

## CHERRYBROOK SENIOR ATHLETICS NOTICES – MARCH 8 2016

Dear Cherrybrook Athletes and parents,

### **BEST WISHES TO OVER 30 OF OUR ATHLETE WHO WILL BE COMPETING AT THE AUSTRALIAN JUNIOR CHAMPS IN PERTH NEXT WEEK!**

We also have several Cherrybrook athletes who have done National Qualifier's for the World Junior Championships in Poland next year – we wish them all the very best of luck! I'm sure all our athletes will perform with pride, enthusiasm and peak at the right time to cap off a great season!

Well Done also to **Ben Jaworski** who competed at the IAAF World Challenge in Melbourne over the weekend where he finished 7<sup>th</sup> in the 100m sprint in a time of 10.64!

### **AUSTRALIAN JUNIOR CHAMPIONSHIPS – SOPAC – 8-13 MARCH**

<b>Date</b>	Tuesday 8th - Sunday 13th March
<b>Location</b>	WA Athletics Stadium, Floreat WA
<b>Times</b>	<b>Tues:</b> 5:30 - 9:30pm <b>Wed:</b> 8:00am - 1pm 5:45pm - 9:00pm <b>Thurs:</b> 9:00am - 2pm, 6:00pm - 10:00pm <b>Fri:</b> 8:00am - 2:30pm, 5:30pm - 9:30pm <b>Sat:</b> 8:00am - 2:00pm <b>Sun:</b> 8:00 am to 3:00pm
<b>Tickets</b>	Available online here and at the gate. Multi Day Passes available.
<b>Entries</b>	Entries will be taken directly by your state Member Association. Please contact them to enter.

For Further Information on start lists, timetables and results please click the following link:  
<http://athletics.com.au/Compete/Events/australian-junior-athletics-championships-16>

## **NSW ALLCOMERS – SATURDAY 12 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](#).

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 10th March 2016\*\***

**Timetable:** The draft timetable is available to view [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>
----------------	--------------	--------------------

8-13 March	WA ATHLETICS	<a href="#">Australian Junior Track and Field Championships</a>
12 March	SOPAC	<a href="#">NSW Allcomers</a>
24 March	SOPAC	<a href="#">NSW Allcomers</a>
31 March – 3 April	SOPAC	<a href="#">Athletics Australian Open National Championships</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 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 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 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 15<sup>th</sup> May from 6.30pm (Seniors) where we will hand out awards, gifts and look back on a wonderful season!

### RESULTS

NSW Allcomers - 5/03/2016 @ SOPAC

ATHLETE	Age	EVENT	RESULT	DETAILS
---------	-----	-------	--------	---------

<b>Emily Crawford</b>	11	100m	13.8	
		200m	29.47	
<b>Mia Hemsworth</b>	14	100m	13.05	
		90m Hurdles	12.95	
<b>Eleanor Lamperts</b>	15	100m	13.46	
		200m	27.2	
<b>Imogen Breslin</b>	15	90m Hurdles	13.25	
<b>Emily Britton</b>	15	90m Hurdles	13.02	PB
<b>Tiana Death</b>	16	100m	13.28	
		100m Hurdles (76.2cm)	14.8	
<b>Jas Setiadji</b>	17	100m Hurdles (76.2cm)	15.35	
<b>Aleisha Scanlon</b>	18	Triple Jump	10.94m	
<b>Emily Jones</b>	18	100m	14.3	
		200m	29.1	
		100m Hurdles (84cm)	16.3	
		Triple Jump	11.42m	
<b>Rachel Pace</b>	18	100m	12.51	
		100m Hurdles (84cm)	14.6	
<b>Carla Takchi</b>	19	100m	12.65	
		100m Hurdles (84cm)	14.4	PB
<b>Nat Setiadji</b>	20	100m Hurdles (84cm)	16.02	
<b>Karina Takchi</b>	20	100m	12.72	
<b>Sally Stagles</b>	56	80m Hurdles	13.42	
<b>Bayden Little</b>	13	Javelin (700g)	45.18m*	
<b>Riley Hemsworth</b>	13	90m Hurdles	12.98	
<b>Morgan Little</b>	14	200m	25.22	
		Javelin (700g)	34.73m	
<b>Nick Dang</b>	15	100m Hurdles (84cm)	13.56	
<b>Lachlan Antoinette</b>	16	100m	12.94	
		200m	27.29	

		Javelin (700g)	30.71m	
<b>Joel Davidson</b>	17	100m	11.57	PB
		200m	23.57	
		Triple Jump	12.38m	
<b>Tom Gammie</b>	17	100m	11.48	
		110m Hurdles (91.4cm)	15.26	
<b>Nick Thomson</b>	17	100m	11.26	
		110m Hurdles (91.4cm)	14.49	PB
<b>Oliver Clarke</b>	17	800m	2.00.54	PB
<b>Beau Ingram</b>	17	100m	11.68	
<b>Nick Andrews</b>	19	110m Hurdles (99.1cm)	13.95	
<b>Jacob McCorry</b>	19	110m Hurdles (99.1cm)	14.1	
<b>Tim Foster</b>	23	200m	24.09	
<b>Caerl Murray</b>	41	100m	12.81	
		200m	26.6	SB

**Melbourne IAAF World Challenge @ Melbourne - 5/03/2016**

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
<b>Ben Jaworski</b>	Open	100m	7th	10.64	

**NSW Masters Throwers Pentathlon - 5/03/2016**

ATHLETES NAME	AGE	EVENT	RESULT	POINTS	DETAILS
<b>Robert Clark</b>	50-54	Shot Put (6kg)	9.62m	563	
		Discus (1.5kg)	30.09m	479	PB, CB
		Javelin (700g)	26.08m	328	
		Hammer Throw (6kg)	32.96m	498	
		Weight Throw (11.34kg)	12.03m	599	
		<b>Throws Pentathlon</b>	<b>TOTAL</b>	<b>2467</b>	PB, CB - 4TH

**Q = National Qualifier**

**PB = Personal Best**

**SB = Season's Best**

**CB = Club Best**

Kind Regards,

Cherrybrook Seniors Athletics

Vice President and Competition Manager

Matthew Joyce – 0402 485 998