

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – 4TH MARCH

Dear Cherrybrook Parents and Athletes

We are now in our final month of the Athletics season with all the NSW State Championships out the way we have Nationals remaining for the Juniors, Opens, Para Athletes and Masters to look forward to. Cherrybrook again yielded impressive results on the weekend with **Kristina Moore** recording a 45.70m Discus Throw to place 5th in the Open Women's NSW State Champs and going within a metre of achieve a World Youth Qualifying standard as well. **Ben Jaworski** continues his amazing season with collecting two Silver medals in the Opens Men's 100m and 200m which featured a new PB and another World Uni Games Qualifier with a 10.41 in the 100m whilst training partner **Josh Baddock** won a Bronze in the High Jump at just the age of 17! **Tim Foster** was impressive again to collect 2 Gold medals in the Para Athlete Championships in the 200m and 400m as did **Julie Charlton** in the Shot Put and Discus Throw events.

The attention shifts to the Australian National Junior and Youth Champs next week where Cherrybrook have over 35 athletes entered. The competition is in Sydney so please make sure you get out to support our many wonderful athletes in this exciting event, which showcases the best athletic talent in Australia!

NSW ALLCOMERS MEET 7TH MARCH – ES MARKS

[Click here](#) to enter online.

Entries close midnight Thursday 5th March 2015.

Timetable

[Click here](#) to view the DRAFT timetable.

On the Day Check-in

All athletes, or an athlete representative, must report to Athlete Check-in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the first event. Failure to check-in by this time may result in the athlete being scratched from the event.

Rules

[Click here](#) to view the Allcomers Rules

AUSTRALIAN JUNIOR & YOUTH CHAMPS 11TH – 15TH MARCH – SOPAC

For all the latest information on this competition including timetable(s), entry lists, results and other important information please click the following link:

<http://athletics.com.au/Compete/Events/australian-junior-athletics-championships>

SYDNEY TRACK CLASSIC – 14TH MARCH – SOPAC

The 2015 Sydney Track Classic is the culmination of the national **Australian Athletics Tour**, which sees our country's best track and field athletes compete around the country. The event is the first of two Finals for the Tour and the superstars of Australian athletics and around the world will come to Sydney Olympic Park Athletics Centre to compete. All events will be straight finals, with only the best

Australian runners, throwers and jumpers having qualified during the preliminary rounds to take part. Whilst invitation lists are yet to be confirmed, 2014 meet highlights included Sally Pearson taking the women's 100m and 200m sprint double and Dani Samuels dominating the women's discus. For further information and to purchase your tickets please see the following link:

<http://athletics.com.au/Compete/Events/sydney-track-classic>

ATHLETICS POST 2015 SUMMER COMPETITION GRID

Please refer to the link below for more information on upcoming competitions and events over February and March:

<http://nswathletics.org.au/Portals/18/Competition/2015%20Post%20Xmas%20Competition%20Grid%20Web.pdf>

OTHER COMPETITIONS

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2014 please click the following link:

<http://www.nswathletics.org.au/Competitions/Calendar>

ATHLETICS AUSTRALIAN QUALIFYING STANDARDS 2014/15

To qualify for the Australian Junior Championships and Australian Opens Championships (March) to be held in 2015 please view the following link:

<http://athletics.com.au/Portals/56/Competition/Documents/Standards%202014-15.pdf>

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>

2014/15 ATHLETICS AUSTRALIA TOUR – NOMINATIONS

Nomination(s) will open shortly for Athletics Australian National Championships to be held at the end of March. To Nominate yourself and for further information please stay tuned to the following link - [AA Online Entries 2014/15](#)

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

NSW State Open, U/23 and Para Athlete Champs - 27/02-1/3/2015 @ SOPAC

ATHLETE	DIV	EVENT	PLACE	RESULT	DETAILS
Erin Blundell	Open	800m	16th	2.24.76	
Alysha Burnett	Open	High Jump	4th	1.70m	
Maddy Jones	Open	High Jump	8th	1.60m	
		Triple Jump	7th	10.74m	
Kristina Moore	Open	Discus (1kg)	5th	45.70m	CB, PB
Julie Charlton (WC)	Para	100m	4th	23.73	
		200m	4th	43.06	
		400m	BRONZE	1.26.23	
		800m	5th	3.10.43	
		1500m	4th	5.47.55	
		Shot Put (3kg)	GOLD	4.94m	
		Discus (1kg)	GOLD	11.93m	
Ben Jaworski	Open	100m	SILVER	10.41	WUGQ, CB, PB
		200m	SILVER	21.5	
Evan Clothier	Open	200m	12th	22.17	
		400m	12th	50.12	
		Long Jump	4th	6.84m	CB, SB
Hugh Hunt	Open	400m	21st	52.52	PB
Matthew Joyce	Open	800m	21st	2.06.04	
Josh Baddock	Open	High Jump	BRONZE	2.02m	
		Triple Jump	10th	13.48m	PB
Tim Foster (amb)	Para	200m	GOLD	23.37	PB
		400m	GOLD	52.73	

PB – Personal Best

CB – Club Best

SB – Season Best

WUGQ – World University Games Qualifier

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