

## **CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – 24<sup>TH</sup> MARCH**

Greetings Cherrybrook Parents and Athletes,

First of all CONGRATULATIONS to **JORDAN SHELLEY** who has just been selected to compete for Australia at the 2015 World Youth Championships which will take place in Cali, Colombia. Jordan has been selected to compete in the 100m event after a very successful season after running many qualifiers including a Personal Best of 10.44 in December, 2013. Such an incredible effort from this young talented man and we wish him all the best in this elite competition. In addition to this exciting news **Kristina Moore** has just been announced to compete for NSW at the Australian Little Athletics Championships for the Multi-event after she won Gold in the U/15's age group a few weeks ago. The championships will be held in Western Australian on April 26 and I'm Kristina will achieve great things after a terrific season!!

Who can believe the season is pretty much finished for most of you athletes and families with the NSW State Little Athletics events wrapping up on the weekend. Congratulations to all our Dual Registered athletes on achieving such fantastic results and reaching this level of competition. We had quite a few athletes win(s) medal at this competition including: Kailyn Joseph, Scarlett Prowse, Kate Collett, Kate Devitt, Kristina Moore, Carla Takchi, Kevin Yang, Max Hirst and Joshua Baddock. There were also many PB's and a few Club Records broken too! We only have a few weeks to go for competition for our athletes this season with Australia Championships this weekend for our Opens/Para Athletes and Combined event athletes then the following weekend is the Australian Masters Champs over the Easter weekend. Good Luck to all athletes and families involved!

### **AUSTRALIAN ATHLETICS CHAMPIONSHIPS – 26-29 MARCH**

Good Luck to the athletes involved in the Australian Open, Para Athlete and Combined events championships at Brisbane from 26-29 March. Cherrybrook Athletes include: Ben Jaworski, Evan Clothier, Carla Takchi, Karina Takchi, Harry Andrews (Open), Kate Collett, Alysha Burnett and Emma Ralphs (Heptathlon), Tom Foster and Julie Charlton (Para athletes). We wish these athletes all the best!! For further information about this meet including starting lists, timetables and results please click the link below to follow our athletes in action:

<http://www.athletics.com.au/Summer>

### **YEAR BOOK – END OF SEASON SENIORS PHOTOS 2014-15**

We are now compiling all the records, results, reports and photos of all the wonderful memories of the athletics season we've had. If you have any favourite photos of yourself or your athlete please send them through to me ASAP – the more the better! Whilst I'm on the issue of photos – a big thank you to our wonderful supporter and life member of the club Nicky Jenneke who has been taking 100's of photos this year with many great action shots, happy snaps and fun group shots of our athletes. A lot of them can be seen on our Facebook page – Cherrybrook Seniors Athletics.

### **DANIEL BERRY NOMINATIONS NOW OPEN**

Please remember to nominate an athlete for the annual Daniel Berry Award for Senior athletes for this past season. You should have all received an email by now to let you know of the criteria and eligible athletes for this prestigious award. Nominations must

be sent to Karin Webb at [karinswebb@yahoo.com](mailto:karinswebb@yahoo.com) by **Friday 3<sup>rd</sup> April**.

### **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/](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 17<sup>TH</sup> 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**

**Allcomers Meet @ SOPAC - 19/03/2015**

ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Emily Britton	14	100m	13.75	
		80m Hurdles	12.72	
Carla Takchi	18	100m	12.45	
		100m Hurdles (84cm)	14.45	
Sally Stagles	54	80m Hurdles	13.34	
Brianna Phillips	18	100m	13.4	
Karina Takchi	19	100m	12.5	
Erin Blundell	19	800m	2.20.34	
Lawrence Cuevas	13	Pole Vault	2.10m	
Lachlan Antoinette	15	100m	13.3	
		Long Jump	5.22m	PB
		Shot Put (5kg)	10.88m	CB
		Discus (1.5kg)	30.86m	
Beau Ingram	16	100m	12.45	
Hugh Hunt	17	400m	53.69	
Harry Andrews	20	100m	11.37	
Evan Clothier	21	100m	11.24	
		400m	49.2	
		Long Jump	6.68m	
Silumesi Zuze	22	100m	12.76	
		400m	1.01.53	
Matthew Joyce	26	800m	2.07.24	

**NSW Little Athletics Championships - 20-22/03/2015 @ SOPAC (Cherrybrook Dual Athletes)**

ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Kailyn Joseph	U/13-14	100m	SILVER	18.49	PB
		Long Jump	GOLD	3.02m	
		Discus (1kg)	GOLD	15.10m	
Scarlett Prowse	U/12	100m	4th	13.6	
		200m	BRONZE	27.53	PB
Isabella Rudolph	U/13	400m	21st	1.09.11	
		High Jump	18th	1.40m	
Eleanor Lamperts	U/14	200m	16th	27.44	PB
		Long Jump	10th	4.67m	PB
Ella Hirst	U/14	80m Hurdles	9th	13.66	
		200m Hurdles	4th	30.22	
		Triple Jump	15th	9.83m	PB
Nicole Freestone	U/14	High Jump	6th	1.45m	
Kate Collett	U/14	200m	14th	27.4	
		400m	11th	1.04.7	
		Shot Put (3kg)	BRONZE	11.60m	
		Discus (1kg)	8th	29.46m	
		Javelin (400g)	12th	25.80m	

<b>Kristina Moore</b>	U/15	90m Hurdles	8th	14.62	
		Long Jump	13th	4.55m	
		Shot Put (3kg)	SILVER	14.27m	PB
		Javelin (500g)	BRONZE	33.52m	
		Discus (1kg)	GOLD	44.94m	
<b>Katie Devitt</b>	U/15	100m	SILVER	12.36	
		200m	4th	25.56	
<b>Emily Jones</b>	U/17	3000m	13th	12.05.45	
<b>Carla Takchi</b>	U/17	100m	SILVER	12.52	
		100m Hurdles (76.2cm)	GOLD	14.27	
<b>Max Hirst</b>	U/12	100m	19th	13.94	
		60m Hurdles	SILVER	9.67	
		Long Jump	SILVER	5.04m	
		Triple Jump	BRONZE	10.87m	
<b>Harry Farrington</b>	U/12	800m	10th	2.26.52	
		1500m	6th	5.03.39	
<b>Ryan Jones</b>	U/14	1500m	18th	4.56.39	
		3000m	12th	10.29.49	
<b>Kevin Yang</b>	U/14	Discus (1kg)	BRONZE	46.77m	
		Shot Put (3kg)	SILVER	16.75m	PB
<b>Mitchell Baker</b>	U/15	Triple Jump	17th	10.76m	
<b>Lachlan Antoinette</b>	U/15	Shot Put (4kg)	14th	12.02m	PB
		Discus (1kg)	11th	40.26m	
<b>Alex Nguyen-Ha</b>	U/17	Long Jump	4th	6.59m	
<b>Joshua Baddock</b>	U/17	Triple Jump	SILVER	13.81	CB, PB

**PB – Personal Best**

**CB – Club Best**

**SB – Season Best**

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