CHERRYBROOK SENIOR ATHLETICS NOTICES – NOVEMBER 11 2015

Dear Cherrybrookians,

TRELOAR SHIELD #4 - some more amazing Cherrybrook Results!!

* 28 Athletes competing
* 7 NEW Athletes participating for the Seniors club for the first time! Kristina Dang, Ryan Hogan, Riley Hemsworth, Thisara Gunnawardene, Ryan Hogan, Martin Bradshaw and Jess Maciver
* 2 NEW Club Records broken - Morgan Little (U/14 700g Javelin - 33.14m) and Martin Bradshaw (30+ Triple Jump - 8.74m)
* 8 Hurdles making National Qualifying Standards: Imogen Breslin, Mia Hemsworth, Emily Britton, Riley Hemsworth, Nick Dang, Jacob McCorry, Nick Andrews and Courtney Cattell who did her first club meet in a year with an outstanding result!
* PB's came from Emily Jones (11.10m TJ + 200m - 28.80), Nick Dang (24.37 200m), Jack McFadden (10.12m SP) and 4 PB's from 4 events from Ryan Jones for High Jump, Javelin, 200m and Triple Jump * Other big contributors yesterday were: Beau Ingram/Emily Jones (3 events), Morgan Little (4 events) and Lachy Antoinette (4 events)

Another amazing weekend from the troops! Bring on State Relays!

SENIOR STATE RELAYS – 14 & 15 NOVEMBER 2015

State Relays are on this weekend at **Blacktown International Sports Park** – if you have nominated please ensure you check the most up to date teams attached in this email as of **Wednesday 11th November** – we have had a number of athletes pull out over the past day so we need all the help we can get and people to step up for our club so we can have the teams entered.

A FINAL timetable/teams will be sent in an email tomorrow to all those athletes/parents who've nominated. GOOD LUCK CHERRYBROOK – compete hard, have fun and support all our amazing athletes!!!

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

DATE(S)	VENUE	COMPETITION
14-15 November	Blacktown	**NSW State Relays Championship**
28 November	Blacktown	Treloar Shield Round #5
5 December	Campbelltown	Treloar Shield Round #6
12 December	Bankstown	Treloar Shield Round #7
19 December	ES Marks	Treloar Shield Round #8

Make sure you make it to as many as Treloar Shields as possible to score as many points as possible for our wonderful and happy club!!

For the FULL calendar please click on the: **ANSW Summer Calendar 2015/16**

DID YOU KNOW YOU CAN COMPETE ON FRIDAY NIGHTS @ GREENWAY OVAL?

If you are looking for more competition opportunities and a chance to try new and different events senior athletes of all ages (U/15 – Masters) are welcome to come along every Friday to our competition nights at Greenway Oval. The program starts from 5.30pm and we have different events every week you can participate in based on our 3-week rotation program. For more information of the range events on offer please click the following link (you'll be doing events listed with for U/14-U/17's program):
http://www.cherrybrookathletics.org.au/Title%20Pages%20added/3%20week%20program.html

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

FACEBOOK & INSTAGRAM

We have a Facebook page where you can see photos of our athletes, the latest results and other important events and notices within the club. To gain access to this page search "Cherrybrook Senior Athletics" and click "LIKE". Our club has also just got an account on Instagram where you can see more fantastic photos of our club!

COACHING & OFFICIALS

For further information in how to become a qualified coach and/or official please click the following links below:

- Officials

- Coaching Accreditation and Programs

RESULTS

ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Kristina Dang	U/14	200m	31.37	
Jess Maciver	U/14	200m	29.2	
		800m	2.51.17	
Zoe Warland	U/14	200m	29.85	
		80m Hurdles	13.58	
Imogen Breslin	U/16	90m Hurdles	13.71	Q
Mia Hemsworth	U/16	200m	27.03	Q
		90m Hurdles	13.26	
Emily Britton	U/16	200m	28.49	
		90m Hurdles	14.04	Q
Eleanor Lamperts	U/16	200m	28.13	
Kate Collett	U/16	200m	27.71	
		Shot Put (3kg)	10.79m	
Emily Jones	U/18	200m	28.8	PB
		Triple Jump	11.10m	PB
		High Jump	1.45m	
Courtney Cattell	U/18	200m	27.24	
		100m Hurdles (76.2cm)	16.23	Q
Aleisha Scanlon	U/18	200m	27.45	
		Triple Jump	11.05m	
Thisara Gunawardene	U/14	Triple Jump	9.95m	
Riley Hemsworth	U/14	90m Hurdles	15.08	Q
Donovan Bradshaw	U/14	200m	27.9	
Morgan Little	U/14	200m	26.57	
		800m	2.37.41	
		Shot Put (3kg)	12.09m	
	U/18	Javelin (700g)	33.14m	CB
Jack McFadden	U/16	Shot Put (4kg)	10.12m	PB
	U/18	Javelin (700g)	24.24m	PB
Lachlan Antoinette	U/16	200m	28.11	
		High Jump	1.45m	
		Triple Jump	11.17m	
		Shot Put (4kg)	13.08m	
	U/18	110m Hurdles (91.4cm)	21.52	

Nick Dang	U/16	200m	24.37	PB
		100m Hurdles (84cm)	14.86	Q
Ryan Jones	U/16	200m	29.65	PB
		High Jump	1.30m	PB
		Triple Jump	9.35m	PB
	U/18	Javelin (700g)	22.99m	PB
Ryan Hogan	U/16	3000m (G race)	10.36.70	
Kevin Yang	U/16	Shot Put (4kg)	14.18m	
Beau Ingram	U/18	200m	25.7	
		Shot Put (5kg)	7.29m	
		Javelin (700g)	17.34m	
Joel Davidson	U/18	200m	24.4	
		Triple Jump	12.19m	
Alex Nguyen-Ha	U/18	200m	24.66	
		Triple Jump	12.92m	
Hugh Hunt	U/18	800m	2.03.46	
Nick Andrews	U/20	110m Hurdles (99.1cm)	14.24	Q
Jacob McCorry	U/20	110m Hurdles (99.1cm)	14.89	Q
Matt Joyce	Open	800m	2.10.93	
Martin Bradshaw	40+	200m	28.34	
		Triple Jump	8.94m	CB

KEY:
CB = Club Best
PB = Personal Best
Q = National Qualifying Standard or Performance – March Junior Nationals, 2016

Kind Regards,
Cherrybrook Senior Athletics
Seniors Vice President
Matthew Joyce – 0402 485 998