Javelin (500g)	11th	25.30m	

NSW CAS Championships - 11/09/2014@ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Jack McFadden	13B	90m Hurdles	3rd	14.51	
		Shot Put (3kg)	11th	9.88m	
		Discus (1kg)	5th	30.04m	
		Javelin (500g)	8th	27.02m	
Ben Bishop	13B	800m	2nd	2.11.92	Q
		1500m	1st	4.34.67	
Lewis Clabburn	14B	100m	1st	11.9	
		200m	1st	23.63	Q
Hugh Hunt	16B	400m	2nd	53.66	
		800m	2nd	2.02.06	
Sam Coburn	16B	800m	5th	2.09.15	
Josh Baddock	16B	Long Jump	4th	5.94m	
		High Jump	1st	1.89m	
	17B	High Jump	1st	1.87m	
	OPEN	Long Jump	6th	6.19m	
	OPEN	High Jump	2nd	1.87m	
James McFadden	16B	800m	3rd	2.03.39	
		Shot Put (4kg)	11th	11.30m	
		Discus (1.5kg)	8th	35.44m	
		Javelin (700g)	1st	53.86m	
	17B	400m	5th	55.43	
		Discus (1.5kg)	7th	36.45m	
		Javelin (700g)	2nd	49.26m	
OPEN	Javelin (700g)	7th	45.80m		

NSW CCC Championships - 12/09/2014@ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Katie Devitt	14G	100m	SILVER	12.86	Q

		200m	GOLD	25.91	Q
Carla Takchi	17-	100m	5th	13.51	
	18G	Long Jump	5th	4.72m	

NSW CIS Championships - 17/09/2014 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Mia Hemsworth	12G	100m	GOLD	13.38	Q
		200m	GOLD	27.74	Q
		80m Hurdles	GOLD	12.88	MR
Isabella Rudolph	13G	Triple Jump	9th	8.79m	
Nicole Freestone	13G	High Jump	GOLD	1.60m	Q
Nicholas Dang	13B	90m Hurdles	GOLD	13.61	
Jack McFadden	13B	90m Hurdles	4th	15.56	
		Shot Put (3kg)	14th	10.12m	
		Discus (1kg)	7th	28.97m	
		Javelin (500g)	7th	28.10m	
Kevin Yang	13B	Shot Put (3kg)	GOLD	14.16m	MR, Q
		Discus (1kg)	GOLD	37.00m	
Tiana Death	14G	90m Hurdles	GOLD	13.82	Q
Lauren Clark	14G	Shot Put (3kg)	BRONZE	10.64m	
		Discus (1kg)	GOLD	33.70m	
Lewis Clabburn	14B	100m	5th	11.87	
Kyle Ekstrom	14B	100m Hurdles (76.2cm)	SILVER	15.26	Q
		Shot Put (4kg)	7th	11.63m	CB
		Discus (1kg)	BRONZE	46.56m	
Kristina Moore	15G	Shot Put (3kg)	GOLD	13.48m	MR, Q
		Discus (1kg)	GOLD	38.62m	Q
		Javelin (500g)	SILVER	31.80m	
Kate Spender	15G	Shot Put (3kg)	5th	10.91m	
		Discus (1kg)	9th	22.24m	
Emma Ralphs	16G	Long Jump	6th	4.56m	
		Javelin (500g)	SILVER	36.52m	
Stuart Duve	16B	100m Hurdles (91.4cm)	4th	16.94	
James McFadden	16B	800m	BRONZE	2.03.51	
		Shot Put (5kg)	4th	13.41m	
		Discus (1.5kg)	BRONZE	38.19m	
		Javelin (700g)	SILVER	43.48m	
Ishka Bless	17G	3000m	BRONZE	11.29.83	
Siobhan Kelly	17G	Shot Put (3kg)	BRONZE	10.40m	
Daisy Bryant	17G	100m	5th	13.4	
		200m	BRONZE	27.31	
Brianna Phillips	17G	100m	9th	14.19	
		200m	9th	30	

		Long Jump	7th	4.41m	
Julie Charlton	AWD	100m	BRONZE	23.01	
		200m	GOLD	40.31	
		800m	BRONZE	3.09.50	
		Shot Put (3kg)	GOLD	5.87m	
		Discus (1kg)	GOLD	12.14m	

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