

## CHERRYBROOK SENIOR ATHLETICS NOTICES – JANUARY 14 2016

Dear Cherrybrookianst

We had a great weekend at the Track last weekend with some amazing individual performances in the NSW Multi event champs as well as an outstanding team performance in the NSW Club Championships! Reports are feature below – this weekend is the Illawarra Track Classic – one of the last weekend meets you can get in before NSW Junior Champs so be sure not to miss out!



### NSW MULTI EVENT CHAMPIONSHIPS

We had 5 athletes from Cherrybrook Athletics compete at this year's State Championships for either the Heptathlon or Decathlon. **Morgan Little** (U/16B) participated in his first ever Heptathlon and was very competitive with a group of older boys where he managed to secure a National Qualifier with 3006pts. **Kate Collett** and **Georgia Duncan** (U/16G) fought out a very close

competition where there was only 13 points between 2<sup>nd</sup> and 4<sup>th</sup> where Kate collected SILVER with a PB of 3825pts and Georgia in her first Heptathlon was unlucky to finish 4<sup>th</sup>. **Lachlan Antoinette** (U/18B) was impressive in his first Decathlon event placing 4<sup>th</sup> in the event but securing a SILVER medal with a respectable 3507pts to secure National Qualification. **Alysha Burnett** (Open W) completed her first Heptathlon in 9 months to win a GOLD medal with a World Junior Qualifying Performance point score of 5343 points! Well Done Alysha and to all these athletes on amazing performances in very humid and tricky conditions on the weekend.

### **NSW CLUB CHAMPIONSHIPS**

Cherrybrook Athletics Club received excellent results at this year's NSW Club Champs almost placing the top 5 for each division - the placing(s) and points were as follows:

Junior Womens: 2ND - 757 points

Junior Mens: 3RD - 665

Open Womens: 9TH - 114

Open Mens: 4TH - 181.5

Masters Womens: 4TH - 255

Masters Mens: 4TH - 349

Big point and event contributors who participated in 4 or more events over the weekend included: Scarlett Prowse, Julie Charlton, Emily Jones, Jill Taylor, Jenny Bishop, Bayden Little, Evan Clothier, Beau Ingram, Joel Davidson, Ben Jaworski, Caerl Murray, Martin Bradshaw and Robert Clark. Well Done and thank you to over 40 of our athletes who competed for our club and showed some incredible team spirit, camaraderie and support.

### **ILLAWARRA TRACK CLASSIC – 16 JANUARY**

The 2nd annual Illawarra Track Classic is an event offered by Athletics NSW in conjunction with Illawarra Blue Stars. Entry is open to all NSW registered athletes. Track events will be seeded in to A, B, C races etc. We anticipate strong competitive fields especially the 1 mile championship races. [Click here](#) to view the official flyer.

### **Competition Status**

This event is permitted by Athletics Australia (AA). An AA permit allows athletes to qualify for international events and break state and/ or national records.

## **Eligibility**

Athletes must be registered with an Athletics NSW affiliated club for the 2015/16 season. If you are not currently registered with a club you can register online [here](#). Interstate athletes who are registered members of their state organisation are welcome to enter.

## **NSW Championship Events**

NSW 60m Championships - State medals will be awarded in the open and U20 age groups

NSW 1 Mile Championships - State medals will be awarded in the open, U20, and 35+ age groups.

## **Classic Events**

100m

400m

3000m

Women's Long Jump

Men's Triple Jump

Shot Put

Discus Throw

## **Community Events**

1 Mile Community Race (entry available to non Athletics NSW members)

## **Illawarra Blue Stars Events**

IBS 60m Masters Races - IBS medals will be awarded in the 30-39, 40-49, 50-59 and 60+ age groups.

All track events will be open seeded races split into male and female divisions. Field events will be mixed gender (except long jump and triple jump) and split into divisions based on ability. After entries have closed competition management will confirm who is in what division.

## **Entry**

[Click here](#) to enter online. Online entry closes midnight Thursday 14th January.

Entry Fees

Classic events and IBS 60m Masters races - \$7.50 for unlimited events.  
NSW 60m and 1 Mile Championship events - \$20

On the day entry is available but not guaranteed and will only be offered in events if there is sufficient space as determined by the ANSW Competition Manager. On the day entry will incur a higher fee of \$35 for NSW Championship events and \$20 for Classic events. On the day entry must be completed one (1) hour prior to the athlete's first event.

### **Timetable**

[Click here](#) to view the DRAFT timetable (updated 07.01.16)

### **Prizes**

Men's and Women's Open 60m Championships:

1st: \$500  
2nd: \$300  
3rd: \$200

Men's and Women's Open 1 Mile Championships

1st: \$500  
2nd: \$300  
3rd: \$200

### **Venue**

Beaton Park Athletic Centre, Wollongong, NSW

## **NSW JUNIOR & YOUTH CHAMPIONSHIPS – 5 – 7 FEBRUARY**

### **Entry**

[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 midday **Tuesday 26th January 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.

### **\*Qualifying for the 2016 Australian Junior Championships\***

Any athlete who places 1st, 2nd or 3rd for their age group (U14, U15, U16, U17, U18, U20) will be eligible for the Australian Junior Championships. An athlete must compete at the 2016 NSW Junior & Youth Championships even if already successfully gaining qualification via the 2015 NSW All Schools Championships or have met the qualifying standard.

### **On the Day Check-in**

Athletes must report to Athlete Check-In at least 60 minutes before the start of each of their events to confirm their entry. Failure to check in may result in the athlete being scratched from the event. Athletes are encouraged to check-in at the commencement of each day for all of their events for that day.

### **Age Groups**

The NSW Junior & Youth Championships events will be conducted in the Under 14, Under 15, Under 16, Under 17, Under 18 and Under 20 age group, with age groups determined by age of the athlete on the 31st December 2016. For example, if an athlete is 15 years old on the 31st December 2016, he will be competing in the Under 16 age group. Para events will be offered in the U16 and U20 age groups only.

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

**Venue:** The Sydney Olympic Park Athletics Centre  
[Click here](#) to view map.

## **ACT STATE CHAMPIONSHIPS & IPC GRAND PRIX – 5-7 FEBRUARY**

### **1. ON-LINE ENTRY**

Online entry costs \$20.00 per event but is limited to a maximum of \$60.00 over the 3 days of the Championships. Entry to the Championships is limited to athletes who are registered with Athletics ACT, another State or overseas athletes registered with their home country athletics body through to (or beyond) 30 September 2015.

There is no entry on the day for any Championship events and there will be no late entries available.

**On-line entries for the Championships will close at 5pm on the Monday 1 February 2016.**

Please note the guidance instructions provided when entering seed performances.

Payment must be made (by Credit/Debit Card or PayPal) at the time of undertaking the entry. Where payment is not made at that time, the entries will not be accepted and processed.

[Click here to undertake an On-Line entry](#)

### **2. CHECK IN**

Athletes must check-in for their events at least 30 minutes prior to the events scheduled start time on the Friday.

Athletes must check-in for their events at least 45 minutes prior to the events scheduled start time on the Saturday and Sunday. Check In sheets will be available in the Commonwealth Room.

**[Click here to see the current Program of Events](#)**

### **3. Championship Rules of Competition**

[Click here to access the AACT Championships Competition Rules](#)

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

DATE(S)	VENUE	COMPETITION
16 January	Illawarra	<a href="#"><u>Illawarra Track Classic</u></a>
30 January	Hunter	<a href="#"><u>Hunter Track Classic</u></a>
5-7 February	SOPAC	<a href="#"><u>NSW Junior and Youth Championships</u></a>
13 February	SOPAC	<a href="#"><u>NSW Allcomers Meet + 5000m Championships</u></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 Kaitlyn Duursma 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:

Event	Date	Entries Open	Entries Close
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

### NSW Combined Event Championships @ Bankstown - 9-10/01/2016

ATHLETES NAME	AGE	EVENT	RESULT	POINTS	DETAILS
Kate Collett	U/16	90m Hurdles (76.2cm)	15.92	724	
		High Jump	1.40m	512	
		Shot Put (3kg)	11.69m	641	
		200m	27.42m	677	



		Long Jump	1.50m	428	
		Javelin (500g)	28.54m	449	PB
		800m	2.56.97	394	
		<b>Heptathlon</b>	<b>SILVER</b>	<b>3825pts</b>	PB, Q
<b>Georgia Duncan</b>	U/16	90m Hurdles (76.2cm)	14.56	901	
		High Jump	1.31m	419	
		Shot Put (3kg)	10.09m	535	
		200m	27.61	662	PB
		Long Jump	4.58m	448	
		Javelin (500g)	15.01m	197	
		800m	2.33.48	650	
		<b>Heptathlon</b>	<b>4th</b>	<b>3812pts</b>	Q
<b>Alysha Burnett</b>	U/20	100m Hurdles (84cm)	14.93	891	Q
		High Jump	1.79m	966	Q
		Shot Put (4kg)	12.64m	704	CB, PB, Q
		200m	26.01	796	
		Long Jump	5.56m	727	
		Javelin (600g)	41.25m	691	Q
		800m	2.36.12	618	
		<b>Heptathlon</b>	<b>GOLD</b>	<b>5343pts</b>	WJQ, Q
<b>Morgan Little</b>	U/16	100m Hurdles (84cm)	17.96	528	
		High Jump	1.40m	317	
		Shot Put (4kg)	10.03m	487	
		200m	25.07	600	
		Long Jump	5.04m	390	PB
		Javelin (700g)	36.17m	387	PB
		1500m	5.33.86	381	
		<b>Heptathlon</b>	<b>6th</b>	<b>3090pts</b>	CB, Q

<b>Lachlan Antoinette</b>	U/18	100m Hurdles (91.4cm)	21.54	238	
		High Jump	1.40m	317	
		Shot Put (5kg)	12.26m	622	
		100m	12.99	470	
		400m	64.1	284	
		Long Jump	5.28m	437	
		Pole Vault	1.90m	121	
		Javelin (700g)	32.61m	336	PB
		Discus (1.5kg)	29.71m	459	
		1500m	6.10.43	223	
		<b>Decathlon</b>	<b>SILVER</b>	<b>3507pts</b>	CB, Q

**NSW Club Champs - 9-10/01/2016 @ Bankstown**

<b>ATHLETES NAME</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAILS</b>
<b>Scarlett Prowse</b>	U/14	100m	13.26	Q
		200m	27.18	Q
		Shot Put (3kg)	6.32m	
		Javelin (400g)	17.88m	
<b>Kristina Dang</b>	U/16	90m Hurdles	15.71	
<b>Zoe Warland</b>	U/16	90m Hurdles	15.15	
		Long Jump	4.89m	
<b>Emily Britton</b>	U/16	100m	13.22	
		200m	27	
		90m Hurdles	13.75	
<b>Nicole Freestone</b>	U/16	High Jump	1.60m	
<b>Eleanor Lamperts</b>	U/16	100m	13.15	
		200m	27.16	
		Long Jump	4.90m	

<b>Tiana Hazlewood</b>	U/18	Discus (1kg)	37.46m	
		Javelin (500g)	34.54m	
<b>Kristina Moore</b>	U/18	Discus (1kg)	43.91m	Q
<b>Katie Devitt</b>	U/18	100m	12.37	Q
		200m	24.91	Q
<b>Julie Charlton</b>	U/18	200m	41.48	
		800m	3.08.88	
		Shot Put (3kg)	4.84m	
		Discus (1kg)	10.11m	
<b>Emily Jones</b>	U/20	200m	29.09	
		100m Hurdles (84cm)	16.51	PB
		Long Jump	5.01m	
		High Jump	1.45m	
		Triple Jump	11.23m	PB
Javelin (600g)	18.21m			
<b>Lauren Clark</b>	U/20	Hammer Throw (4kg)	33.65m	CB, Q
<b>Carla Takchi</b>	U/20	100m	12.53	
		100m Hurdles (84cm)	14.71	Q
<b>Rachel Pace</b>	U/20	100m	12.83	
		100m Hurdles (84cm)	15.37	Q
<b>Pace/Takchi</b>	Open	4 x 100m Relay	48.09	
<b>Devitt/Takchi</b>				
<b>Jenny Bishop</b>	40+	100m	14.33	
		80m Hurdles	14.36	
		Long Jump	4.23m	SB
		Triple Jump	8.71m	
		Shot Put (4kg)	8.68m	
Discus (1kg)	26.36m			

		Javelin (600g)	17.21m	CB, PB
<b>Jill Taylor</b>	60+	Shot Put (3kg)	8.43m	
		Discus (1kg)	23.83m	
		Javelin (400g)	15.71m	
		Hammer Throw (3kg)	32.13m	
<b>Harry Farrington</b>	U/14	800m	2.21.59	
<b>Bayden Little</b>	U/14	Shot Put (3kg)	7.90m	PB
		Discus (1kg)	16.41m	
		Javelin (600g)	22.46m	PB
		Hammer Throw (3kg)	18.24m	CB, PB
<b>Kevin Yang</b>	U/16	Shot Put (4kg)	14.58m	Q
		Discus (1kg)	47.42m	Q
<b>Morgan Little</b>	U/16	400m	56.8	
<b>Jonathan Friend</b>	U/16	400m	61.67	
		800m	2.20.83	
<b>Nick Dang</b>	U/16	100m Hurdles (84cm)	13.47	CB, PB, Q
<b>Ryan Hogan</b>	U/18	2000m Steeplechase (91.4cm)	8.14.37	
<b>Beau Ingram</b>	U/18	100m	11.83	PB
		200m	24.56	
		Shot Put (5kg)	7.52m	
		Javelin (700g)	23.65m	
<b>Joel Davidson</b>	U/18	100m	11.83	
		200m	23.7	
		Long Jump	5.95m	
		Triple Jump	12.12m	
<b>Jackson Tuynman</b>	U/18	Long Jump	5.20m	
		High Jump	1.75m	

		Triple Jump	12.31m	
<b>Konrad Cuevas</b>	U/18	Pole Vault	3.20m	CB, Q
<b>Nick Thomson</b>	U/18	100m	11.33	
		200m	22.81	
		110m Hurdles (91.4cm)	14.52	PB, Q
<b>Alex Nguyen-Ha</b>	U/20	Long Jump	6.52m	
<b>Jacob McCorry</b>	U/20	110m Hurdles (99.1cm)	14.17	PB, Q
<b>Nick Andrews</b>	Open	100m	10.63	PB, Q
	U/20	110m Hurdles (99.1cm)	14.26	Q
<b>Ben Jaworski</b>	Open	100m	10.68	Q
		200m	21.19	Q
		400m	49.13	
<b>Evan Clothier</b>	Open	100m	11.13	
		200m	22.21	
		400m	49.52	
		Long Jump	6.38m	
<b>Harry Andrews</b>	Open	100m	11.06	
<b>Matthew Joyce</b>	Open	800m	2.08.16	
		1500m	4.29.02	
		3000m Steeplechase	11.37.12	
<b>Andrews/Andrews Clothier/Jaworksi</b>	Open	4 x 100m Relay	42.35	
<b>Caerl Murray</b>	40+	100m	12.79	
		200m	26.65	
		Long Jump	4.36m	
		Shot Put (7.26kg)	8.30m	
<b>Martin Bradshaw</b>	40+	100m	13.52	
		200m	27.43	

		400m	65.65	
		Triple Jump	8.53m	
		Discus (2kg)	19.80m	
<b>Robert Clark</b>	50+	200m	34.5	
		400m	1.22.80	
		800m	3.04.47	
		1500m	5.56.99	
		5000m	23.25.44	
		Shot Put (6kg)	9.21m	
		Discus (1.5kg)	27.33m	
		Javelin (700g)	27.17m	
		Hammer Throw (6kg)	32.98m	

**PB = Personal Best**

**Q = National Qualifying Standard**

**CB = Club Best**

**SB = Season Best**

For Full Results of this meet including individual results and point score please click the following:

<http://www.nswathletics.org.au/Results/nsw-club-combined-events-10000m-walks-championships>

Kind Regards,

Cherrybrook Seniors Athletics

Vice President and Competition Manager

Matthew Joyce – 0402 485 998