

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 13<sup>th</sup> JUNE 2017

### CONGRATULATIONS

**CONGRATULATIONS** to **Kailyn Joseph** on her selection for the inaugural World Para Junior Athletic Championships in Nottwil Switzerland in August 2017. Kailyn will be competing in the T37 Long Jump.

**CONGRATULATIONS** to **Tim Foster** on his results at the INAS (International Federation for Intellectual Disability Sport) World Athletic Championships in Thailand last month.

**CONGRATULATIONS** to the two Cherrybrook athletes who competed in the Australian Masters Athletic Championships in Darwin over the Long Weekend. 13 Medals were won including 5 Gold, 5 Silver and 3 Bronze. Australian Masters Champions are **Jill Taylor** (W60 Hammer & Discus) and **Robert Clark** (M55 Hammer, Weight & Throws Pentathlon). **Robert** also set new Cherrybrook bests in the Weight Throw and Throws Pentathlon.

Full results are provided at the end of this newsletter.

### GOOD LUCK

Good luck to **Imogen Breslin** and **Georgia Duncan** who will both compete for Pymble Ladies College in the International School Sport Federation Championship in France this month.

Good luck to **Jordan Shelley** (U20 100m) and **Nick Thomson** (U20 110m Hurdles) who will be competing for Australia in the Oceania Championships in Fiji at the beginning of July.

### AGM & PRESENTATION DAY TROPHIES & AWARDS

If you won a trophy or an award at the Club's Annual Presentation night but were absent on the night, please contact Nicky Jenneke to arrange a time to collect it.

### CHERRYBROOK RECORDS

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at [robclark307@gmail.com](mailto:robclark307@gmail.com). Records at the start of the season are set out in the 2016-2017 Red Book and on the Club website under Centre Records <http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Records.html>

### NSW 2017 WINTER SEASON

The 2017 Winter Season sees the rebranded and redesigned **Waratah Run Series** and the recently expanded **RunNSW Series** hitting the scene. Encompassing over 26 events throughout NSW, participation opportunities range from fun runs, trail & cross country events, mountain running, ultra-marathons events and much much more!

Courtesy of the new structure surrounding Dual Athletes for the 2016/17 season, LANSW/ANSW dual members receive access to all Athletics NSW events. This includes the redesigned Waratah Run Series, in which you receive HALF PRICE ENTRY.

Upcoming Waratah run series events:

<b>Date</b>	<b>Event</b>	<b>Location</b>
Saturday 17 <sup>th</sup> June	XCC Challenge	Nowra
Sunday 2 <sup>nd</sup> July	XCC Short Course	Rydalmere
Saturday 15 <sup>th</sup> July	XCC Street Relays	Ourimbah

Full details can be accessed from <http://nswathletics.org.au/Competitions/Waratah-Run-Series>

## **NSW 2017 WINTER TRACK AND FIELD MEETS**

Athletics NSW has confirmed 6 winter track and field meets will be offered between May and August 2017. The series is open to all and entry will only be available on the day (\$10). The remaining dates are as follows:

Friday June 16<sup>th</sup> @ Newcastle (Twilight Meet)

Sunday July 9<sup>th</sup> @ Newcastle

Sunday July 23<sup>rd</sup> @ Campbelltown

Friday August 11<sup>th</sup> @ Newcastle

The Pre departure meets have AA permit status allowing athletes to qualify for National and International competition. The event caters for athletes preparing for school competitions, overseas competitions or winter training hit outs. Athletes registered with Athletics NSW, or other member association, should wear their club uniform with the 2016/17 bib numbers attached front and back.

For track events, athletes are to be at the start line 10 minutes before the event is due to commence, and be at the field event site 20 minutes prior to the start time for field event.

Full detail can be accessed from

<http://nswathletics.org.au/Events/Calendar/winter-track-field-series>

## **FRIDAY NIGHT CLUB COMPETITION**

Please note Friday night Club Competition has now finished for the season.

## **ATHLETICS AUSTRALIA COACHING COURSES**

Athletics Australia is the accrediting body for all athletics coaches in Australia and is the only athletics body with courses approved by the Australian Sports Commission National Coaching Accreditation Scheme (NCAS). This accreditation brings with it accountability to be up to date with current best practice as well as ensuring our courses are engaging and in line with the best adult education principles.

Full details of the coaching courses including dates and descriptions are available under the following link:

<http://www.nswathletics.org.au/Coaching/Coaching-Education2/Athletics-NEW>

## IPC SANCTIONED MEET CALENDAR

To view the latest 2017 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

[http://www.athletics.com.au/LinkClick.aspx?fileticket=U-c7H6CF\\_X4%3d&portalid=56](http://www.athletics.com.au/LinkClick.aspx?fileticket=U-c7H6CF_X4%3d&portalid=56)

Para Athletes please note that you are welcome to compete at all NSW Athletics events throughout the summer season and that qualifying for the Australian Nationals can be achieved at any Allcomers or Treloar Shield event.

## AUSTRALIAN STATE AND TERRITORY BODIES

For a full listing of contact details for any Australian State or territory athletics body visit <http://athletics.com.au/About-Us/Member-Associations>

This could come in handy if looking for competition in other parts of Australia.

## COMPETITION PHOTOS

To view images taken at any Athletics NSW event <http://pic2go.com.au/nswathletics/> and enter your 2016/17 registration number and then ANSW photos from this season will automatically be posted to your page.

## IMPORTANT REQUEST FOR PB's

In an effort to ensure our Athlete results data base is as up to date as possible, please send any corrections or updates to Robert Clark at [robclark307@gmail.com](mailto:robclark307@gmail.com) ASAP. Dual athletes please ensure you include any PB's you may have achieved at Little Athletics competitions

## ALL ATHLETICS RESULTS

"All-Athletics.com" is the world's most comprehensive online data base showing athlete statistics including PB's, when they were performed, wind readings, rankings etc. Chances are you are on it. Just visit [www.all-athletics.com](http://www.all-athletics.com) click on Athlete Search at the top of the page and enter your name.

## RESULTS

Only results from Cherrybrook Club competition and State permit meets eg Allcomers, Treloar Shield events and State/National events will be reported by the club. If you compete at other meets please send your results, along with proof of performance to Robert Clark at [robclark307@gmail.com](mailto:robclark307@gmail.com) . *Please notify Robert if your results are missing, incorrect or a PB performance has been missed.*

### INAS World Championships Bangkok Thailand 12-19 May 2017

ATHLETE	EVENT	RESULT	PLACE
Tim Foster	200m	23.89s	10th
	400m	53.76s	10th
	4 x 400m	3.29.97s	4th

### Winter Track & Field Campbelltown 20 May 2017

ATHLETE	AGE	EVENT	RESULT	PLACE
Kailyn Joseph	15	100m	17.26s	13th
		200m	35.40s	12th
Holly Saunders	14	200m	39.39s	13th
		Shot Put	5.16m	6th

## Pre-Departure Sopac 10 June 2017

ATHLETE	AGE	EVENT	RESULT	PLACE
Nick Dang	16	100m	11.85s	14th
		110m Hurdles(91.4)	15.60s	2nd
Emilia Duncan	13	100m	14.53s	28th
		80m Hurdles (76.2)	13.04s	1st
		Long Jump	4.62m	10th
Imogen Breslin	16	100m Hurdles (76.2)	14.92s	2nd
		Long Jump	4.90m	6th
Georgia Duncan	15	200m	27.70s	12th
		100m Hurdles (76.2)	DQ	
Nick Andrews	20	100m	10.76s	1st
Lara Stevens	13	80m Hurdles (76.2)	14.28s	6th
		200m	32.42s	21st
Jen Bishop	47	80m Hurdles (76.2)	13.52s	2nd
		100m	DQ	
		Discus	25.93m	11th
		Long Jump	4.00m	13th

## Australian Masters Darwin June 9-12 2017

Name	Age	Event	Result	Place	Detail
Robert Clark	55-59	Long Jump	4.07m	<b>BRONZE</b>	
		Hammer	35.77m	<b>GOLD</b>	
		Discus	30.05m	<b>BRONZE</b>	
		Shot	9.32m	<b>BRONZE</b>	
		Weight	14.74m	<b>GOLD</b>	<b>PB CB</b>
		Javelin	24.59m	9th	
		200m	36.56s	n/a	
		1500m	6.41.20s	n/a	
		Throws Pentathlon	2818pts	<b>GOLD</b>	<b>PB CB</b>
		Outdoor Pentathlon	1742pts	<b>SILVER</b>	
Jill Taylor	60-64	Hammer	36.15m	<b>GOLD</b>	
		Discus	24.20m	<b>GOLD</b>	
		Shot	8.71m	<b>SILVER</b>	
		Weight	12.44m	<b>SILVER</b>	
		Javelin	14.88m	5th	
		Triple Jump	6.91m	<b>SILVER</b>	
		Throws Pentathlon	3289pts	<b>SILVER</b>	

PB = Personal Best

SB = Season Best

CB = Club Best performance (better than the current Club record) records are only validated at the end of the season.

SR = State Record