

Cherrybrook Regional Report 2017

Congratulations to all our Cherrybrook athletes who competed at the Regional Championships on the weekend of 11th and 12th February. How fortunate we were to be at Narrabeen with the sea breeze which kept the temperatures reasonable for most of the weekend. A few weeks down the track after all this rain, we almost wish we had some of the hot weather back!!

We should also acknowledge the excellent planning and work of the carnival manger – Cathy Eaton and her team who did a superb job of planning and executing a wonderful carnival complete with water tents for the athletes, extra shade tents and a complex weather station that ensured the safety of all our athletes and officials in the heat. The heat out on the track was certainly matched by the level of competition at our region, which, as always was extremely tough. Our Cherrybrook athletes performed very well, with lots of fantastic performances and many PB's from our athletes. There was a great team spirit amongst the Cherrybrook Athletes, and great support from parents and friends which helped bring out the best in our athletes.

It was not only hot for the athletes, but also for our officials. A big thank you to all the officials from various clubs who gave up many hours at each event – some all weekend, Particular mention to those from our own club who worked one or both days as officials- Phillip Lamperts, Coleen Reid, Fiona Liu, Craig Little, Jill Ingram, Nicola Craig, Sonia Wiberg, Nigel Grebert, Thomas Jubb, Claire Eaton and Elizabeth Jones - hopefully I have remembered everybody! Thanks also to Peter Bowrey and family, and Hayley Brown for transporting all our tents and gear down and back, as well as various parents who helped set up and pack up – your help was very much appreciated.

Cherrybrook will have another busy year at the State Championships in March, with 24 of our athletes placing first or second in their events, making it through to the State Carnival as automatic qualifiers. Region 5 is one of the toughest regions in the state, so that in itself is a fantastic achievement. We also have around another 27 athletes going through to state as one of the additional next 8 best qualifiers, making up a total team of 51 athletes at State.

The link to our state qualifiers is below – scroll down to find Cherrybrook

<http://www.lansw.com.au/Portals/44/Competition/2017%20State%20Qualifiers%20-%20by%20centre%20order%201.pdf>

I would like to say a big thanks to our coaches who have played a significant part in the performance of many of our athletes. In particular, thanks to Cherrybrook coaches – Valme Kruger, John Sharpe, Mick Zisti, and Georgia Huggett who again have worked hard to bring out the best in our athletes provide wonderful expertise and encouragement to many of our athletes week to week. Special thanks too to Nicky Jenneke who again ran a great little group of hurdlers who also performed particularly well. We are very fortunate to have such experienced and dedicated coaches working with our athletes.

This year we again had a strong contingent of U8 athletes competing at region for the first time, all of whom performed extremely well. The boys were very well represented, and performed amazingly well. Zachery Budden finished 12th in the hotly contested 70m sprints, and 11th in the long jump. Joel Moresi had a very busy carnival, culminating in 2 silver medals in the 400 and 700m events, along with 5th in the long jump with a big jump of 3.31, and 7th in the hurdles. Amongst the U8 girls, Tayla Moore was a multi medallist, finishing 1st in the Shot and Discus as well as a fast 4th in the 200m and 10th in the 100. Jessie Bradford also had an amazing carnival, finishing 1st in the 400m and 800m, as well as 11th in the 200m. Emma Cherry did well finishing 9th and 14th respectively in the 70m and 200m sprints. Sophie Durheim was very busy, finishing a fast 6th on the 70m, as well as 12th in the 200m. Natasha Flahey continued to do well in the discus, improving 2.5m on her Zone distance, to finish with a silver medal. Sadie James finished 11th and 13th in the 700m and shot. Mia Stewart also had a really busy carnival – competing in 4 events – discus, shot, long jump and 700 where she finished 7th, 12th, 9th and 9th respectively. And Ruby Semaganda Had 2 top 10 finishes – 7th in the long jump, and 9th in the hurdles– well done! Hopefully they will join us back at Region again next year for their first chance to make the State Championships.

Our U 9 athletes were competing in their second ever regional championships, but had their first opportunity to make it through to the State Championships in March. Congratulations to our U9's who made it through to State - Marcus Papadimitrou finished with an impressive 2nd in the hurdles and 4th in the 100m. Bronsen Brown had a great weekend, finishing 1st in the hurdles and 3rd in the 800m, making it through to State for both events, as well as a close 5th in the 400m. Idris Burkhardt ran a gritty 800m, finishing a fast 5th to make it through to State also. Two Of our U9 girls also had great championships to make it through to State – Ruby Perkins for the 70m (2nd) and HJ (5th), and Aaliyah Grebert for the 700m walk – a great achievement.

Whilst we cannot mention all of the medal winners, this year like always, Cherrybrook had a number of fabulous all round performers. Special mention to Donovan Bradshaw who had a wonderful Region championships, finishing with a clean sweep in the 100m, 200m and 400m where he ran a stunning 55.67 to break the regional record, as well as winning the triple jump and 4th in the long jump. Amie Bowrey (15G) finished with 2 golds in the Javelin and long jump, along with 3 other top 8 finishes. Our other multi medal winners included Harry Anderson, Ben Bishop, Jessica Coppolelli, Emily Crawford, Isabella Fisher, William Mills, Jonathan Reid, Devan Senasinghe and Kevin Yang– this is no small achievement given the strength of our region – well done!

This year we also had 3 somewhat injury depleted relays competing at Regional, with the following results:

Junior girls: Verity Beech, Ruby Perkins, Sarah AnnKoot and Tara Webb – 5th

Junior boys: Marcus Papadimitiou, Elijah Wehrhahn, Nicholas Bradshaw, Harry Anderson – 4th

Senior girls: Emily Carwford, Sonia Colman, Eleanor Lamperts and Katie Devitt – 3rd

Full Cherrybrook results from Region are available on the club's website – follow the link:

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/Region/Cherrybrook%20Region%20results%20by%20athlete%202017.pdf>

Again, congratulations to all our athletes on a wonderful carnival, and to all of our families for your support. We wish all of our state athletes the very best as they look towards the upcoming state Championships over the weekend of 17-19 March at SOPAC Homebush.

Jenny Bishop

Championships Officer, Cherrybrook Little Athletics