

CHERRYBROOK SENIOR ATHLETICS NOTICES – MARCH 15 2016

Dear C'brook Senior Members,

We've witnessed another successful Australian Junior Championships from our amazing **31 Senior** athletes which included:

- * 5 x World Junior Qualifying Performances
- * 19 x Personal Bests
- * 17 x Medals (5 x GOLD, 5 x SILVER and 7 x BRONZE)
- * 6 x Club Records with medalists including:

GOLD & NATIONAL CHAMPIONS:

- * **Nick Andrews** (U/20) - 110m Hurdles - 13.79 (WJQ) and 4 x 100m Relay
- * **Emily Britton** (U/16) - 90m Hurdles – 12.69
- * **Alysha Burnett** (U/20) – High Jump – 1.83m (WJQ)
- * **Riley Hemsworth** (U/14) - 90m Hurdles – 13.01

SILVER

- * **Jacob McCorry** (U/20) – 110m Hurdles – 14.02 (WJQ)
- * **Kevin Yang** (U/16) – Shot Put – 14.44m
- * **Mia Hemsworth** (U/15) – 90m Hurdles – 12.64
- * **Imogen Breslin** (U/16) – 90m Hurdles – 12.81
- * **Scarlett Prowse** (U/14) – 4 x 100m Relay – 49.83

BRONZE

- * **Tiana Death** (U/17) – 100m Hurdles – 14.13
- * **Lauren Clark** (U/20) – Hammer Throw – 49.63m
- * **Kristina Moore** (U/18) – Discus – 48.06m (WJQ)
- * **Carla Takchi** (U/20) – 100m Hurdles – 14.12
- * **Alysha Burnett** (U/20) – Long Jump – 6.00m & Javelin – 42.79m
- * **Nick Andrews** (U/20) – 100m – 10.39 (WJQ)

Congratulations to all our amazing 31 athletes for your magnificent results at a very elite standard of competition. Thank you to all our parents, volunteers and of course amazing Cherrybrook Coaches who have all assisted, supported and help enable our young athletes to achieve their potential and do so well!

SYDNEY TRACK CLASSIC – SATURDAY 19 MARCH

A longstanding feature of the Australian Athletics Tour, the 2016 Sydney Track Classic on Saturday 19 March will once again host the country's best track and field talent for a bumper night of athletics.

The Sydney Olympic Park Athletics Centre will welcome some of the most recognizable names in our sport, with athletes including **Dani Samuels** (NSW), **Ella Nelson** (NSW) and **Brandon Starc** (NSW) chasing their qualifier for the Rio 2016 Olympic Games. Celebrate the night with family by joining in the IAAF Kids' Athletics Clinic on offer, meet athletes in the fan zone and witness some of the best athletics the country has to offer.

For more information on what will be a bumper week of athletics, follow the links below.

EVENT DETAILS

Date	Saturday 19 March
Location	Sydney Olympic Park Athletics Centre, Sydney Olympic Park NSW
Time	5:30pm - 8:30pm
Tickets	Available online here and at the gate.

TICKET INFORMATION

Pre-purchase Online (up to 5pm Friday 11 March 2016) Adult: \$15 (Members: \$13) Concession: \$10 (Members: \$8) Children up to 12 years: Free Family (2 adults, 2 concession, no limit on children): \$30 (Members: \$27)

On the day (purchase at the Gate) Adult: \$20 Concession: \$15 Children up to 12 years: Free Family (2 adults, 2 concession, no limit on children): \$45

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

DATE(S)	VENUE	COMPETITION
19 March	SOPAC	<u>Sydney Track Classic</u>
24 March	SOPAC	<u>NSW Allcomers</u>
31 March – 3 April	SOPAC	<u>Athletics Australian Open National Championships</u>

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 2016 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 Opens Nationals will be held in Sydney from 27 March – 1 April, 2016. The Qualifying period started on January 1, 2015 last year.

CHERRYBROOK SENIOR ATHLETICS PRESENTATION NIGHT – SUNDAY 15 MAY

One for the Calendar and one not to forget is the Cherrybrook Presentation evening which will be held at the Dural Country Club on **Sunday 15th May** from 6.30pm (Seniors) where we will hand out awards, gifts and look back on a wonderful season!

RESULTS

**Australian Junior & Youth
Championships - 9-13/03/2016
@ Perth**

ATHLETE	AGE	EVENT	PLACE	RESULT	DETAILS
Scarlett Prowse	U/14	100m	11th	13.23	
		200m	14th	28.12	
		4x100m Relay	SILVER	49.83	
Georgia Duncan	U/15	90m Hurdles	10th	13.78	PB
		Shot Put (3kg)	5th	11.73m	
Mia Hemsworth	U/15	100m	9th	12.88	
		90m Hurdles	SILVER	12.64	MR, PB
Kate Collett	U/16	Shot Put (3kg)	5th	12.25m	PB
		Discus (1kg)	7th	35.46m	
Imogen Breslin	U/16	90m Hurdles	SILVER	12.81	PB
Emily Britton	U/16	90m Hurdles	GOLD	12.69	PB
Isabella Rudolph	U/16	High Jump	9th	1.54m	
Nicole Freestone	U/16	High Jump	5th	1.62m	
Tiana Death	U/17	100m Hurdles (76.2cm)	BRONZE	14.13	
Lauren Clark	U/17	Hammer Throw (3kg)	BRONZE	49.63m	CB, PB
	U/20	Hammer Throw (4kg)	11th	38.66m	CB, PB
Kristina Moore	U/18	Discus (1kg)	BRONZE	48.06m	WJQ
	U/20	Discus (1kg)	4th	47.85m	
Jas Setiadji	U/18	100m Hurdles (76.2cm)	7th	14.81	PB
Emily Jones	U/20	100m Hurdles (84cm)	15th	15.86	PB
		400m Hurdles	16th	1.12.50	
		Triple Jump	6th	11.69m	PB
Aleisha Scanlon	U/20	Long Jump	6th	5.67m	PB
		Triple Jump	15th	11.16m	
Rachel Pace	U/20	100m Hurdles (84cm)	-	DNF - 14.16 (h)	PB
Carla Takchi	U/20	100m	-	DNS - 12.31 (h)	PB

		100m Hurdles (84cm)	BRONZE	14.12	PB
Alysha Burnett	U/20	100m Hurdles (84cm)	13th	14.82	PB
		Long Jump	BRONZE	6.00m	CB, SB
		High Jump	GOLD	1.83m	WJQ, PB
		Javelin (600g)	BRONZE	42.79m	CB, PB
Brianna Phillips	U/20	Long Jump	10th	4.51m	
Riley Hemsworth	U/14	90m Hurdles	GOLD	13.01	
Morgan Little	U/15	200m	14th	25.38	
		400m	DQ	-	
Nick Dang	U/16	100m Hurdles (84cm)	4th	13.39 - 13.02 (h)	CB, PB
Ryan Jones	U/16	2000m Steeplechase (76.2cm)	15th	7.07.37	
Kevin Yang	U/16	Shot Put (4kg)	SILVER	14.44m	
Kyle Ekstrom	U/17	Discus (1.5kg)	7th	45.96m	PB
Nick Thomson	U/18	100m	10th	11.49	
		200m	6th	22.37	PB
		110m Hurdles (99.1cm)	DQ	14.22 (h)	PB
Tom Gammie	U/18	110m Hurdles (91.4cm)	12th	15.33	
Joel Davidson	U/18	Triple Jump	7th	12.78m	PB
Josh Baddock	U/20	Long Jump	6th	6.98m	CB, PB
		Triple Jump	7th	14.28m	CB, PB
Declan Pluim	U/20	High Jump	14th	1.92m	
Nick Andrews	U/20	100m	BRONZE	10.39	WJQ, CB, PB
		110m Hurdles (99.1cm)	GOLD	13.79	WJQ, PB
		4x100m Relay	GOLD	41.35	
Jacob McCorry	U/20	110m Hurdles (99.1cm)	SILVER	14.02 - 13.79 (h)	WJQ, PB

NSW Allcomers - 12/03/2016 @ SOPAC

ATHLETE	Age	EVENT	RESULT	DETAILS
Rachel Ingram	15	100m	13.89	
Jennifer Bishop	46	100m	14.17	
		200m Hurdles	34.01	CB
		Long Jump	4.42m	SB
		Discus (1kg)	26.54m	
		Shot Put (4kg)	9.25m	
Jill Taylor	61	Shot Put (3kg)	8.60m	
		Discus (1kg)	24.14m	
Lachlan Antoinette	16	100m	13.16	
		Long Jump	5.12m	
		Shot Put (5kg)	12.02m	
		Discus (1.5kg)	36.89m	
Beau Ingram	17	100m	11.69	
Evan Clothier	22	100m	11.25	
		400m	48.39	PB, CB
Tim Foster	23	400m	54.76	
Caerl Murray	41	100m	13.21	
		Shot Put (7.26kg)	8.65m	

WJQ = World Junior Qualifier

PB = Personal Best

SB = Season's Best

CB = Club Best

h = heat

Kind Regards,

Cherrybrook Seniors Athletics

Vice President and Competition Manager

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