

CHERRYBROOK SENIOR ATHLETICS NOTICES – FEBRUARY 11 2016

Good Evening all,

Cherrybrook Athletics have once again had a top weekend at Homebush with many amazing and inspiring performances from our 58 athletes competing! Big thanks must go to our Cherrybrook coaches: Mick Zisti, John Sharpe and Valme Kruger who are behind many of these great performances! Full report and results to follow soon.

In addition to we had numerous athletes compete in Canberra over the weekend with Tim Foster, Julie Charlton and Kailyn Joseph all coming home with medals or numerous PB's!

We have a busy 3 weeks ahead of us in the Athletics world featuring: NSW Allcomers this weekend, NSW Masters Championships and NSW Open Championships taking place. Good Luck to all our athletes – I'm sure we'll continue to see many inspiring and wonderful performances!



AUSTRALIAN ATHLETICS JUNIOR CHAMPS – ENTRIES CLOSE FRIDAY 12TH FEBRUARY!

Online Entries for this competition close tomorrow so please don't forget to register before 5pm tomorrow!!

<https://2016australianjuniors.eventdesq.com/>

NSW ATHLETICS JUNIOR CHAMPIONSHIPS WRAP UP

- * 58 Cherrybrook Athletes competing
- * 42 Medals (13 x Gold, 10 x Silver & 19 x Bronze)
- * 33 Athletes qualified for Australian Junior Champs in Perth next month
- * 6 Club Records shattered
- * 20+ Personal Bests

*** 12 x STATE CHAMPIONS included:**

- Mia Hemsworth (U/15G) 90m Hurdles - 13.17
- Emily Britton (U/16G) 90m Hurdles - 13.11
- Nicole Freestone (U/16G) High Jump - 1.65m
- Kate Collett (U/16G) Discus - 38.55m
- Katie Devitt (U/17G) 100m - 12.43
- Tiana Death (U/17G) 100m Hurdles - 15.04
- Lauren Clark (U/17G) Hammer Throw - 47.18m
- Kristina Moore (U/18G) Discus - 45.97m
- Riley Hemsworth (U/14B) 90m Hurdles - 13.54
- Kevin Yang (U/16B) Shot Put - 14.72m
- Konrad Cuevas (U/17B) Pole Vault - 3.50m
- Nick Andrews (U/20B) 100m - 10.49 and 110m Hurdles - 13.82

*** Multi Medalist(s) included:**

- Georgia Duncan (U/15G) x 2 Bronze (Shot Put & Discus)
- Kate Collett (U/16G) Gold (Discus) & Silver (Shot Put)
- Katie Devitt (U/16G) Gold (100m) & Bronze (200m)
- Kristina Moore (U/18G) Gold (Discus) & Bronze (Shot Put)

- Alysha Burnett (U/20G) x 2 Silver (Long Jump & Shot Put)
- Lachlan Antoinette (U/17B) x 2 Bronze (Shot Put & Hammer Throw)
- Nick Thomson (U/18B) x 3 Silver (100m, 200m and 110m Hurdles)

WELL DONE too all our Amazing athletes on these incredible results!!!

NSW ALLCOMERS MEET & 5000M STATE CHAMPIONSHIPS – 13 FEBRUARY

Competition Status: These events are permitted by Athletics Australia (AA). An AA permit allows athletes to qualify for international events and break state and/ or national records.

Eligibility: Athletes competing must be registered with Athletics NSW for the 2015-16 season and wear their 2015-16 registration numbers and club uniform. Temporary numbers, valid for one day, will be issued at check in to registered athletes upon payment of a \$5 fee at the venue. If you are not currently registered with a club you can register online [here](#).

Uniform: Registered Athletics NSW club members must wear their correct club uniform. Athletes must have their Athletics NSW 2015-16 registration numbers attached on the front and back.

Entry: [Click here](#) to enter online.

The entry fee is \$20. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange alternative entry. On the day entry is available but not guaranteed and will only be offered if space exists in the event. On the day entry will incur a higher fee of \$35 and entry must be completed one (1) hour prior to the athlete's first event and it is requested that you have your bib numbers and events ready when entering on the day.

Entries close midnight **Thursday 11th February 2016**.

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

U20 5000m Championship: The male and female U20 5000m championship will be included in the NSW 5000m Championships. There will be no separate races for U20 athletes. All races will be open seeded races and U20 placing's will be based on finishing times of those eligible. Medal presentation will be conducted at the conclusion of the A race.

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.

Venue: SOPAC

[Click here](#) to view map.

2016 NSW OPEN, U/23's AND PARA CHAMPIONSHIPS – 26 – 28 FEBRUARY

Date: Friday 26th February - Sunday 28th February 2016

Age Groups: The NSW Track and Field Championships will be conducted in the Open age group, where medals for the Under 23 Championship will be awarded based on results from the Open Championships. The first three athletes aged 20, 21 or 22 in the calendar year of the event will be awarded Under 23 medals. Para athlete events will be multi disability events. Medals will be awarded as a % of the world record.

Uniform: Registered Athletics NSW club members must wear their correct club uniform. Athletes must have their Athletics NSW 2015-16 registration numbers attached on the front and back (except in pole vault and high jump events).

Entry: https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1346&OrgID=52

[Click here](#) to enter online.

Entry fee is \$20 per event. An entry fee cap of \$70 applies to all entries.

Spectators will be required to pay gate entry, Adults - \$7.00 per person per day and U18's - \$4.00 per person per day.

Entries close 9am **Thursday 18th February 2016.**

Late Entry

Late entries are not guaranteed and are only accepted on the approval of the Athletics NSW Competition Manager or Technical Delegate. Athletics NSW reserves the right to refuse late entries. No field event late entries will be accepted. If a track late entry is accepted, it will cost \$35 per event and must be lodged 90 minutes prior to the start of the event on the official late entry form.

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

Venue: The Sydney Olympic Park Athletics Centre

[Click here](#) to view map.

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

DATE(S)	VENUE	COMPETITION
13 February	SOPAC	<u>NSW Allcomers Meet + 5000m Championships</u>
18 February	Bankstown	<u>Bankstown Invitational</u>
20-21 February	SOPAC	<u>NSW Masters Championships</u>

26-28 February	SOPAC	<u>NSW Opens, U/23 and Para Championships</u>
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For the FULL calendar please click on the: [ANSW Summer Calendar 2015/16](#)

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:

Event	Date	Entries Open	Entries Close
Briggs Athletics Classic	13 th February	9 December 2015	27 January 2016
Canberra Athletics Classic	20 th February	9 December 2015	27 January 2016
Adelaide Track Classic	20 th February	9 December 2015	27 January 2016
IAAF Melbourne World Challenge	5 th March	9 December 2015	19 February 2016

Perth Track Classic	12 th March	9 December 2015	19 February 2016
Queensland Track Classic	19 th March	9 December 2015	2 March 2016
Sydney Track Classic	19 th March	9 December 2015	2 March 2016

RESULTS

NSW Junior & Youth Championships - 5-7/02/2016 @ SOPAC Warm Up Track

ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS	EXTRA
Jess Maciver	U/14	100m	5th	13.54		
		200m	6th	27.99	PB	
Scarlett Prowse	U/14	100m	BRONZE	13.45	Q	
		200m	10th	28.14		
Zoe Warland	U/15	400m	13th	1.05.86		
		90m Hurdles	11th	18.1		
		Long Jump	5th	4.94m	PB	
Georgia Duncan	U/15	200m	13th	27.97		
		400m	10th	1.03.36		
		90m Hurdles	4th	14.11	PB, Q	
		Shot Put (3kg)	BRONZE	11.15m	PB, Q	
		Discus (1kg)	BRONZE	32.47m	PB, Q	
Mia Hemsworth	U/15	100m	5th	12.93		
		200m	11th	27.68		
		90m Hurdles	GOLD	13.17	Q	
Eleanor Lamperts	U/16	100m	17th	13.35		
		200m	13th	27.11		
		Long Jump	6th	4.81m		
Kate Collett	U/16	200m	17th	27.29		
		Shot Put (3kg)	SILVER	11.68m		
		Discus (1kg)	GOLD	38.55m	Q	

Imogen Breslin	U/16	90m Hurdles	SILVER	13.28	Q	
Emily Britton	U/16	100m	7th	12.94	Q	
		200m	14th	27.17		
		90m Hurdles	GOLD	13.11		
Isabella Rudolph	U/16	High Jump	BRONZE	1.55m		
Rachel Ingram	U/16	100m	23rd	14.01		
Nicole Freestone	U/16	High Jump	GOLD	1.65m		
Samantha Dale	U/16	High Jump	6th	1.55m		
		Triple Jump	8th	9.67m		
Katie Devitt	U/17	100m	GOLD	12.43	Q	
		200m	BRONZE	25.33	Q	
Tiana Death	U/17	100m Hurdles (76.2cm)	GOLD	15.04	Q	
Lauren Clark	U/17	Hammer Throw (3kg)	GOLD	47.18m	CB, PB	
		Discus (1kg)	4th	31.59m	PB	
Kristina Moore	U/18	Shot Put (3kg)	BRONZE	13.67m	Q	
		Discus (1kg)	GOLD	45.97m		
Tiana Hazlewood	U/18	Discus (1kg)	4th	33.53m		
Jaslyn Setiadji	U/18	100m Hurdles (76.2cm)	8th	16.43		
Natasha Pidgeon	U/18	100m	8th	13.17		12.96 (h)
		200m	9th	26.7		
Abbey Hodge	U/18	100m Hurdles (76.2cm)	10th	16.75		
Chloe Antal	U/20	100m	14th	13.65		
		200m	7th	29.57		
		Long Jump	7th	4.63m		
Brianna Phillips	U/20	100m	13th	13.56		
		200m	9th	28.49		
		Long Jump	9th	4.29m		
Aleisha Scanlon	U/20	Triple Jump	BRONZE	11.59m	PB, Q	
Rachel Pace	U/20	100m	8th	12.75		
		100m Hurdles (84cm)	5th	15.21	Q	

Emily Jones	U/20	100m Hurdles (84cm)	7th	16.13	PB, Q	
		400m Hurdles	4th	1.10.74	Q	
		Long Jump	6th	5.04m		
		Triple Jump	4th	11.48m	PB, Q	
Carla Takchi	U/20	100m	6th	12.61		
		100m Hurdles (84cm)	SILVER	14.75	Q	
Alysha Burnett	U/20	100m Hurdles (84cm)	6th	15.25		
		Long Jump	SILVER	5.92m	Q	
		Shot Put (4kg)	SILVER	12.42m	Q	
Harry Farrington	U/14	1500m	4th	4.56.96		
Riley Hemsworth	U/14	90m Hurdles	GOLD	13.54	PB, Q	
		Javelin (600g)	5th	26.34m		
Jonathan Reid	U/14	Long Jump	BRONZE	5.01m	PB, Q	
		Triple Jump	4th	10.60m		
Bayden Little	U/14	Hammer Throw (3kg)	4th	24.20m	CB, PB	
		Javelin (600g)	7th	22.67m		
Andrew Craig	U/15	High Jump	5th	1.45m		
Morgan Little	U/15	200m	BRONZE	25.14	Q	
		400m	BRONZE	56.58	Q	
		Javelin (700g)	SILVER	36.30m	Q	
Thisara Gunawardene	U/15	100m	9th	13.48		
		Long Jump	5th	4.89m		
Jonathan Friend	U/15	400m	7th	1.01.65	PB	
Ryan Jones	U/16	2000m Steeplechase	6th	7.15.14		
Nick Dang	U/16	100m	8th	12.13		11.99 (h)
		100m Hurdles (84cm)	BRONZE	13.65		
Jack McFadden	U/16	200m Hurdles	10th	31.62		
		Javelin (700g)	5th	33.17m	PB	
Kevin Yang	U/16	Shot Put (4kg)	GOLD	14.72m	Q	
		Discus (1kg)	6th	48.74m	PB, Q	

Kyle Ekstrom	U/17	Discus (1kg)	BRONZE	44.53m	Q	
Konrad Cuevas	U/17	Pole Vault	GOLD	3.50m	Q	
Lachlan Antoinette	U/17	Triple Jump	7th	11.31m		
		Shot Put (4kg)	BRONZE	12.82m	Q	
		Hammer Throw (4kg)	BRONZE	38.64m	Q	
Nick Thomson	U/18	100m	SILVER	11.24	PB, Q	
		200m	SILVER	22.52	PB, Q	
		110m Hurdles (99.1cm)	SILVER	14.75	Q	
Tom Gammie	U/18	100m	BRONZE	11.47	Q	
		110m Hurdles (99.1cm)	4th	15.64	Q	
Oliver Clarke	U/18	800m	6th	2.01.56	PB	2.01.13 (h)
Joel Davidson	U/18	100m	7th	11.89		11.76 (h)
		200m	9th	24.02		
		Long Jump	5th	6.26m		
		Triple Jump	BRONZE	12.21m	Q	
Beau Ingram	U/18	100m	6th	11.89		
Sam Coburn	U/20	400m	14th	53.49		
Hugh Hunt	U/20	800m	10th	1.57.73	PB	
Josh Baddock	U/20	Long Jump	4th	6.62m		
		Triple Jump	BRONZE	13.93m	Q	
Declan Pluim	U/20	High Jump	BRONZE	2.00m	Q	
Alex Nguyen-Ha	U/20	100m	11th	11.49		
		Long Jump	BRONZE	6.67m	CB, Q	
		Triple Jump	4th	12.96m		
Nick Andrews	U/20	100m	GOLD	10.49	WJQ, Q, PB	
		110m Hurdles (99.1cm)	GOLD	13.82	WJQ, Q, PB	
Jacob McCorry	U/20	100m	7th	11.38		
		110m Hurdles (99.1cm)	SILVER	14.15	PB, Q	

ACT State Championships and IPC Grand Prix - 5-7/02/2016 @ Canberra

ATHLETE	AGE	EVENT	PLACE	RESULT	EXTRA	DETAILS
Kailyn Joseph (para)	U/16	100m	13th	17.79	PB	
		Long Jump	10th	3.42m		
		Shot Put (3kg)	5th	6.33m		
Julie Charlton (para)	U/20	100m	6th	21.22		
		200m	5th	39.65		
		400m	9th	1.19.18	PB	
		800m	7th	2.41.06	PB	
		1500m	6th	5.10.26	PB	
		Javelin	SILVER	5.98m		
Ben Jaworski	Open	100m	6th	10.56	Q	
		200m	BRONZE	21.18	Q	
Tim Foster (para)	Open	200m	GOLD	24.04		
		400m	4th	53.35		

Q = National Qualifier
PB = Personal Best
CB = Club Best
WJQ = World Junior Qualifier

Kind Regards,
 Cherrybrook Seniors Athletics
 Vice President and Competition Manager
 Matthew Joyce – 0402 485 998