

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

14th JULY 2017

CONGRATULATIONS

CONGRATULATIONS to **Nick Andrews** who has been selected in the Australian Men's 4x100m relay team to compete at the IAAF World Championships in London in August. Nick is the first Cherrybrook registered Athlete to make a World Championship able bodied team. Nick was also part of the Australian team that recently achieved a Season Best time in winning the London Diamond League 4 x 100m relay.

CONGRATULATIONS to **Imogen Breslin, Georgia Duncan** and **Nicole Freestone** who were part of the Pymble Ladies College team which won the International School Sport Federation World Championship in France last month. The PLC team qualified for the World Championship by winning the Intermediate Age Group at the Australian Schools Knockout Final last December.

CONGRATULATIONS to **Jordan Shelley** who won 2 Golds (100m, Medley relay) and a Silver (4 x 100m relay) at the Oceania Championships in Fiji. The Medley relay team set a new Oceania Area Record.

CONGRATULATIONS to **Amie Bowrey** and **Emily Britton** on being selected for the Athletics Australia U17 Development Squad.

CONGRATULATIONS to **Matt Joyce** on his 5 minute PB at the Gold Coast Half Marathon earlier this month.

Full results are provided at the end of this newsletter.

GOOD LUCK

GOOD LUCK to **Kailyn Joseph** at the inaugural World Para Junior Athletic Championships in Nottwil Switzerland next month. Kailyn will be competing in the T37 Long Jump.

GOOD LUCK to **Alysha Burnett** who will compete in the Heptathlon at the 2017 FISU World University Games in Taipei next month.

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. 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:

Date	Event	Location
Saturday 15 th July	XCC Street Relays	Ourimbah
Sunday 3 rd Sept	RunNSW Sydney Half	SOPAC
Sunday 17 th Sept	2017 NSW Marathon Championship	Sydney

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:

Sunday July 23rd @ Campbelltown
Friday August 11th @ 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>

NSW 2017/18 SUMMER SEASON CALENDAR

Athletics NSW has released the calendar for the 2017/18 summer season. This also includes dates and locations for Australian Open, Australian Juniors and Australian All Schools. Key changes to the NSW Calendar for this year include moving the Club Championship to the first week in December, increasing the Treloar to 7 rounds and separating the Australian Junior & Australian Open Championships in to two competitions again.

The calendar can be accessed from:

<http://www.nswathletics.org.au/Portals/18/Competition/2017/2017.18%20ATHLETICS%20NSW%20CALENDAR%20V3.pdf>

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

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 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 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 . *Please notify Robert if your results are missing, incorrect or a PB performance has been missed.*

NSW Throwers Club Greystanes 4/6/17

ATHLETE	AGE	EVENT	RESULT	PLACE
Kristina Moore	U20	Discus	49.12	1st

Hunter Winter Hit Out Newcastle 16/6/17

ATHLETE	AGE	EVENT	RESULT	PLACE
Imogen Breslin	16	200m	27.75s	7th
		Long Jump	4.87m	2nd
Georgia Duncan	15	200m	27.74s	6th
		Shot put 3kg	11.92m	4th

ISSF World Schools Championships, Nancy France 24/6/17-30/6/17

ATHLETE	AGE	EVENT	RESULT	PLACE
Imogen Breslin	U18	100m Hurdles	14.56s	1st
		Long Jump	5.36m	10th
Georgia Duncan	U18	100m Hurdles	15.23s	8th
		Shot put 3kg	12.17m	2nd
Nicole Freestone	U18	High Jump	1.63m	3rd=
		400m	63.12s	6th

Oceania Area Championships Fiji 29/6/17 - 1/7/17

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Jordan Shelley	U20	100m	10.90s	GOLD	
		4x100m	42.79s	SILVER	
		Medley Relay	1:33.94s	GOLD	OAA Best

Downunder Meet Southport, Queensland 7/7/17 - 9/7/17

ATHLETE	AGE	EVENT	RESULT	PLACE
Lauren Clark	U18	Shot put 3kg	11.48m	6th
		Discus	36.40m	BRONZE
		Hammer 3kg	47.76m	GOLD
	Open	Shot put 4kg	10.24m	SILVER
		Discus	35.00m	6th
		Hammer 4kg	43.23m	6th

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