

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – 7TH MAY

Dear Cherrybrookians,

I hope you've all had a nice recovery/rest over the last month and/or you've been enjoying even more Athletics/Cross Country as competitions continue in school and/or with Athletics NSW. Congratulations to **Ben Jaworski** who was last month announced to compete for Australia in the 200m and 4x100m at World University Games in Korea in July. In addition to this fine achievement Ben was also selected to compete in the IAAF World Relays, which occurred over the weekend in Bahamas where he ran in the 4x100m relay where his team finished 6th in the heat.

Elsewhere in Athletics news in NSW Road Championships we had **Julie Charlton** claim a SILVER medal for the 10km Wheelchair event. IN addition to this **Kristina Moore** also recently went the Australian Little Athletics Championships (ALAC) for the Multi-event where she came a very respectable 7th!

CHERRYBROOK SENIORS PRESENTATION NIGHT – SUNDAY 17TH 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.

Please also feel free to order dinner and drinks during the presentation or you can stay back afterwards to have a great feed. For more details about this location and their menu(s) please click the following link:

<http://www.duralcountryclub.com.au/>

NSW CROSS COUNTRY STATE RELAYS – SATURDAY 30TH MAY

If you're interested in being apart of a Cherrybrook team for this event to compete at the Annual State Cross Country Relays please respond to this email let me know by **Monday 18th May**.

When: Saturday 30th May

Where: Miranda

Time: 11.30am – 3.00pm dependant on age group and race distance.

For further information about this event please click the following link:

<http://nswathletics.org.au/Competitions/Events/nsw-cross-country-relay-championships-6>

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

Australian Little Athletics Championships - 26/04/2015

ATHLETES NAME	AGE	EVENT	RESULT	POINTS	DETAILS
Kristina Moore	U/15	200m	28.2	615	
		800m	2.48.01	484	
		90m Hurdles	14.63	810	
		Long Jump	4.68m	474	
		Shot Put (3kg)	14.24m	871	
		Outdoor Pentathlon	7th	3274pts	

NSW Road Championships - 2/05/2015 @ Homebush

ATHLETES NAME	AGE	EVENT	PLACE	RESULT
Julie Charlton	Open	10km Wheelchair	SILVER	43.03
James Farrington	U/12	2.5km	7th	9.47
Harry Farrington	U/14	2.5km	18th	9.27
Erik Frykberg	U/16	5km	16th	20.56

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