

## CHERRYBROOK SENIOR ATHLETICS NOTICES – DECEMBER 16 2015

Dear Cherrybrookians,

Who can believe we are now in our final week of competition for 2015?! It has been a fantastic year with many fine achievements, highlights and terrific Club results! It would be wonderful to see as many athletes and families as possible out on the final weekend of competition at ES Marks to finish off our year in style! Cherrybrook are currently in 4<sup>th</sup> position overall for the Treloar Shield and 2<sup>nd</sup> in the Junior Division – our aim is to WIN the Junior Division and secure a top 5 position overall! On the weekend just past we had 16 athletes participate – our lowest number for the year but understandable given the amount of athletes we had in Zone competition(s). A highlight was the Open men's 100m which saw Nick Andrews, Harry Andrews and Jordan Shelley compete in the same race. Nick came out with a convincing victory with a season's best of 10.78, Jordan looked strong in his comeback from injury with 11.09 and Harry close in 11.21. Other quality performances came from Alysha Burnett who did a national qualifier in the 4kg Shot Put 12.13m whilst Evan Clothier also very solid clocking qualifier(s) in the 200m (22.16) and 400m (48.92).

HOPE TO SEE YOU ALL THERE THIS WEEKEND!!!

### TRELOAR SHIELD @ ES MARKS – SATURDAY 19 DECEMBER

#### Entry:

Online entry is \$7.50 and closes midnight Thursday 17th December.

[Online entry available here](#)

On the day entry is available but not guaranteed and will only be offered in the Treloar Shield events if space exists in the event. On the day entry will incur a higher fee of \$20 per event and entry must be completed one (1) hour prior to the athlete's first event.

**Events:** 100m, 200m, 800m, 5000m, Sprint Hurdles, 1500/3000/5000m Walk, High Jump, Triple Jump, Shot Put, Javelin Throw

**Timetable:** [Click here](#) for the DRAFT timetable.

#### On the Day Check-in:

All athletes in TRACK events 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 event.

Athletes entered in FIELD events only, are not required to report to athlete check in. Instead, field event athletes must report directly to the field event site at least twenty (20) minutes before the scheduled start time.

**Venue:**

ES Marks, Anzac Parade & Boronia St, Moore Park NSW 2021

[Click here](#) to view map.

**ATHLETICS NSW EVENTS & COMPETITIONS 2015/16 (POST CHRISTMAS)**

DATE(S)	VENUE	COMPETITION
9 – 10 January	Bankstown	<a href="#">NSW Club Championships and NSW Multi Event Championships</a>
16 January	Illawarra	<a href="#">Illawarra Track Classic</a>
30 January	Hunter	<a href="#">Hunter Track Classic</a>
5-7 February	SOPAC	<a href="#">NSW Junior and Youth Championships</a>
13 February	SOPAC	<a href="#">NSW Allcomers Meet + 5000m Championships</a>

For the FULL calendar please click on the: [ANSW Summer Calendar 2015/16](#)

**NSW CLUB CHAMPIONSHIPS @ BANKSTOWN – 9 & 10 JANUARY, 2016**

[Click here](#) to enter the Club Championships.

Online entry for the 10,000m Walks and Combined Event Championships coming soon.

**Timetable, Entry Lists & Athlete Information**

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

**On the Day Check-in**

All athletes in TRACK events 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 event.

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### **NSW Club Championships**

Events will be held in the following age groups: U14, U16, U18, U20, Open, 30-39, 40-49, 50-59 and 60+.

### **NSW Combined Event Championships**

The NSW Combined Event Championships is conducted in the Under 14, Under 16, Under 18, Under 20, Open, 30+ and 50+ age categories. Ages for all under age and open age groups are determined by age of the athlete on the 31st December 2016. Masters ages are determined as at the first day of competition, the 10th January 2016.

### **Rules**

Click here for the [2015/16 Summer Handbook](#)

### **Results**

Live results will be available throughout the competition. [Click here](#) to go to the live results site. Collated results and competition point scores will be published on the results page [here](#).

**Venue:** The Crest Athletics Centre, 25 Quentin St, Bass Hill NSW 2197

[Click here](#) to view map.

### **INTERESTED IN SPORTS TAPING?? MONDAY 1<sup>st</sup> FEBRUARY 2016**

Run by a qualified physiotherapist with experience in many sports including athletics.

- The 1.5hour course covers basic taping techniques plus additional techniques specific to running injuries.
- Learn how to use traditional rigid tape as well as stretchy kinesiology tape.
- You will receive a booklet with pictures and instructions outlining each technique covered in the course.

- Course is on *Monday 1<sup>st</sup> of February 2016, 4:30pm* in the Cherrybrook Athletics clubhouse at Greenway Oval.
- Cost \$25 per person, all tape required for the course will be provided.
- Contact Sports Focus Physiotherapy Castle Hill on 8850 0797 if you have any questions and to make a booking.

### **OTHER COMPETITIONS**

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2015 please click the following link: [ANSW Online Calendar of Events](#)

### **ATHLETICS AUSTRALIA QUALIFYING STANDARDS 2015/16**

The standards for each age group/gender for each event to qualify for National events for this season have now been released and can be seen by clicking on the following link below:

<http://athletics.com.au/Compete/Rules-Technical-Information/Entry-Standards>

The Australian Junior Nationals Championships will be held in Perth this season from 8 – 13 March, 2016 whilst the Opens Nationals will be held in Sydney from 27 March – 1 April, 2016. The Qualifying period started on January 1, 2015 this year.

### **2015/16 ATHLETICS AUSTRALIA TOUR**

Entries have now opened up for all Track Classics for the 2016 domestic season. For more information and to nominate now please click the following link: <http://www.athletics.com.au/Compete/Online-Entries>

Information on these meets is also below of when each event closes for entries:

<b>Event</b>	<b>Date</b>	<b>Entries Open</b>	<b>Entries Close</b>
Hunter Track Classic	30 <sup>th</sup> January	9 December 2015	13 January 2016
Briggs Athletics Classic	13 <sup>th</sup> February	9 December 2015	27 January 2016
Canberra Athletics Classic	20 <sup>th</sup> February	9 December 2015	27 January 2016
Adelaide Track Classic	20 <sup>th</sup> February	9 December 2015	27 January 2016

IAAF Melbourne World Challenge	5 <sup>th</sup> March	9 December 2015	19 February 2016
Perth Track Classic	12 <sup>th</sup> March	9 December 2015	19 February 2016
Queensland Track Classic	19 <sup>th</sup> March	9 December 2015	2 March 2016
Sydney Track Classic	19 <sup>th</sup> March	9 December 2015	2 March 2016

## RESULTS

### Treloar Shield Round #7 - 12/12/2015 @ Bankstown

ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Jahnvy Vaseeharen	U/16	100m	14.73	
Rachel Pace	Open	100m	12.99	
Brianna Phillips	Open	100m	13.82	
		Long Jump	4.30m	
Karina Takchi	Open	100m	12.61	
Carla Takchi	Open	100m	12.71	
Alysha Burnett	U/20	Long Jump	5.40m	
		Shot Put (4kg)	12.13m	Q
Alex Nguyen-Ha	U/18	100m	11.96	
		Long Jump	6.55m	
Kyle Ekstrom	U/18	Discus (1.5kg)	41.88m	
Jordan Shelley	U/18	100m	11.09	
Nick Andrews	Open	100m	10.78	Q, SB
Harry Andrews	Open	100m	11.21	
Hugh Hunt	Open	1500m	4.30.59	
Matthew Joyce	Open	1500m	4.33.04	
Evan Clothier	Open	100m	DQ	
		200m	22.16	Q
		400m	48.92	Q,PB

<b>Garry Baddock</b>	Open	100m	13.55	
		200m	28.52	
<b>Robert Clark</b>	50+	Shot Put (6kg)	8.88m	
		Discus (1.5kg)	26.55m	
		Hammer Throw (6kg)	33.75m	

**CB – Club Best**

**PB – Personal Best**

**Q – National Qualifier**

For Full Results of these meets please see the following link(s):

**Treloar Shield Round #7 - <http://nswathletics.org.au/Results/nsw-treloar-shield-7-4>**

Kind Regards,

Matthew Joyce – 0402 485 998