

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – 1ST APRIL

Good morning fellow Cherybrookians,

Hope some of you got the chance to watch or follow the Australian Open Champs held in Brisbane last weekend as there were some fantastic results with Cherrybrook again doing well. **Alysha Burnett** kicked off the Championships by securing a SILVER medal in the Opens Heptathlon with a very respectable score against much older experienced athletes whilst **Kate Collett (U/15)** managed a 4th in her first ever Nationals Heptathlon event. **Tim Foster** produced some amazing performances in the 400m event and 200m event(s) where he won the BRONZE in a 23.58 at the Para Championships. Equally impressive was **Julie Charlton** who won a Silver in the Discus and Bronze in the Shot Put event(s) to continue her amazing run of winning medal(s) at major championships! Not to be outdone **Ben Jaworksi** was outstanding to win a BRONZE medal in the 200m sprint with a time of 20.90 after he ran a PB in the 100m with a time of 10.34 in his semi final (he went on to finish 7th in the final).

Congratulations to all our athletes for achieving the high standards required to compete at the Open National Champs. Our future at Cherrybrook is very bright as the 6 athletes we had represent us were between the age(s) of 17- 21 – so much growth to go! One last week of Athletics for this season where our Masters athletes will round it out by competing in the Masters National Championships at Bankstown. Good Luck all! For everyone else hope you have a safe and Happy Easter!

YEAR BOOK – END OF SEASON SENIORS PHOTOS 2014-15

We are now compiling all the records, results, reports and photos of all the wonderful memories of the athletics season we've had. If you have any favourite photos of yourself or your athlete please send them through to me ASAP – the more the better! Whilst I'm on the issue of photos – a big thank you to our wonderful supporter and life member of the club Nicky Jenneke who has been taking 100's of photos this year with many great action shots, happy snaps and fun group shots of our athletes. A lot of them can be seen on our Facebook page – Cherrybrook Seniors Athletics.

WEST METROPOLITAN CROSS COUNTRY SERIES BEGINS

This is a cross-country series in the Sydney Metro area that has been a staple of the Athletics NSW club scene for some years which runs from March to August each year.

Athletes interested in distance running of all ages and irrespective of club membership are welcome to compete in any of the West Met events. The purpose of the events is to cater for regular competitors who use the competition as part of their training for the NSW Championships or the summer track season. New competitors are welcome and social runners are also encouraged to enjoy the sport.

For more information on dates, costs and locations please click the following link: http://westmetxcclubs.com.au/wmx_wp/

OTHER COMPETITIONS

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2015 please click the following link: <http://www.nswathletics.org.au/Competitions/Calendar>

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!

COACHING & OFFICIALS

For further information in how to become a qualified coach and/or official please click the following links below:

[- Officials](#)

[- Coaching Accreditation and Programs](#)

CHERRYBROOK SENIORS PRESENTATION NIGHT – SUNDAY 17TH MAY

A reminder, that our annual presentation night and AGM is on **Sunday 17th May** at Dural country club from 4pm. The Seniors Presentation will kick off from 6.30pm after the Little Athletics Presentation and AGM. Please set aside the evening now and come along to look back over a wonderful season of athletics. We will have lots of photos as well as all our award presentations for the evening such as most consistent athlete,

club athlete of the season and awards for record breakers in the season.

RESULTS

Australian Athletics Championships + Multi Events - 26-29/03/2015 @ OSAC, Brisbane

ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Julie Charlton (WC)	Para	Shot Put (3kg)	BRONZE	4.83m	
		Discus (1kg)	SILVER	13.00m	
Tim Foster (amb)	Para	200m	BRONZE	23.58	
		400m	5th	52.83	
Carla Takchi	Open	100m Hurdles (84cm)	14th	14.25	PB
Harry Andrews	Open	110m Hurdles (106.7cm)	10th	14.69	
Ben Jaworski	Open	100m	7th	10.39	10.34 (h), PB
		200m	BRONZE	20.9	
Evan Clothier	Open	200m	22nd	22.18	
		400m	32nd	49.72	
Alysha Burnett	Open	Heptathlon	SILVER	5163pts	
Kate Collett	U/15	Heptathlon	4th	TBC	

PB – Personal Best

CB – Club Best

SB – Season Best

Kind Regards,
Cherrybrook Senior Athletics
Seniors Vice President
Matthew Joyce – 0402 485 998