

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – 7TH APRIL

Happy Easter Cherybrookians,

The Australian Masters Championships were held in Bankstown, NSW this year over the Easter weekend (April 3-6), which featured 5 of our athletes. **Sally Stagles** starred in collected 4 Golds and a Silver over 7 events in hurdles, jumps and throw events showing her diversity. **Jenny Bishop** was also very competitive to managed 3 medals (1 Silver and 2 Bronze) from 6 events in Shot Put, Discus and Long Jump whilst **Rob Clark** also impressed collecting 3 medals (2 Silver and a Bronze) in various throws events. Special mention to our longest serving Cherrybrook seniors member **Jill Taylor** who was the events organiser for these national championships which was a massive effort managing 1000's of entries and timetabling events over the 4 days - she also found the time and energy to win 4 medals from 5 events after minimal training. Well Done to all the Masters Athletes – some very pleasing results.

Congratulations to **Kristina Moore** (Discus) and **Rachel Pace** (100m Hurdles) who've been selected to compete for the Australian team to compete at World Youth Commonwealth Games in Samoa later this year! Competition for the Athletics season has now concluded so we will now be sending out newsletters on a less regular basis i.e once a month. Well Done to all athletes, parents, families, officials, coaches and volunteers who have made this yet another successful Cherrybrook season! We look forward to seeing you all at the Presentation evening in 6 weeks time at Dural Country Club on May 17.

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

Australia Masters Championships - 3-6/04/2015 @ Bankstown

ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Jenny Bishop	40-44	60m	8th	9.05	8.96 (h)
		100m	10th	14.78	
		80m Hurdles	4th	16.18	
		Long Jump	BRONZE	4.44m	PB
		Shot Put (4kg)	SILVER	8.99m	
		Discus (1kg)	BRONZE	27.67m	PB
Sally Stagles	50-54	60m	5th	8.96	
		100m	6th	15.05	
		80m Hurdles	GOLD	13.52	
		300m Hurdles	GOLD	53.2	CB
		Long Jump	GOLD	4.09m	
		High Jump	GOLD	1.30m	
		Shot Put (3kg)	SILVER	9.63m	
Jill Taylor	55-59	Shot Put (3kg)	SILVER	9.23m	
		Discus (1kg)	4th	22.67m	
		Hammer Throw (3kg)	SILVER	32.53m	
		Weight Throw (7.26kg)	BRONZE	10.71m	
		Throws Pentathlon	BRONZE	3120pts	SB
Caerl Murray	35-39	60m	6th	8.05	
		100m	6th	13.12	
Robert Clark	50-54	Shot Put (6kg)	4th	9.82m	CB
		Hammer Throw (7.26kg)	BRONZE	27.11m	
		Weight Throw	BRONZE	12.12m	CB

		(11.34kg)			
		Throws Pentathlon	SILVER	2246pts	CB

PB – Personal Best

CB – Club Best

SB – Season Best

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