

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – JUNE EDITION

Dear Cherrybrookians,

Hope everyone is enjoying the break from the Athletics season and that you are training hard in the off season getting fitter, stronger and faster for our next season starting up in a few months. Coming up next month we have two of our very talented sprinters taking part in Internationals competitions representing Australia including **Ben Jaworski** and **Jordan Shelley**. Ben will be competing in the World University Championships in the 200m event and relay whilst Jordan Shelley will be competing in the 100m event at the World Youth Athletics Championships. Best wishes to both our boys – more details about when and where they are competing below in the notices below:

INTERNATIONAL COMPETITORS

Ben Jaworski – World University Games – Gwangju, Korea – July 3 -14

- Athletics will take place during 8 – 12 July
 - Ben will be competing in 200m on Wednesday July 8 (1st round), July 9 (2nd round) and July 10 (semi-final and final) in the event Ben progresses through each stage.
 - The 4 x100m Relay which also features former Cherrybrook athlete Jin Su Jung will be on July
 - For more information on start lists and results please click the following link <http://www.gwangju2015.com/sport-schedule-total/>
- * NB: Past Cherrybrook athletes Michelle Jenneke (100m Hurdles) and Jin Su Jung (100m) will also be in action during these championships

Jordan Shelley – World Youth Athletics Champs – Cali, Colombia, July 15 – 19

- Jordan will be competing in the 100m on Thursday 16th July, 9.55am local time (1st round), 6.25pm (semi-finals) and 9.00pm (final) in the event Ben progresses through each stage.
- For more information on these championships please click the following - <http://www.iaaf.org/competitions/iaaf-world-youth-championships/iaaf-world-youth-championships-2015-5408/timetable/byday>

ATHLETICS NSW AWARDS NIGHT – WELL DONE CHERRYBROOK

Congratulations to our Cherrybrook Senior Athletics Club who did very well at recent Athletics Presentation Awards Night – Awards that we won included:

- * Club/Community Coach of the Year: **Mick Zisti** – To read more about our wonderful coach please click the following link: <http://nswathletics.org.au/News/sprinters-and-hurdlers-flourish-under-michelle-and-mick>
- * Junior Multi event athlete of the year: **Alysha Burnett**
- * **Junior female summer premiers club winners**

Life member **Alexandra Pearce** was acknowledged for her service to Athletics as an official and Club administrator. Cherrybrook Coach **Shelly Jenneke** was awarded the President's award. Congratulations everyone in the Club for these outstanding awards!

CHERRYBROOK NEW PROPOSED CONSTITUTION

A special notice will be sent out next week regarding Cherrybrook Athletics new proposed constitution – more details to follow shortly.

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

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

ANSW Pre-Departure Meet #1 - 6/06/2015 @ Campbelltown				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Eleanor Lamperts	14	100m	13.79	
		200m	28.22	
Emily Jones	17	200m	29.57	PB
		400m	1.07.36	PB
		Triple Jump	10.41m	PB
Lachlan Antoinette	15	100m	13.28	
		High Jump	1.50m	
		Shot Put (4kg)	12.67m	PB
		Javelin (700g)	32.60m	PB
Jordan Shelley	17	100m	10.96	
Joshua Baddock	17	100m	11.73	
		200m	23.31	PB
Evan Clothier	21	100m	11.15	
		200m	22.41	
		400m	48.98	

Ben Jaworski	22	100m	10.68	
		200m	21.56	

ANSW Pre-Departure Meet #2 - 20/06/2015 @ Hunter				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Eleanor Lamperts	14	100m	13.6	PB
		200m	27.91	
		Long Jump	4.47m	
Lachlan Antoinette	15	100m	13.3	
		Long Jump	5.31m	PB
		Shot Put (4kg)	12.31m	
		Discus (1kg)	45.49m	PB
Evan Clothier	21	100m	11.23	
		200m	22.39	
Ben Jaworski	22	100m	10.67	
		200m	21.36	

NSW Cross Country Championships - 20/06/2015 @ Dapto				
ATHLETES NAME	AGE	EVENT	PLACE	RESULT
James Farrington	U/12	2.5km	18th	7.55
Charlie Farrington	U/16	4km	26th	16.35

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