

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – SEPTEMBER 18 2015

Welcome all Cherrybrook Athletes and families,

We are getting closer and closer to the start of our very first club competition next month and the NSW All Schools competition is also just around the corner too – please don't forget to register by next week (**Tuesday 22nd September**)!!!

Congratulations to **Kristina Moore** and **Rachel Pace** who competed for Australia at the Youth Commonwealth Games last week with some incredible results! Kristina won a **GOLD** medal in the Discus with an incredible throw and **BIG PB** of 46.95m – this was backed up a day later to place 4th in the Shot Put with another **PB** of 14.91m narrowly missing out on two medals. Rachel was just as impressive with winning a **BRONZE** medals in the 100m Hurdles where she ran a sizzling 13.46 which was an equal U/18 NSW State Record (joint with Shelly Jenneke) – she then won a **SILVER** medal in the 4 x 100m relay. Well Done to both these young ladies who competed with such pride, enthusiasm and determination – Cherrybrook Athletics and Australia are very proud of these results and this is only start of success for you both on the international stage!



Well Done to **Hugh Hunt** who was apart of the Barker Boys 16/17B Cross Country team that won Nationals Cross Country last month – his team will now go on to compete at the World Cross Country Championships to be hold at Budpest in April next year. Additionally well done to **Kailyn Joseph** who finished 5th in the Para 13G category – a very pleasing result!

WELL DONE TIM FOSTER – IPC World Athletics Champs

Congratulations to **Tim Foster** who has been named in the Australian Athletics team to compete in the 400m at the IPC Athletics World Championships in Doha this October after a very strong 2015 season! The championships will be held from the 21 – 31 October and we wish Tim and his family all the best. For more information please see the following link -

<http://athletics.com.au/News/doha-2015-43>



GO MICHELLE JENNEKE! 2015 WORLD ATHLETICS CHAMPIONSHIPS

Congratulations to former Cherrybrook athlete and current Hurdles coach **Michelle Jenneke** on an outstanding World Championships campaign in Beijing last month. Shelley made it to semi final stage of the competition where she finished 6th in her heat in a very quick time of 13.01 and 18th overall which is an amazing result in her very first World Championships. She continues to be a great role model for the club and continues to inspire those around her including many fine junior hurdler(s) coming through our ranks.

CHERRYBROOK SENIORS REGISTRATION NOW OPEN ONLINE FOR 2015/16

Registrations are now open online for the 2015/16 Athletics Season!! ***Please note when you log in to use your email address please use the one you provided last year and click on I forgot my password so you can set a password for yourself.*** To be part of our happy and awesome club please click on the link below for more information and to register now:

<http://nswathletics.org.au/Clubs-Membership/Join>

Once registered your competition numbers will be posted out to you. Any enquiries please let me know.



NSW ALL SCHOOLS CHAMPS – 8 – 11 OCTOBER - ENTRIES CLOSE TUESDAY 22ND SEPTEMBER

This competition is open to any athlete currently attending a NSW Secondary School, between the ages of 12-19 which has each year over 1600 athletes. There is no direct progression from a previous carnival, and no qualifying standards exist. As long as you submit your entry by the closing date, you can compete!

Uniform

Athletes are to wear their school athletics uniform, school PE uniform or their Senior Athletics Club uniform (Little Athletics uniforms and regional uniforms may not be worn).

Age Groups

Events will be conducted in age groups 12, 13, 14, 15, 16, 17 & 19 years of age. Age is determined as at 31 December 2015.

[Click here](#) to view the weight and hurdle specifications.

Para-Athletes

The following events are offered for para athletes; 100m, 200m, 800m, Shot Put, Discus Throw & Long Jump. Results will be determined as a percentage of the Athletics Australia multi disability scoring tables for each athlete's classification in the Senior (16-19 year) & Junior (12-15 year) age categories.

Entry

[Click here](#) to enter online.

[Click here](#) for a manual entry form.

Entry into the NSW All Schools Championships is \$20 per event.

****Entries close on Tuesday 22 September 2015 at Midday****

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

Venue: Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park.

For more important information on the event including: rules, check in procedures as well as qualifying for the Australian All Schools Champs please click the following link - [Athletics NSW Championships 2015 Important Information](#)

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

Athletics NSW have recently released the draft calendar for the 2015/16 Athletics season. The season kicks off in late September with the NSW All Schools Multi Championships in addition to a warm up meet for the annual NSW All Schools Champs in October. The Club based competition (**Treloar Shield**) where you can earn and score points for our club commences on the **17th October** and will run over 8 rounds in various Athletics locations in the metropolitan Sydney area and will finish the week before Christmas. The big one to take note of is the date(s) of State Relays (**14th & 15th November at Blacktown**) – please ensure all athletes make themselves readily available for selection for this exciting event, which is always the funnest and biggest day(s) to be part of the Cherrybrook Athletics team. See table below for further details on each meet including: events available, rules and location(s)

DATE(S)	VENUE	COMPETITION
26-27 September	SOPAC	<u>NSW All Schools Multi Event Champs and Warm Up Meet</u>
8–11 October	SOPAC	<u>NSW All Schools Championships</u>
17 October	SOPAC	<u>Treloar Shield Round #1</u>
24 October	Narrabeen	<u>Treloar Shield Round #2</u>
31 October	Bankstown	<u>Treloar Shield Round #3</u>
7 November	ES Marks	<u>Treloar Shield Round #4</u>
14-15 November	Blacktown	<u>NSW State Relays Championship</u>
28 November	Blacktown	<u>Treloar Shield Round #5</u>
5 December	Campbelltown	<u>Treloar Shield Round #6</u>
12 December	Bankstown	<u>Treloar Shield Round #7</u>
19 December	ES Marks	<u>Treloar Shield Round #8</u>

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](#)

ANSW & LITTLE ATHLETICS ROADSHOW – 25 – 27 SEPTEMBER

Next weekend Sydney Olympic Park will host the 'Roadshow' which a development initiative aimed at improving club capacity and capabilities by providing relevant training and new innovative skills to clubs in a variety of different ways. The roadshow will feature an Athletics Clinics for athletes aged 9-17 years old (Friday), Officials Level 1 Course, Club Conference (Saturday) and a Coaching Level 1 Course as well as Running clinic for all ages (Sunday). If you would like more specific details about content/times and would like to register be sure to get in quick by following the link below:

<http://nswathletics.org.au/News/get-on-board-for-the-athletics-roadshow>



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

NSW CHS Championships - 3-5/09/2015 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Kate Collett	14G	Shot Put (3kg)	4th	11.77m	Q

		Discus (1kg)	SILVER	34.44m	Q
Katie Devitt	15G	100m	GOLD	12.61	Q
		200m	GOLD	25.76	Q
Nicholas Thomson	16B	100m	4th	11.37	11.28 (h) PB, Q
		200m	SILVER	23.14	PB
		110m Hurdles (91.4cm)	SILVER	14.9	PB, Q
Oliver Clarke	16B	800m	9th	2.07.28	
Tiana Hazlewood	16G	Discus (1kg)	BRONZE	36.75m	PB
		Javelin (500g)	BRONZE	36.97m	PB
Emily Jones	17+G	100m Hurdles (76.2cm)	5th	16.85	PB
		400m Hurdles	8th	1.14.74	1.09.68 (h) PB, Q
		High Jump	10th	1.45m	
		Triple Jump	5th	10.68m	PB
Maddy Jones	17+G	100m Hurdles (76.2cm)	SILVER	15.78	PB
		High Jump	SILVER	1.64m	
		Long Jump	BRONZE	5.10m	
		Triple Jump	SILVER	10.94m	

Commonwealth Youth Games - 8-10/09/2015 @ Samoa

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Rachel Pace	U/18	100m Hurdles (76.2cm)	BRONZE	13.46	PB, CB, SR* Q
Kristina Moore	U/16	Shot Put (3kg)	4th	14.91m	PB, CB, Q
		Discus (1kg)	GOLD	46.95m	PB, CB, Q

NSW CAS Championships - 10/09/2015 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Max Hirst	13B	90m Hurdles	3rd	14.19	Q
		Long Jump	7th	4.84m	
Lachlan Antoinette	15B	100m Hurdles (84cm)	5th	16.77	PB
		Long Jump	6th	5.55m	PB

		Shot Put (4kg)	4th	14.05m	PB
		Discus (1kg)	3rd	46.64m	PB
		Javelin (700g)	12th	26.91m	
	16B	Discus (1.5kg)	6th	36.39m	
Hugh Hunt	17B	800m	3rd	2.02.86	
Sam Coburn	17B	400m	5th	52.87	
Josh Baddock	17B	Long Jump	2nd	6.46m	
		High Jump	1st	1.95m	Q
	OPEN	Long Jump	2nd	6.39m	
	OPEN	High Jump	1st	2.02m	Q
Jacob McCorry	OPEN	100m	1st	11.36	
		110m Hurdles (99.1cm)	1st	14.78	PB, Q

NSW CIS Championships - 16/09/2015 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Capri Vidler	15G	100m	SILVER	5.06.55	PB

NSW CIS Championships - 16/09/2015 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Scarlett Prowse	12G	100m	SILVER	13.12	MR, PB, Q
		200m	GOLD	27.63	PB, Q
Julia Vignes	13G	80m Hurdles	GOLD	12.7	
Zoe Warland	13G	80m Hurdles	BRONZE	13.54	
		Long Jump	BRONZE	4.77m	
Mia Hemsworth	13G	100m	SILVER	12.64	CB, PB Q
		200m	SILVER	26.38	PB
Imogen Breslin	14G	90m Hurdles	GOLD	13.31	MR, Q
Emily Britton	14G	90m Hurdles	SILVER	13.5	Q
Ella Hirst	14G	Triple Jump	SILVER	10.17m	PB
Nicole Freestone	14G	High Jump	GOLD	1.62m	PB, Q

Natasha Pidgeon	16G	100m	BRONZE	12.89	
		200m	SILVER	26.51	
Chloe Antal	17G	100m	7th	13.74	
Emma Ralphs	17G	100m Hurdles (76.2cm)	BRONZE	16.62	PB
		Long Jump	BRONZE	4.97m	
		Javelin (500g)	GOLD	40.40m	PB
Brianna Phillips	18G	100m	BRONZE	13.29	
		200m	BRONZE	28.42	
		Long Jump	4th	4.58m	
		Triple Jump	4th	8.80m	
Julie Charlton	AWD	100m	GOLD	21.72	MR, PB
		200m	GOLD	40.23	MR, PB
		800m	GOLD	2.49.14	MR, PB
		Shot Put (3kg)	GOLD	5.65m	MR
		Discus (1kg)	GOLD	12.26m	MR
Max Hirst	13B	90m Hurdles	SILVER	15.2	
		Long Jump	8th	4.99m	
Nicholas Dang	14B	100m	SILVER	11.76	PB, Q
		100m Hurdles (84cm)	GOLD	13.91	MR, CB, PB, Q
Kevin Yang	14B	Shot Put (4kg)	GOLD	13.84m	
Lewis Clabburn	15B	100m	12th	13.09	
Oliver Jacquot	15B	200m	4th	23.62	
		400m	BRONZE	52.15	
Lachlan Antoinette	15B	Shot Put (4kg)	4th	14.05m	
		Long Jump	4th	5.50m	
		Javelin (700g)	8th	31.81m	
Kyle Ekstrom	15B	Shot Put (4kg)	6th	12.51m	
		Discus (1kg)	SILVER	54.91m	CB, PB
Tom Gammie	16B	110m Hurdles (91.4cm)	SILVER	15.99	Q
Nick Andrews	18B	100m	GOLD	10.87	MR, Q

		110m Hurdles (99.1cm)	GOLD	14.48	Q
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KEY:

CB = Club Best

MR = Meet Record

PB = Personal Best

Q = National Qualifying Standard – March Junior Nationals, 2016

Kind Regards,

Cherrybrook Senior Athletics

Seniors Vice President

Matthew Joyce – 0402 485 998