

Cherrybrook LAs State Relays Report 2016

State Relays moved back to Homebush this year, so it was a great experience for our young athletes in particular to run on the blue track! This year State Relays had various event changes again, with the junior field relays consisting of 1 athlete throwing Shot, 1 in discus + 1 long jumper, and for U11's and up, throws teams of 3 – shot, discus and Javelin, and jumps teams of 3, with 1 athlete each in Long jump, Triple and High jump. As previously the 4x200's, 4x400's and middle distance relays were all timed finals, which made the scheduling of events a little simpler. Cherrybrook had a big team with 35 teams competing over the two days.

State Relays really is a team event, and we are all grateful to the many people who worked together to make it all happen, from organisers and officials including our own Nicola Craig who officiated all day on Sunday at high jump, team managers, our coaches and parent helpers, and of course our athlete teams. Special thanks to Jenny Bishop, as well as Daven Timms who did heaps of work putting teams together and co-ordinated our relay training, as well as our age managers who helped in getting our teams organised – it's a big job.

Stepping up for Cherrybrook

Being a team event, sometimes there are injuries or illnesses that require last minute juggling of people in order to enable a team to compete. Special mention to a few athletes who were roped in at the last minute to make up teams where competitors were unavailable, or others who competed in events outside their comfort Zone to help get a team into an event. Particular thanks to Emma O'Connor U8G who filled in for the field team in to the shot put, and Sam Irish U13B who stepped into the long jump at the very last minute, and to our whole U12 boys team who were super-flexible and all swapped around to fill in various last minute gaps so that their team-mates could compete. Thanks also to many other athletes who competed in events that were not necessarily their favourite in order to make up teams – we really appreciate you helping out your team-mates and the club.

Junior Day

State Relays is one of the toughest athletics competitions, particularly in the juniors, with around 150 clubs represented from around NSW. To finish in the top 10 or make a final is a great achievement.

Of the junior teams Cherrybrook was very well represented, with 4x100 teams in all age groups, and a good complement of 4x200, 4x400 and 4x800 teams, as well as multiple field relay teams. The 4x100s are always very tough events, and this year the 8G team of Emma Cherry, Maddison Clarke, Sophie Durheim and Tayla Moore ran beautifully, just missing a medal in a tight 4th finish. Our talented U9's saw both the boys and girls teams making the final which is a wonderful effort, with the girls finishing 8th and the boys 7th. We had another top 10 finish in the 9 boys where the field team finished 9th in a very close event. But the stars of the day were undoubtedly the 8G field team of Layla Tawbe, Mia Stewart and Natasha Flahey who jumped and threw superbly to finish with the SILVER medal – well done girls. Special mention also to our girls middle distance team of Jessie Bradford, Kaylah Bennett, Isabella Fisher and Sierra Timms, all 4 of whom ran PB's in the middle distance relay to finish 7th – well done.

There were many other really good performances in the 4x200, 4x400, middle distance and field relays– full results below

Senior Day

The senior day tends to be a bit calmer and quieter, but the competition definitely is not!! Our Senior team was a little smaller than previously, with a few athletes unavailable to compete this year. Congratulations to our 17G 4x100 team of Rachel Ingram, Matilda Pennington, Kate Collett and Katie Devitt who came 5th in a very fast final which is a great result. The U13 girls jumps team of Xanthe Craig, Danielle Osifo and Arienna Grebert also finished 5th in the jumps relay. There were a couple of other top 10 finishes, including the U12 boys 4x100 and , U13 boys 4x100.

For those of you who weren't at Homebush, we hope to again show a few videos at Presentation Day of our finalists, so look out for those.

So all in all, a fun weekend of competition held in wonderful team spirit and good results - well done to everyone!

Jenny Bishop, Daven Timms,

Championships Officers Cherrybrook Little Athletics

Full results:**Junior Day:**

U8 girls	4x100	4th
	Field	Team A: SILVER Team B: 13TH
U8 Boys	4x100	12th
	Field	Team A: 9th Team B: 21st
U8 mixed	4x200	11th
U9 girls	4x100	8th
	Field	Team A: 16th Team B: 21st
U9 Boys	4x100	7th
	Field	9th 21st
U9 mixed	4x200	11th
U10 girls	4x100	15th
U10 Boys	4x100	11th
U10 mixed	4x400	8th
U11	4x100	11th
U11 mixed	4x400	18th
Boys Middle Distance	1x700 3x800	16th
Girls Middle Distance	1x700 3x800	7th

Senior Day:

12B	4X100	9th
	Field throws	17th
	Field Jumps	Team A: 19th Team B: 28th
U13 Girls	4x100m	13th
	Field throws	17th
	Field Jumps	5th
13 Boys	4x100m	8th
	Field Jumps	18th
13 mixed	4x400m mixed	12th
U17 girls	4x100m	5th
	Field Jumps	8th
U17 boys	Field throws	13th
U17 mixed	4x400m mixed	12th