

## CHERRYBROOK SENIOR ATHLETICS NOTICES – MARCH 3 2016

Dear Cherrybrook Athletes and parents,

WELL DONE to our incredible 15 athletes on their fantastic results this weekend at the NSW Open Championships coming away with a tally of 15 medals!!

- The highlight being another **WORLD JUNIOR QUALIFIER** from one of our athletes – this time from **Kristina Moore** in the Discus with an incredible throw and massive PB of almost 2m to deliver 48.31m!!
- **Alysha Burnett** was at her very best with two medals (Silver – High Jump) and (Bronze – Long Jump) from her 4 events which also featured a new Club Record in the Shot Put with a throw of 12.93m.
- **Julie Charlton** was once again on fire at these championships with a very busy schedule where she achieved 4 Gold Medals, 2 Silver medals and 1 Bronze from 7 events.
- **Kailyn Joseph** delivered a respectable performance with 2 Bronze medals in the 200m and Discus event(s)
- **Ben Jaworksi** – State Champion in the 200m with a blistering performance of 21.21 with his training partner **Evan Clothier** running a PB of 21.92 to secure a Bronze medal
- **Tim Foster** – Gold medal in the 400m with a strong performance of 53.65

This weekend is a NSW Allcomers meet so please make sure you get out there and compete as there aren't a lot of opportunities left to compete this summer season! 1 week to go to Australian Junior Nationals!

### NSW ALLCOMERS – SATURDAY 5 MARCH

**Eligibility:** The Allcomers is not conducted in any specific age group, however athletes will be entered into races (track events) and pools (field events) based on the season best performance, which will be validated by Athletics NSW.

**Entry:** Click [here](#) for online entry.

Athletes are to enter online at an entry cost of \$7.50 for unlimited events. Pre-entry allows Athletics NSW to provide athletes with a precise timetable and event entry list before arriving at the venue. Please note online entry requires credit card payment. Athletes

without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange an 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 \$20 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 3rd March 2016\*\***

**Timetable:** The draft timetable is available to view by clicking [here](#).

**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.

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

<b>DATE(S)</b>	<b>VENUE</b>	<b>COMPETITION</b>
<b>5 March</b>	SOPAC	<a href="#"><u>NSW Allcomers</u></a>
<b>8-13 March</b>	WA ATHLETICS	<a href="#"><u>Australian Junior Track and Field Championships</u></a>
<b>12 March</b>	SOPAC	<a href="#"><u>NSW Allcomers</u></a>
<b>24 March</b>	SOPAC	<a href="#"><u>NSW Allcomers</u></a>

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.

### RESULTS

#### NSW Open, U/23 and Para Championships - 26-28/02/2016 @ SOPAC

ATHLETE	Age	EVENT	PLACE	RESULT	DETAILS
Carla Takchi	Open	100m	11th	12.37	SB, Q
		100m Hurdles (84cm)	6th	14.43	SB, Q
Alysha Burnett	Open	100m Hurdles (84cm)	8th	15.04 (14.92h)	SB, Q
		Shot Put (4kg)	6th	12.93m	CB, PB, Q
		High Jump	SILVER	1.75m	Q
		Long Jump	BRONZE	5.86m	Q
Rachel Pace	Open	100m Hurdles (84cm)	10th	15.07	
Julie Charlton	AWD	100m	GOLD	22.32	
		200m	SILVER	41.89	
		400m	SILVER	1.27.77	

		800m	BRONZE	3.10.08	
		Shot Put	GOLD	4.78m	
		Discus	GOLD	12.08m	
		Javelin	GOLD	5.36m	
<b>Kailyn Joseph</b>	AWD	100m	5th	17.84	
		200m	BRONZE	37.36	
		Discus	BRONZE	17.27m	
		Long Jump	5th	3.76m	
<b>Kristina Moore</b>	Open	Discus (1kg)	BRONZE	48.31m	WJQ, CB, PB, Q
<b>Emily Jones</b>	Open	Long Jump	17th	5.03m	
		Triple Jump	9th	11.15m	
<b>Aleisha Scanlon</b>	Open	Long Jump	9th	5.56m	PB, Q
		Triple Jump	5th	11.58m	Q
<b>Harry Andrews</b>	Open	100m	13th	11.03	Q
<b>Joel Davidson</b>	Open	100m	35th	11.83	
		200m	22nd	23.42	PB
		Triple Jump	11th	12.57m	
		Long Jump	10th	5.95m	
<b>Ben Jaworski</b>	Open	100m	5th	10.62	Q
		200m	GOLD	21.21	Q
<b>Evan Clothier</b>	Open	200m	BRONZE	21.92	PB, Q
		400m	11th	49.14	
<b>Tim Foster</b>	AWD	400m	GOLD	53.65	
<b>Josh Baddock</b>	Open	Long Jump	7th	6.56m	
		Triple Jump	9th	13.27m	
<b>Declan Pluim</b>	Open	High Jump	12th	1.85m	

**Q = National Qualifier**

**PB = Personal Best**

**SB = Season's Best**

**CB = Club Best**  
**WJQ = World Junior Qualifier**

Kind Regards,  
Cherrybrook Seniors Athletics  
Vice President and Competition Manager  
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