

Cherrybrook LA's State relays 2014

This year State Relays was held again at SOPAC Homebush, in fine but warm weather. State relays really is a team event, and we are all grateful to the many people who worked together to make it all happen, from organisers and officials, team managers and of course our athlete teams. I would also like to thank our coaches who have helped with relay training. And special thanks too to Cathy Eaton for her week to week help emailing out information and general help with organisation and rosters, as well as Daven Timms and Trish Hirst for their help in getting out teams organised.

Of the junior teams Cherrybrook was very well represented, with 4x100 teams in all the age groups, 4x200 teams for the 8's and 9's, with 4x400 teams in the 9's and 10's, middle distance relays for both girls and boys, as well as 4 field relays. The 4x100's are always very tough events, and this year 3 teams made it through to the finals – the 10girls who just missed a medal finishing 4th, the 10 boys finishing 7th and 11 boys who finished 5th which is a terrific effort. After some re-arranging due to sickness, our Middle distance girls team finished 15th, and the boys team made the final, finishing 11th. Of our field teams, special congratulations to our 11G HJ/LJ team of Daniele Osifo, Mykaela Hayhurst, Arienna Grebert and Xanthe Craig winning SILVER which was a terrific effort. Of our other field teams, the 10 boys throws team placed 7th, with our other 3 teams all 12th.

A coach once said to me that there are more disappointments than triumphs in athletics, but that the measure of an athlete is how you deal with those disappointments. A few of our teams were particularly sporting and gracious in the face of illness and disappointment of teams being unable to compete, so I would like to say a particular thank you to those junior athletes ...you guys are champions of the best kind!!

On the senior day, both the competition and the weather were certainly hot! In the face of predicted 40 degree temperatures all events were changed to be either straight or timed finals. Congratulations to our under 12 boys 4x100 team of Jack Comeskey, Connor Bond, Max Hirst and William Bowden who started the day in the best possible way winning GOLD - well done boys. For those of you who missed the race we will hopefully replay you a video at presentation day, so don't miss it again! Of our other 4x100 teams, we had 3 top 10 finishes in the 13G, 14G and 14B teams. Our 4x400 teams also performed really well with quite a few PB's being run, culminating in both the 13's and 14's finishing 7th, and the 12's 12th.

Our middle distance team of Morgan Little, Ryan Jones, Harry Farrington and Ben Bishop ran a fabulous middle distance relay – all 4 team members ran PB's in their individual legs to narrowly miss silver but pick up the BRONZE medal. Our Girls middle distance relay finished in 11th place. Of our field teams, the 14G shot/discus relay Claire Eaton (2nd in discus) Kate Collett (1st in shot), Eve Timms and Dominique Nash threw superbly to win the SILVER medal. The 14G jumps team of team of Ella Hirst and Rachel Ingram, Kate Collett and Nicole Freestone were the last event of the day, who, with a small but vocal band of Cherrybrook supporters staying to the end jumped their way to a BRONZE medal – well done girls. We also had top 10 finishes in both the 12 boys jumps, and 14 boys throws.

So all in all, a fun weekend of competition held in wonderful team spirit and great results. Well done to everyone!

Jenny Bishop
Championships Officer Cherrybrook LA's