

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – JULY 2015

Dear Cherrybrookians,

If you missed the action over the last month we've had some very impressive results on the international stage through current and past Cherrybrook athletes. Our very own Cherrybrook athlete **Ben Jaworksi** was outstanding at the World University Games where he finished in 8th place in the 200m event. Ben had to endure 4 rounds of extremely fast and competitive running where he ran very consistent times including a 21.09 in his 2nd round and in the final a very respectable 21.26 against world-class opponents. Other past Cherrybrook athletes did very well too with **Jin Su Jung** placing 7th in the 100m event after running a PB of 10.27 in his heat in front of his home crowd whilst Cherrybrook coach **Michelle Jenneke** collect a BRONZE medal in the 100m Hurdles with a dashing time of 12.94. Well done to all 3 of these athletes who started with Cherrybrook Little Athletics and are now performing so well at an international level and we may even see them at the Olympics next year!

Jordan Shelley was also impressive at the World Youth Champs where he progressed through the heats and finished 7th in his semi final with a very respectable time of 10.84 to finish 20th overall. A wonderful result from Jordan in his first of what I'm sure many international experiences in the future to come. Coming up in August we still have more athletes representing Australia which you can read more below and our next Athletics season is coming up fast with registrations opening up next month.

INTERNATIONAL COMPETITORS

Best wishes to **Sally Stagles** and **Jill Taylor** who will be competing at the World Masters Athletics Championships in Lyon, France from 4 – 16 August – to follow these wonderful athletics stay tuned to the following link for start lists, results and other important information <https://www.lyon2015.com/en>

In addition to these athletes 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 (August 27) in the heats running at 1.15pm Local time and hopefully progressing to the semi finals and finals the following day. To follow this competition please see the following link: <http://www.iaaf.org/competitions/iaaf-world-championships/15th-iaaf-world-championships-4875/timetable/byday>

CHERRYBROOK 2015/16 REGISTRATION DAYS

If you would like to register for Cherrybrook Little Athletics and/or Cherrybrook Senior Athletics for season 2015/16 – registration days will be as follows:

Dates/Times: Sunday 16th August 3pm - 5pm and Wednesday 19th August, 5pm - 7pm

Location: Greenway Oval #2/Cherrybrook Athletics Clubhouse

****Online registrations will be open from the Athletics NSW shortly for season 2015/16****

NOTICE OF SPECIAL GENERAL MEETING – TUESDAY 28/07/2015 - 7.30PM

Notice is given of a Special General Meeting of Cherrybrook Senior and Little Athletics Centre Incorporated on:

- Tuesday 28 July 2015 at 7.30pm
- at West Pennant Hills Sports Club, 103 New Line Road, West Pennant Hills NSW 2125.

At the meeting the following motion will be voted on: "That Cherrybrook Senior and Little Athletics Centre Incorporated replace the current constitution with a new constitution" which is hyperlinked below:

The resolution is intended to be passed as a special resolution.

Special General Meeting Agenda

1. Welcome
2. Apologies
3. Notice of Motion intended to be passed as a special resolution.

The following motion will be voted on: "That Cherrybrook Senior and Little Athletics Centre Incorporated replace the current constitution with a new constitution" which is hyperlinked below:

4. Close

The following is linked to this Notice of Meeting:

- [The proposed constitution](#)
- [A brief note explaining why a new constitution has been proposed](#)
- [The current Constitution passed July 2007](#)

If you have any questions please contact Phillip Lamperts at lamperts@tpg.com.au or 0407 911 842.

RUNNING FOR DANIEL BERRY – CITY 2 SURF

Thomas and Joshua Berry are once again running the City2Surf on **Sunday 9th August** this year in memory of Daniel Berry to raise money for 'Cure Brain Cancer'. If anyone would like to donate these wonderful cause in memory they can head to

<https://city2surf2015.everydayhero.com/au/runningfordaniel> or if they want more information they can look at the new 'Running For Daniel' website at <http://runningfordaniel.org/>.

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>

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

ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Eleanor Lamperts	14	100m	13.68	
		200m	27.82	
Kristina Moore	16	Discus (1kg)	44.14m	
Lachlan Antoinette	15	100m	13.1	
		200m	27.07	
		100m Hurdles (84cm)	17.9	PB
		Discus (1kg)	43.97m	
		Javelin (70g)	32.06m	
Jordan Shelley	17	100m	11	
Evan Clothier	21	400m	49.92	
Ben Jaworski	22	100m	10.69	
		200m	21.28	

ANSW Throwers Permit Meet - 5/09/2015 @ Greystanes				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Kristina Moore	U/18	Discus (1kg)	42.34m	
		Shot Put (3kg)	13.26m	
Lachlan Antoinette	U/16	Shot Put (5kg)	10.83m	
		Discus (1.5kg)	37.33m	PB, CB
		Hammer Throw (4kg)	38.05m	CB

World University Games - 8-12/07/2015 @ Gwangju, Korea				
ATHLETES NAME	AGE	EVENT	PLACE	RESULT
Ben Jaworski	22	200m (h)	1st	21.61
		200m (QF)	4th	21.09
		200m (SF)	4th	21.17
		200m (F)	8th	21.26

World Youth Athletics Championships - 15-19/07/2015 @ Cali, Colombia				
ATHLETES NAME	AGE	EVENT	PLACE	RESULT
Jordan Shelley	U/18	100m (h)	3rd	10.84
		100m (sf)	7th	10.84

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