

## **CHERRYBROOK SENIOR ATHLETICS NOTICES – DECEMBER 2 2015**

### **TRELOAR SHIELD #5 HIGHLIGHTS**

- \* 45 Athletes which is the biggest we've had in 3 years combined to do just over 100+ events!
- \* 5 x Club Records Broken: Alysha Burnett (U/20 SP), Bayden Little (U/14 HT), Mia Hemsworth (U/14 90m Hurdles), Lachy Antoinette (U/16 HT) and Matt Joyce (Opens 3000m SC)
- \* 11 x Athletes doing National Qualifying performances including: Ben Jaworski (100/200), Tom Gammie (110m H), Nick Thomson (100m H), Nick Dang (100m H), Morgan Little (400m), Alysha Burnett (SP), Jaslyn Setiadji (200m H), Kate Collett (SP), Emily Britton (90m H), Imogen Breslin (90m H) and Mia Hemsworth (90m H)
- \* Over 25+ PB's featuring: Emily Crawford, Jess Maciver, Zoe Warland x 3, Emily Britton x 2, Eleanor Lamperts, x 2, Rachel Ingram Georgia Duncan, Kate Collett x 2, Emily Jones x 3, Jaslyn Setiadji, Alysha Burnett, Thisara Gunawardea, Morgan Little x 3, Lachy Antoinette x 2, Josh Baddock, Beau Ingram, Oliver Clarke and Matt Joyce
- \* BIG event point scorers for us included: Rachel Ingram, Kate Collett and Emily Jones (4 events) and superior efforts from Lachy Antoinette, Zoe Waland and Rob Clark (5 events)

THANK YOU to all the athletes, coaches and parents for the amazing support and incredible participation. GO CHERRYBROOK!  
We are now in 4<sup>th</sup> place overall for this competition with 3 rounds remaining.

### **GOOD LUCK – NATIONAL ALL SCHOOLS ATHLETES – 4-6 DECEMBER**

Good Luck to our following senior athletes who will be competing at the National Athletics All Schools Championships in Melbourne next week from 4-6 December in Melbourne:

- Julia Vignes (13G) 80m Hurdles and 4 x 100m Relay
- Mia Hemsworth (14G) 90m Hurdles and 4 x 100m Relay
- Imogen Breslin (15G) 90m Hurdles
- Katie Devitt (15G) 100m, 4 x 100m Relay and Swedish Medley
- Lauren Clark (15G) Hammer Throw
- Kailyn Joseph (16G) Discus
- Alesiha Scanlon (17G) Long Jump

- Julie Charlton (18G) 100, 200m, 800m, Shot Put and Discus
- Kevin Yang (14B) Shot Put
- Konrad Cuevas (15B) Pole Vault
- Kyle Ekstrom (15B) Discus
- Lachlan Antoinette (15B) Hammer Throw
- Josh Baddock (17B) Triple Jump, High Jump and Long Jump

For further information including the draft timetable and important information please click the following link:

<http://www.athletics.com.au/Compete/Events/australian-all-schools-athletics-championships-1>

### **GOOD LUCK – SCHOOL SPORT AUSTRALIA PRIMARY SCHOOL CHAMPS – 4 – 9 DECEMBER**

Best wishes also to **Jess Maciver** (Long Jump + Multi event), **Emily Crawford** (100m) and **Donovan Bradshaw** (100m, 200m, Multi event and relay(s)) who will be competing in Canberra in the primary school version of the Australian schools Track and Field championships from the 4- 9 December.

### **TRELOAR SHIELD @ CAMPBELLTOWN – SATURDAY 5 DECEMBER**

**Entry:** Online entry is \$7.50 and closes midnight **Thursday 3rd December**.

Online entry coming soon.

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 and entry must be completed one (1) hour prior to the athlete's first event.

**Events:** 100m, 200m, 800m, 3000m, 1500/3000/5000m Walks, High Jump, Triple Jump, Discus Throw, Javelin Throw

**Timetable:** [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.

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:**

Campbelltown Sports Stadium Pembroke Rd, Leumeah NSW 2560

[Click here](#) to view map.

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

DATE(S)	VENUE	COMPETITION
5 December	Campbelltown	<a href="#">Treloar Shield Round #6</a>
12 December	Bankstown	<a href="#">Treloar Shield Round #7</a>
19 December	ES Marks	<a href="#">Treloar Shield Round #8</a>

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

**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.

## **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**

**Treloar Shield #5 – 28/11/15 @ Bankstown**

<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAILS</b>
<b>Emily Crawford</b>	U/14	100m	13.59	PB
<b>Julia Vignes</b>	U/14	80m Hurdles	12.61	
<b>Georgia Duncan</b>	U/14	200m	28.18	PB

		400m	1.04.09	
		Long Jump	4.37m	
<b>Emilia Duncan</b>	U/14	200m	30.7	
		400m	1.09.84	
<b>Kristina Dang</b>	U/14	100m	14.67	
<b>Jess Maciver</b>	U/14	100m	13.72	
		200m	28.11	PB
		Long Jump	4.22m	
<b>Zoe Warland</b>	U/14	200m	28.29	PB
		400m	1.05.39	
		80m Hurdles	13.42	PB
		Long Jump	4.74m	
		Shot Put (3kg)	8.58m	PB
<b>Imogen Breslin</b>	U/16	100m	13.46	
		90m Hurdles	13.17	Q
<b>Mia Hemsworth</b>	U/16	100m	12.77	Q
		90m Hurdles	12.92	CB, PB, Q
<b>Emily Britton</b>	U/16	100m	13.23	PB
		200m	27.57	PB
		90m Hurdles	13.45	
<b>Eleanor Lamperts</b>	U/16	100m	13.16	PB
		200m	27.14	PB
		Long Jump	4.54m	
<b>Rachel Ingram</b>	U/16	100m	13.74	PB
		200m	31.39	
		Long Jump	3.77m	

		Shot Put (3kg)	5.83m	
<b>Kate Collett</b>	U/16	200m	27.17	PB
		400m	1.04.34	
		90m Hurdles	15.81	
		Shot Put (3kg)	12.01m	PB, Q
<b>Aurora Henke</b>	U/16	100m	13.46	PB
		200m	27.95	
<b>Aleisha Scanlon</b>	U/18	Long Jump	5.13m	
<b>Chloe Antal</b>	U/18	100m		
		Long Jump	4.57m	
<b>Jaslyn Setiadji</b>	U/18	100m Hurdles (76.2cm)	15.16	PB, Q
<b>Emma Ralphs</b>	U/18	200m	29.51	
		100m Hurdles (76.2cm)	17.11	
		Long Jump	4.64m	
<b>Julie Charlton</b>	U/18	100m	21.7	
		200m	39.99	
		400m	1.22.32	
		1500m	5.48.94	
<b>Emily Jones</b>	U/20	100m	14.26	PB
		200m	28.38	PB
		Long Jump	4.91m	
		Shot Put (3kg)	7.46m	PB
<b>Brianna Phillips</b>	Open	100m	13.35m	
		Long Jump	4.02m	
<b>Alysha Burnett</b>	Open	Long Jump	5.41m	

		Shot Put (4kg)	12.53m	CB, PB, Q
<b>Jennifer Bishop</b>	40+	100m	14.85	
		Shot Put (4kg)	8.97m	
<b>Thisara Gunawardena</b>	U/14	100m	12.94	PB
		Long Jump	4.56m	
<b>Donovan Bradshaw</b>	U/14	100m	13.76	
		200m	27.6	
		Long Jump	3.85m	
<b>Morgan Little</b>	U/14	100m	12.8	PB
		200m	25.24	PB
	U/16	400m	55.09	PB
<b>Bayden Little</b>	U/16	Hammer Throw (3kg)	14.13m	CB
<b>Kevin Yang</b>	U/16	Shot Put (4kg)	14.08m	
<b>Jack McFadden</b>	U/16	Shot Put (4kg)	9.99m	
<b>Lachlan Antoinette</b>	U/16	100m	13.05	
		200m	26.63	PB
		Long Jump	5.36m	
		Shot Put (4kg)	13.52m	
		Hammer Throw (4kg)	41.48m	PB
<b>Nick Dang</b>	U/16	100m	11.87	
		100m Hurdles (84cm)	13.88	Q
<b>Ryan Jones</b>	U/16	2000m Steeplechase	7.05.82	
<b>Josh Baddock</b>	U/18	100m	11.89	
		200m	23.24	PB
		Long Jump	6.34m	
<b>Beau Ingram</b>	U/18	100m	12.15	

		200m	24.83	PB
<b>Joel Davidson</b>	U/18	100m	12.05	
		Long Jump	5.69m	
<b>Alex Nguyen-Ha</b>	U/18	100m	11.79	
		Long Jump	6.17m	
<b>Oliver Clarke</b>	U/18	400m	53.5	PB
<b>Nick Thomson</b>	U/18	110m Hurdles (91.4cm)	14.96	Q
<b>Tom Gammie</b>	U/18	110m Hurdles (91.4cm)	15.93	Q
<b>Ben Jaworski</b>	Open	100m	10.58	Q
		200m	21.18	Q
<b>Evan Clothier</b>	Open	100m	11.08	
		200m	22.22	
		400m	50.26	
<b>Harry Andrews</b>	Open	100m	11.2	
<b>Matthew Joyce</b>	Open	3000m Steeplechase	10.59.35	CB, PB
<b>Martin Bradshaw</b>	40+	100m	13.42	
		200m	27.57	
		400m	1.02.69	
<b>Robert Clark</b>	50+	200m	35.4	
		400m	1.18.47	
		1500m	6.12.84	
		Shot Put (6kg)	9.36m	
		Hammer Throw (6kg)	33.41m	



**CB – Club Best**  
**PB – Personal Best**  
**Q – National Qualifier**

For Full Results of this meet please see the following link:

Kind Regards,  
Matthew Joyce – 0402 485 998