

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – 17TH MARCH

Dear Cherrybrook Parents and Athletes

We have witnessed many amazing performances at the Australian Junior Championships that occurred last week. Special mention to **Alysha Burnett** (U/20W) High Jump, **Imogen Breslin** (U/15F) 90m Hurdles and **Nick Andrews** (U/20M) 110m Hurdles who were crowned national champions and GOLD medalists in Australia! SILVER medalists included: the vastly improved **Carla Takchi** (U/20F). Whilst BRONZE went to: **Tiana Death** (U/16F) 90m Hurdles, **Kevin Yang** (U/15M) Shot Put, **Jordan Shelley** (U/18M) 100m, **Kristina Moore** competing one age group up (U/18F) Discus and a big PB and performance from **Nick Thomson** (U/18M) 110m Hurdles also saw him win a medal. In addition to these performances our para athletes **Julie Charlton** (U/20W) secured a GOLD medal in the Shot Put, Silver medal(s) in her record breaking Discus throw of 13.72m, 800m and also a Bronze in the 1500m - **Kailyn Joseph** (U/16W) won a Bronze in her Discus event. **Rachel Pace** (U/18W 4 x100m) and **Katie Devitt** (U/16W 4 x100m and 4x200m) also featured in relay teams, which won medals for team NSW.

Even more pleasing is that we had 24 Personal Bests from the 35 athletes that competed – all athletes, coaches, parents and club members should be very proud of all these athletes who made it to this elite stage of performing against the best athletes in Australia. Very pleasing results indeed – Well Done Cherrybrook! They are still a few more opportunities to compete over the next week so if you want that PB get out there and have a good crack! Good Luck also to our senior athletes who will be competing at the NSW State Little Athletics Championships over the weekend!

NSW ALLCOMERS MEET – THURSDAY 19TH MARCH – SOPAC

Entry

[Click here](#) to enter online.

On the day entry is available but not guaranteed and will only be offered if space exists in the event. On the day entry will incur a higher fee of \$20 and entry must be completed one (1) hour prior to the athlete's first event and it is requested that you have your bib numbers and events ready when entering on the day.

Entries close midnight Tuesday 17th March 2015.

Events

100m, 400m, 800m, 1500m, sprint hurdles, 200/400m hurdles, pole vault, long jump, shot put, discus throw.

Timetable

<http://nswathletics.org.au/Competitions/Events/allcomers-1>

NSW PERMIT MEET - TUESDAY 24TH MARCH – CAMPBELLTOWN

Entry

\$5 on the day entry.

All athletes are to be registered with Athletics NSW and wear their club uniform with the 2014/15 bib numbers attached front and back.

Events

60m, 200m, 800m, steeplechase, high jump, shot put, hammer throw

Timetable

<http://nswathletics.org.au/Competitions/Events/answ-permit-campbelltown-5>

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>

WORLD YOUTH CHAMPIONSHIPS QUALIFYING STANDARDS 2015

The Selection Policy for the 2015 IAAF World Youth Championships has now been published by Athletics Australia. The following link sets out the basis on which Athletics Australia Selectors will determine the team for the five-day event to be held in Cali, Columbia from July 15 - 19, 2015:

<http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Youth-Championships>

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](#)

RESULTS

Australian Junior & Youth Championships - 10-15/03/2015 @ SOPAC

ATHLETE	AGE	EVENT	PLACE	RESULT	EXTRA	DETAILS
Zoe Warland	U/14	80m Hurdles	4th	12.93		
		Long Jump	11th	4.48m		
Mia Hemsworth	U/14	100m	4th	12.71		PB, CB
	U/15	90m Hurdles	5th	13.44	13.18 (h)	PB, CB
Kate Collett	U/15	Shot Put (3kg)	6th	11.75m		
		Discus (1kg)	16th	28.91m		
Imogen Breslin	U/15	90m Hurdles	GOLD	12.93		PB
Emily Britton	U/15	90m Hurdles	4th	13.43		PB
Nicole Freestone	U/15	High Jump	4th	1.61m		PB
Kailyn Joseph (awd)	U/16	Long Jump	5th	3.09m		

		Shot Put (3kg)	5th	6.68m		
		Discus (1kg)	BRONZE	17.14m		PB
Aurora Henke	U/16	90m Hurdles	18th	14.51		
		200m Hurdles	16th	31.96		
Katie Devitt	U/16	100m	5th	12.17		PB, CB
		200m	4th	24.89	24.82 (h)	PB, CB
		4 x 100m Relay	GOLD	46.83		
		4 x 200m Relay	SILVER	TBC		
Tiana Death	U/16	90m Hurdles	BRONZE	13.1		PB
Kristina Moore	U/17	Shot Put (3kg)	4th	13.52m		
	U/18	Discus (1kg)	BRONZE	45.58m		
Tiana Hazlewood	U/17	Javelin (500g)	10th	35.14m		
Jaslyn Setiadji	U/17	100m Hurdles (76.2cm)	9th	15.54		PB
Emma Ralphs	U/18	Javelin (500g)	6th	39.17m		
Rachel Pace	U/18	100m	13th	13.03		
		100m Hurdles (76.2cm)	5th	14.08		
		4 x 100m Relay	BRONZE	47.56		
Emily Jones	U/18	400m Hurdles	13th	1.13.78		PB
		2000m Steeplechase	10th	8.32.26		
Carla Takchi	U/20	100m	9th	12.36		
		100m Hurdles (76.2cm)	SILVER	14.36		PB
Maddy Jones	U/20	High Jump	TBC			
Alysha Burnett	U/20	Long Jump	GOLD	5.95m		CB
		Javelin (600g)	5th	40.03m		CB
Karina Takchi	U/20	100m	11th	12.4		
Julie Charlton (awd)	U/20	100m	11th	23.74		

		200m	8th	45.57		
		400m	4th	1.21.66		PB
		800m	SILVER	3.05.60		
		1500m	BRONZE	5.34.04		
		Shot Put (3kg)	GOLD	5.49m		
		Discus (1kg)	SILVER	13.72m		PB
Lawrence Cuevas	U/14	Pole Vault	5th	2.15m		PB
Nick Dang	U/15	100m Hurdles (84cm)	5th	14.39		PB
Kevin Yang	U/15	Shot Put (4kg)	BRONZE	13.06m		
		Discus (1kg)	6th	47.58m		PB
Oli Jacquot	U/16	200m	9th	23.13		PB
		400m	-	DQ	51.54 (h)	PB
Mitch Baker	U/16	Triple Jump	12th	11.46m		
Kyle Ekstrom	U/16	100m Hurdles (84cm)	11th	14.58		PB
		Discus (1kg)	6th	54.18m		
Konrad Cuevas	U/16	Pole Vault	5th	3.25m		
Tom Gammie	U/17	200m	13th	23.71		
		110m Hurdles (91.4cm)	5th	15.43	15.35 (h)	
Nick Thomson	U/17	110m Hurdles (91.4cm)	BRONZE	14.96		PB
Jordan Shelley	U/18	100m	BRONZE	10.56		
Josh Baddock	U/18	High Jump	5th	2.00m		
Alex Nguyen-Ha	U/18	Long Jump	5th	6.69m		PB, CB
		Triple Jump	7th	13.25m		
Nick Andrews	U/20	100m	7th	10.9	10.77 (h)	PB
		110m Hurdles (99.1cm)	GOLD	14.16		PB
Jacob McCorry	U/20	110m Hurdles (99.1cm)	-	DQ		

More Results - http://www.nswathletics.info/liveresults/2015/aa_juniors/index.php

PB – Personal Best

CB – Club Best

SB – Season Best

Kind Regards,

Cherrybrook Senior Athletics

Seniors Vice President

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