

## 2017 State Championships report Cherrybrook LA's

The 2017 State Championships were held at SOPAC over the weekend of 17-19 March. Unlike last year when the weather was good, the conditions were tough for everyone – especially on Friday night and Saturday when it was extremely wet and windy. The Sunday weather was a bit kinder, although still quite blustery and tricky. We should particularly thank the officials who this year did an excellent job in very difficult conditions. From our club, thanks to Thomas Jubb, Elizabeth Jones, Nicola Craig and Cathy Eaton who all officialled over the weekend – thank you for giving up your time to allow our kids to compete while we enjoyed the amazing competition. Thanks also to those parents who signed up to our parent roster for the weekend – our carnival would not run without you.

As per usual, the standard at State was amazing, with many fantastic times and distances achieved, and medals being very hard to come by. For those competing at State for the first time, it is an experience quite unlike any other, and a real level up even from our very strong Region. All events have a starting list of up to 24 athletes from all around the state, who have qualified either by coming top 2 at their region, or being one of the next 6 best qualifiers from any region, so the competition is always tough. Again, this year we had timed finals for the 800's which definitely improved the program for our distance runners, many of whom produced stunning PB's over the weekend.

As happens every year, our team had a few of our previous stars unavailable to compete - special mention to 2 previous multi medallists competing in their last year of Little Athletics who were not able to compete at state: – Kristina Moore our champion thrower and Katie Devitt, last year's NSW 100m champion. We wish them both well competing at Nationals next week, and hope that they along with our other U17's will continue on with their athletics at Cherrybrook or another club in years to come.

Overall the team performed well, bringing home a haul of 15 medals – 7 gold, 3 silver and 5 bronze with another 35 top 10 performances which at State level is an excellent achievement.

Cherrybrook had a strong contingent of U9 athletes qualify for State – under 9 being the youngest age group able to compete at the Championships. Well done to Marcus Papadimitriou who qualified for State in 3 events and performed extremely well, running some great times, finishing 6th in the 200m and the 60 hurdles, as well as 10th in the 100m - terrific results. Bronsen Brown also had a great carnival, finishing 9th in the hurdles and 14th in the 800m, with his team mate Idris Burkhardt finishing really strongly in the 800m to finish 10th – well done boys. Ruby Perkins backed up well from State Multi to make it through to the very fast 70m final, finishing 8th, as well as an 11th place in the high jump – well done. Last but not least, Aaliyah Grebert competed very strongly in the walks event on Sunday, finishing 13th – well done

Speaking of walks, Cherrybrook has only been doing walks for a couple of years, with lots of encouragement from Craig Little, as well as a committed band of walkers and their parents. This year an amazing 9 athletes made it through to State and competed in the walks, with excellent results as follows: William Mills U14 boys 5th; Alex Mills U12 boys 6th; Jeremy Jubb U10 boys 6th; Adam Jubb U14 boys 11th; Arienna Grebert U13 girls 12th; Jamie Eve Wade U14 girls 12th; Aaliyah Grebert U9 girls 13th; Kaiya Grebert U11 girls 14th; Kelly Chapman U14 girls 14th – well done to all.

Medals at State are always hard to come by, so particular congratulations to this year's medalists: **Will Austin** who ran a superb hurdles race to win gold in the U11Boys race, **Lance Haffenden** (U12B) who jumped an excellent 1.56m in tricky conditions to collect bronze in the high jump, **Danielle Osifo** (13G) who continued her excellent State record with a fine leap of 10.73m in the triple jump to win Bronze, in addition to 4.88m in the long jump for 6th, **Jonathan Reid** who was just pipped and pushed into 3rd in the very competitive U13B 80m Hurdles as well as an excellent jump of 11.35m in the triple jump where he was pushed into 4th in the last round. **Isabella Rudolph** rounded out our single medalists, with a jump of 1.65m to collect silver in the U15G high jump.

To win one medal at state is a wonderful achievement, but to win multiple medals is a superb effort, which a number of our athletes achieved this year. In the AWD events, **Kailyn Joseph** repeated her great performances from previous years, coming away with 3 medals – gold in long jump & discus and silver in the 100m - a wonderful effort – Kailyn has proved to be an excellent and consistent all round performer yet again. **Sara Kely** also came away with 3 medals - finishing with silver in the long jump, and bronze in the discus and 800m showing that she too is a great all round athlete.

Last but not least, **Donovan Bradshaw** (U13 boys) had an amazing championships, coming home with a haul of 4 Gold medals. Donovan began on Friday night with a commendable 6th in the triple jump, followed by a blistering run in the 400m final where he ran an amazing 53.33s to take over 0.3s off the previous State record, in what was far from ideal conditions. He followed this with a super-fast 12.09s to win the 100m final, then on Sunday blew apart the field in the 200m final, running a stunning 23.66s, and last but not least pulled out a huge leap of 5.60m to win the Long Jump. Donovan was rewarded with a place in the prestigious ALAC (Australian Little Athletics Championships) team, joining the list of wonderful Cherrybrook and statewide athletes who have represented NSW in the National LA's team.

Congratulations also to **Amie Bowrey** who was rewarded for her great gold medal performance at the State Multi championships with selection for the ALAC team where she will compete as one of six U15's Multi athletes, alongside the 22 under 13 athletes who are chosen based on their ability to compete at National level in at least 2 events. Amie just missed the medals in all 3 of her events at state, finishing with very strong results – 4th in the high jump, and 5th in the long jump and javelin. Amie and Donovan will compete at ALAC in Sydney in April – we wish them both well.

Full results of athletes by centre, follow the link to the LANSW website:

<http://www.lansw.com.au/Portals/44/Competition/Results/2017%20State%20Results%20-%20by%20centre.pdf>

Cherrybrook results on pages 41-43.

Thanks also to those parents and committee members who came up to Greenway last week to help clean up the club room and all our store-rooms and stocktake our equipment – very much appreciated.

So as the season draws to a close, we wish all our athletes well for the winter break. A number of our athletes are competing next week in the National Junior Athletics Championships in Sydney, and we wish them well.

For those long distance runners amongst us, do not forget the upcoming cross country season which starts soon. We would love you to join us for the State Cross country In July. We look forward to a new season in September, no doubt with many more amazing performances and new PB's to come!

This season just completed will be my last as Championships Officer. I would like to thank the many parents, coaches, committee and other supporters who have helped out over the years – athletics really is a team sport!! Over the past few years it has been an absolute pleasure to watch many of our athletes to grow and develop in the sport of athletics. We are very blessed to be at a club with such wonderful history of great sportsmanship and team spirit as well as amazing performances. I strongly believe that athletics more than many other sports has wonderful life lessons to teach about how to give your best, how to encourage others, and sometimes, how to deal with disappointments as well as success when it comes. May these traditions long continue at Cherrybrook.

Please remember to put the date for presentation day in your diary – May 21st at Dural country Club from 4pm –we hope to see you all there as we enjoy videos and photos from the season, as well as our annual prize-giving and of course the wonderful red book which is a great souvenir by which to remember the season. We hope to see you back competing again next season.

Happy Athletics!!

Jenny Bishop  
Championships Officer Cherrybrook LA's