

CHERRYBROOK SENIOR ATHLETICS NOTICES – NOVEMBER 18 2015

Dear Cherrybrookians,

We had a great weekend at Senior State Relays for our club where we had 55 athletes compete at Blacktown with 37 teams (up from 24 teams in 2014)! There was great club spirit shown, amazing teamwork and fantastic participation and support from all parents, athletes and coaches. We came home with 14 medals (1 Gold, 8 Silver and 4 Bronze) with the Gold going to the U/20 men's team consisting of: Nick Thomson, Jacob McCorry, Beau Ingram and finished off very strongly by Nick Andrews. Big medal winners included: Alesiha Scanlon (4 medals), Emily Jones, Eleanor Lamperts, Evan Clothier and Nick Andrews (3 medals each). Thank you to all those athlete (s) who had to fill in for events they are unaccustomed to just to make up teams such as: distance runner Ryan Jones throwing a U/18 5kg Shot Put, sprinter Scarlett Prowse throwing a 3kg Shot Put with an injury and of course our Masters veteran and legend thrower Jill Taylor going from the blocks in the 4 x100m Master Women's race. It was amazing to see so many athletes have a crack, have fun and enjoy an incredible team event! We now have a week off from senior club competition until Treloar Shield commences at Blacktown next weekend – we hope to see you all there on the back of a great showing for Relays!



WELL DONE NSW STATE RELAY TEAM MEMBERS

Congratulations to Mia Hemsworth and Julia Vignes who have been selected in the NSW team to run in the U/14's 4 x100m event in Melbourne from December 4 - 6. In addition to this Katie Devitt will be in the U/16 relay teams for the 4 x100m and Swedish medley relay. Good Luck girls!

TRELOAR SHIELD @ BLACKTOWN – SATURDAY 28 NOVEMBER

Entry: Online entry is \$7.50 and closes midnight Thursday 26th November.

[Online entry available here](#)

On the day entry is available but not guaranteed and will only be offered in the Treloar Shield events 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.

Events: 100m, 200m, 400m, 1500m, Steeplechase, Sprint Hurdles, Long Jump, Shot Put, Hammer Throw

Timetable: [Click here](#) to view the DRAFT timetable.

On the Day Check-in: All athletes in TRACK events 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 event.

Athletes entered in FIELD events only, are not required to report to athlete check in. Instead, field event athletes must report directly to the field event site at least twenty (20) minutes before the scheduled start time.

Venue: Blacktown International SportsPark, Eastern Rd, Rooty Hill NSW 2766

[Click here](#) to view map.

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

DATE(S)	VENUE	COMPETITION
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 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

EVENT	DIV	SEX	PLACE	RESULT	ATHLETES
4x100m	U/14	Female	8th	54.04	Kristina Dang, Jessica Maciver, Tiarne Ekstrom, Mia Hemsworth
4x200m	U/14	Female	8th	2.04.12	Kristina Dang, Lara Stevens, Zoe Warland, Tiarne Ekstrom
Shot Put	U/14	Female	4th	29.61m	Kristina Dang, Scarlett Prowse, Zoe Warland, Tiarne Ekstrom
4x200m	U/14	Male	SILVER	1.45.47	Thisara Gunawardene, Donovan Bradshaw, Jonathan Reid, Morgan Little
Long Jump	U/14	Male	4th	18.24m	Thisara Gunawardene, Donovan Bradshaw, Jonathan Reid, Morgan Little
Discus	U/14	Male	SILVER	81.63m	Bayden Little, Donovan Bradshaw, Jonathan Reid, Morgan Little
4x100m	U/16 (A)	Female	8th	52.98	Kate Collett, Eleanor Lamperts, Zoe Warland, Emily Britton
4x200m	U/16 (A)	Female	SILVER	1.48.67	Eleanor Lamperts, Kate Collett, Jessica Maciver, Mia Hemsworth
4x100m	U/16 (B)	Female	12th	56.77	Celeste Edmunds, Bridgette Edmunds, Rachel Ingram, Kristina Dang
4x200m	U/16 (B)	Female	6th	2.01.69	Celeste Edmunds, Bridgette Edmunds, Rachel Ingram, Kristina Dang
4x100m	U/16	Male	10th	49.61	Morgan Little, Nick Dang, Donovan Bradshaw, Lachlan Antoinette
4x800m	U/16	Male	4th	9.56.69	Morgan Little, Ryan Jones, James Farrington, Harry Farrington
4x100m	U/18	Female	5th	51.71	Kate Collett, Eleanor Lamperts, Alesiha Scanlon, Natasha Pidgeon
4x200m	U/18 (A)	Female	BRONZE	1.47.12	Jaslyn Setiadji, Eleanor Lamperts, Aleisha Scanlon, Natasha Pidgeon
4x200m	U/18 (B)	Female	7th	1.53.11	Chloe Antal, Emily Jones, Rachel Ingram, Kate Collett
Long Jump	U/18 (A)	Female	SILVER	18.26m	Emily Jones, Aleisha Scanlon, Eleanor Lamperts, Zoe Warland

Long Jump	U/18 (B)	Female	9th	16.21m	Celeste Edmunds, Isabella Rudolph, Rachel Ingram, Kate Collett
High Jump	U/18	Female	BRONZE	5.90m	Nicole Freestone, Isabella Rudolph, Emily Jones, Kate Collett
Shot Put	U/18	Female	7th	31.42m	Kate Collett, Rachel Ingram, Emily Jones, Jessica Maciver
4x100m	U/18 (A)	Male	5th	45.33	Josh Baddock, Nick Thomson, Joel Davidson, Beau Ingram
4x100m	U/18 (B)	Male	14th	52.54	Stuart Duve, Lachlan Antoinette, Ryan Jones, Oliver Clarke
Long Jump	U/18	Male	5th	22.52m	Joel Davidson, Stuart Duve, Lachlan Antoinette, Alex Nguyen-Ha
High Jump	U/18	Male	SILVER	7.20m	Jackson Tuynman, Josh Baddock, Declan Plum, Joel Davidson
Shot Put	U/18	Male	5th	31.14m	Lachlan Antoinette, Ryan Jones, Oliver Clarke, Beau Ingram
4x200m	U/18	Male	5th	1.38.30	Josh Baddock, Nick Dang, Joel Davidson, Beau Ingram
4x100m	U/20 (A)	Female	SILVER	49.81	Natasha Pidgeon, Carla Takchi, Aleisha Pidgeon, Karina Takchi
4x100m	U/20 (B)	Female	6th	52.4	Chloe Antal, Brianna Phillips, Jaslyn Setiadji, Emily Britton
4x200m	U/20	Female	5th	1.49.78	Emily Jones, Brianna Phillips, Natasha Pidgeon, Aleisha Scanlon
4x100m	U/20	Male	GOLD	43.54	Nick Thomson, Jacob McCorry, Beau Ingram, Nick Andrews
Long Jump	Open	Female	SILVER	18.72m	Alysha Burnett, Aleisha Scanlon, Emily Jones, Brianna Phillips
4x100m	Open	Male	BRONZE	41.36	Evan Clothier, Nick Andrews, Jacob McCorry, Ben Jaworski
4x200m	Open	Male	SILVER	1.26.72	Evan Clothier, Nick Andrews, Ben Henry, Nick Thomson, Ben Jaworski
4x400m	Open	Male	6th	3.28.56	Evan Clothier, Ben Jaworski, Oliver Clarke, Matthew Joyce
Long Jump	Open	Male	BRONZE	25.44m	Josh Baddock, Rhys Tuohy, Alex Nguyen-Ha, Evan Clothier
High Jump	Open	Male	5th	7.25m	Josh Baddock, Rhys Tuohy, Ben Henry, Alysha Burnett
4x100m	Masters	Female	6th	1.02.19	Jill Taylor, Jenny Bishop, Elizabeth Jones, Mel Best-Clark
Shot Put	Masters	Female	BRONZE	29.94m	Jill Taylor, Jenny Bishop, Elizabeth Jones, Mel Best-Clark

For FULL Results (including individual field results and the medal tally) please click the following link:

<http://nswathletics.org.au/Results/nsw-relay-championships-97>

Kind Regards,
Cherrybrook Senior Athletics
Seniors Vice President
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