

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – AUGUST 2015

Welcome all Cherrybrook Athletes and families,

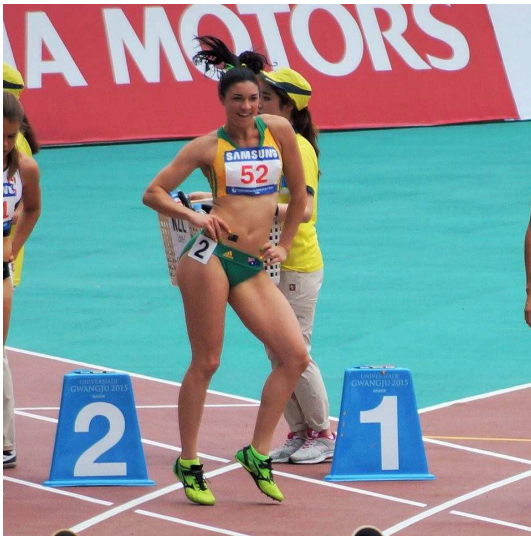
Hope you've all enjoyed the winter months and you're all getting excited for the Athletics season, which is not to far away at all! Best wishes to **Kailyn Joseph (13G)** and **Hugh Hunt (17 B)** who will be competing at the Australian Cross Country Championships in Melbourne next weekend (**Saturday 28th August**) – I'm sure we will see some impressive results! Good luck also to all our athletes who will be competing in school competition(s) such as: NSW CIS, CCC, CHS, CAS competitions over the next month. Online registrations for the 2015/16 season will be open most likely in mid September and I will send you a link in the next newsletter we do.

Well Done on the international scene to **Jill Taylor** and **Sally Stagles** who have been competing at the World Masters Athletics Championships in Lyon, France from 4 – 16 August. Sally who competed in Australian colours for the very first time at an international level overcame a back injury finished with 2 medals including an individual BRONZE medal in the 80m Hurdles in her age category which was then backed up with a team medal in the 4 x 100m where the team won SILVER! Jill was also very good with an 11th placing in the women's Hammer Throw and a top 10 finish in the Throws Pentathlon. Fantastic effort to both our amazing female athletes!



GO SHELLY!

Good Luck to former Cherrybrook athlete and current hurdles coach **Michelle Jenneke** in the 2015 IAAF World Athletics Champs which are set to take place in Beijing from 22-30 August where she is running in the 100m Hurdles event. Michelle will be in action on Day 6 (Thursday August 27) in the heats running at 1.15pm Local time and hopefully progressing to the semi finals and final the following day (August 28, 9.25pm and 11.35pm). To follow this competition, please see the following link: [IAAF World Championships Timetable and Results Page](#)



NSW ALL SCHOOLS CHAMPS – 8 – 11 OCTOBER ENTRIES NOW OPEN

This competition is open to any athlete currently attending a NSW Secondary School, between the ages of 12-19 which has each year over 1600 athletes. 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!

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 2015.

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

Para-Athletes

The following events are offered for para athletes; 100m, 200m, 800m, Shot Put, Discus Throw & Long Jump. Results will be determined as a percentage of the Athletics Australia 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 22 September 2015 at Midday****

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

Venue: Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park.

For more important information on the event including: rules, check in procedures as well as qualifying for the Australian All Schools Champs please click the following link - [Athletics NSW Championships 2015 Important Information](#)

ATHLETICS NSW EVENTS & COMPETITIONS 2015/16 (PRE CHRISTMAS)

Athletics NSW have recently released the draft calendar for the 2015/16 Athletics season. The season kicks off in late September with the NSW All Schools Multi Championships in addition to a warm up meet for the annual NSW All Schools Champs in October. The Club based competition (**Treloar Shield**) where you can earn and score points for our club commences on the **17th October** and will run over 8 rounds in various Athletics locations in the metropolitan Sydney area and will finish the week before Christmas. The big one to take note of is the date(s) of State Relays (**14th & 15th November at Blacktown**) – please ensure all athletes make

themselves readily available for selection for this exciting event, which is always the funnest and biggest day(s) to be part of the Cherrybrook Athletics team. See table below for further details on each meet including: events available, rules and location(s)

DATE(S)	VENUE	COMPETITION
26-27 September	SOPAC	<u>NSW All Schools Multi Event Champs and Warm Up Meet</u>
8–11 October	SOPAC	<u>NSW All Schools Championships</u>
17 October	SOPAC	<u>Treloar Shield Round #1</u>
24 October	Narrabeen	<u>Treloar Shield Round #2</u>
31 October	Bankstown	<u>Treloar Shield Round #3</u>
7 November	ES Marks	<u>Treloar Shield Round #4</u>
14-15 November	TBC	<u>NSW State Relays Championship</u>
28 November	Blacktown	<u>Treloar Shield Round #5</u>
5 December	Campbelltown	<u>Treloar Shield Round #6</u>
12 December	Bankstown	<u>Treloar Shield Round #7</u>
19 December	ES Marks	<u>Treloar Shield Round #8</u>



Make sure you make it to as many as Treloar Shields as possible to score as many points as possible for our wonderful and happy club!!

For the FULL calendar please click on the: [ANSW Summer Calendar 2015/16](#)

OTHER COMPETITIONS

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2015 please click the following link: [ANSW Online Calendar of Events](#)

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](#)

RESULTS

World Masters Athletics Championships - 4-16/08/2015 @ Lyon, France

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Sally Stagles	50-54	100m	18th	14.59	14.54 (h)
		80m Hurdles	BRONZE	13.02	
		300m Hurdles	7th	53.09	51.81 (h), PB, CB
		4 x 100m Relay	SILVER	56.82	
Jill Taylor	55-59	Shot Put (3kg)	14th	8.66m	
		Discus (1kg)	22nd	22.16m	
		Hammer Throw (3kg)	11th	32.47m	35.18 (q)
		Weight Throw (7.26kg)	12th	10.73m	
		Throws Pentathlon			
		Hammer Throw (3kg)	7th	33.40m	
		Shot Put (3kg)	11th	8.62m	
		Weight Throw (7.26kg)	13th	9.43m	
		Discus (1kg)	10th	23.41m	
		Javelin (500g)	15th	15.69m	

City 2 Surf Results 14km - 8/09/2015 @ Sydney				
ATHLETES NAME	AGE	CATEGORY PLACE	OVERALL PLACE	RESULT
Ryan Jones	13-15	15th	799th	56.53
Matthew Joyce	20-29	94th	296th	53.07
Emily Jones	16-19	66th	12709th	1.15.51
Elizabeth Jones	40-49	556th	12980th	1.16.07

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