

CHERRYBROOK SENIOR ATHLETICS NOTICES

16th JANUARY 2017

HAPPY NEW YEAR and welcome back to the summer athletics season. I hope this Newsletter finds everyone fit, injury free and relaxed after the holidays

CONGRATULATIONS

A rather late congratulations to our Athletes that competed at the 2016 Australian School Knock Out Championships in December including:

Lauren Clark representing the Abbotsleigh Intermediate Team that placed 13th

Samantha Dale representing Mount St Benedict's Intermediate Team that placed 8th

Isabella Rudolph representing Loretto Normanhurst's Intermediate team that placed 7th

Kristina Moore representing the Abbotsleigh Senior Team that placed 2nd

A very special congratulations to **Imogen Breslin**, **Georgia Duncan** and **Nicole Freestone** who were all part of the winning Intermediate Team for Pymble Ladies College. As the winning school gains a place in the World Schools Athletics Championships in France this June, the girls are waiting to see who the school selects to represent them at the international event, we wish them all luck gaining selection.

Individual results from knock out available in the results section of these notices

Congratulations to our three Cherrybrook Athletes that competed and medalled at the NSW Combined Event Championships on the Weekend of the 17th and 18th December. **Alysha Burnett** achieved Silver in the Women's Open Decathlon with 5226 points, a great result given she is still recovering from injury. **Georgia Duncan** won the U16 Decathlon scoring 4409 points with solid performances in all eight events. **Mimi Duncan** won the U14 Pentathlon with 2343 points, winning all five events contested. All three Athletes have qualified for Nationals for the combined events.

Congratulations to all Club Athletes that took part in the Treloar Shield Series in 2016. The Club came a commendable 6th overall. Seventh in the Junior Division, seventh in the Open Division and 9th in the Masters Division. A top eight position amongst the thirty two competing Clubs across NSW is always the Clubs goal for this series, so thank you to all those athletes who competed this season and secured this result for the Club.

Congratulations to all thirty eight Cherrybrook senior athletes who competed at the Club Championships on the weekend of the 17th and 18th December. Cherrybrook athletes competed in 105 events over the two days. At the end of the two days Cherrybrook came second in both the male and female Junior Division, third in the men's Open Division (Cherrybrook best Open Men's result ever), eighth in the Open women's division, fifteenth in the men's Master and fourth in the women's Masters (also a Cherrybrook best).

Special Congratulations to our Club Top Point Scorers in each division:

Donovan Bradshaw Junior Men's Highest Point scorer with 96points (4 events)

Mimi Duncan Highest Junior Female point scorer with 120 points (6 events)

Evan Clothier Open Men's highest point scorer with 61 points (4 Events)

Alysha Burnett Open Women's highest point scorer with 72 points (Hep)

Robert Clark Master Men's highest point scorer with 124 points (4 events) and

Jenny Bishop Master Women's and overall Club highest point scorer with 189 points (8 events)!

Other Athletes that should be recognised for their point score and event participation for the team are **Georgia Duncan** (8 events – 90points Hep), **Jill Taylor** (5 events, 150 points)

Congratulations to the following Athletes that achieved Australian National ranking in 2016, **Harry Andrews** (100m, 110m Hurdles), **Nick Andrews** (100m, 110m Hurdles, 4 x 100m) **Imogen Breslin** (100m Hurdles), **Emily Britton** (100m Hurdles), **Alysha Burnett** (100m Hurdles, High

Jump, Long Jump, Shot Put, Javelin, Hephthalon), **Lauren Clark** (Hammer Throw), **Evan Clothier** (200m, 400m, Long Jump), **Katie Devitt** (100m, 200m), **Ben Jaworski** (100m, 200m, 4x100m), **Maya Leverett** (200m, Long Jump, Triple Jump), **Jacon McCorry** (110m Hurdles), **Kristina Moore** (Shot Put, Discus), **Rachel Pace** (100m Hurdles), **Jordan Shelley** (100m, 200m), **Nicholas Thomson** (110m Hurdles), **Falito Van Woerkom** (110m Hurdles).

Special mention to **Nick Andrews** (100m) and **Kristina Moore** (Discus) who both made the Australian All Time Open National Ranking list in 2016. This is an exclusive list of high performance athletes and it is a great achievement for both these athletes to have made the list whilst still being junior athletes.

Full details of their ranking will be published in next week's newsletter. Parra Athlete rankings will be published once AA have updated their ranking records. To view Athletics Australia Rankings visit <http://athletics.com.au/Results/Rankings>

UPCOMING COMPETITION

ACT All Comers + Combined Events Champs	
Date	Saturday 21 st and Sunday 22 nd January 2017
Location	AIS Athletics Track, Bruce, ACT (Fast Track)
Events On offer	100m, 200m, 800m, 3000m, 5000m, Sprint Hurdles, 200/400 Hurdles, 2000/3000 Steeplechase, Walks, Shot Put, Discus, Javelin, Long Jump, High Jump, Pole Vault
Online Entry	Online at https://aact-ind-evts-2017.eventdesq.com/req/types Entries Close online at 9pm on Wednesday the 18 th Jan
Event Details	For more details visit https://aact-ind-evts-2017.eventdesq.com/ This event will be well attended by Cherrybrook athletes with around a dozen athletes already registered for the event.

Bankstown Allcomers	
Date	Saturday 21 st January
Location	The Crest Athletics Track, 70 McClean St, Georges Hall (Bass Hill)
Events	100m, 200m, 1500m, Sprint Hurdles, Steeplechase, 1500/3000m Walk, Triple Jump, Pole Vault, Javelin, Shot Put
Timetable	Click here to view the DRAFT timetable.
Online Entry	Online entry is available here. Entries will close Thursday January 19, 2017 at midnight
Event Details	http://www.nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/bankstown-all-comers-1 This meet is an AA permit meet and allows qualification to both National and International Events

NSW 2017 SUMMER EVENT GRID

The grid shows all remaining permit competitions for the 2017 summer season in NSW and shows which events will be contested at each of the meets.

<http://nswathletics.org.au/Portals/18/Competition/2017%20ANSW%20Competition%20Grid%20Web.pdf>

NSW YOUTH AND JUNIOR STATE CHAMPIONSHIPS

ENTRIES ARE NOW OPEN AND DRAFT TIMETABLE AVAILABLE

The NSW Junior State Championships will be held from the 3rd – 5th Feb at SOPAC. This competition is for Athletes aged from U12 – U20. Athletes wishing to compete at the 2017 Australian National championships in Under Age divisions must compete at this NSW State Championships. There are no qualifying standards for this event.

Entries are now open and close on the 24th January.

For Meet details visit <http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-junior-youth-championships-12>

Draft Timetable - [Click here](#)

Online Entry - [Online entry is available here.](#)

IMPORTANT ENTRY AND NOMINATION DATES

18th January Entries for the ACT Allcomer close at 9pm

18th January Nominations for the Hunter Track Classic close at midnight

19th January Entries for the Bankstown Allcomers close at midnight

24th January Entries for the NSW Youth and Junior State Championships close

24th January Nominations for the Sydney Invitational closes at Midnight

13th February Entries for the ACT Championships close at 9pm

20th March Nominations for the World Championships Close

25th March Nominations for the World University Games close

3rd April Nominations for the Youth Commonwealth Games close

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.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Friday night club competition will recommence this Friday night at Greenway Oval from 6pm. Events on offer to Senior Athletes this Friday include 100m, 400m, 1500m, High Jump and Discus

COMMONWEALTH YOUTH GAMES

The **2017 Commonwealth Youth Games** will be held from 18-23 July 2017 in Nassau, Bahamas.

Online Nominations for the 2017 Commonwealth Youth Games are now OPEN and will close 3rd April. The event is for Under 18 athletes born in 2000 or 2001 and the selection trials for this will be at the Australian National Championships in March. Athletes wishing to seek selection must nominate to be considered. The CYG Team is fully funded by Commonwealth Games Australia (CGA) and Australia has been allocated 21 places (10 Boys and 11 Girls). Events on offer include 100m, 200m, 400m, 800m, 1500m, 3000m, Sprint hurdles, 400m Hurdles, High Jump, Long Jump, Discus, Shot Put and Javelin as well as a mixed 4 x 100m, 4 x 200m and 4 x 400m

For full details visit <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Commonwealth-Youth-Games>

WORLD UNIVERSITY GAMES

Athletics Australia has published the **Selection Policy** for the **FISU World University Games** to be held in Taipei, 19-30 August 2017. All athletes seeking nomination are required to complete an online nomination form by the 25th March.

For online nomination please visit <https://worldunigames2017.eventdesq.com/>

To view the Qualifying Standards and Selection Policy visit.

<http://athletics.com.au/Portals/56/High%20Performance/Documents/WUG/2017/World%20University%20Games%20Selection%20Policy%202017%20-%20v1.3%20-%20Published%201%20December%202016.pdf>

WORLD CHAMPIONSHIPS

Athletics Australia has published the **Selection Policy** for the **IAAF World Championships** to be held in London (GBR) 4-13 August. Athletes wishing to gain selection in this Australian team must complete a nomination form. Nominations close on the 20th March 2017.

For online Nomination visit <https://worldchampionships2017.eventdesq.com/>

To view the qualifying standards and Selection policy please visit <http://athletics.com.au/Portals/56/High%20Performance/Documents/WUG/2017/World%20University%20Games%20Selection%20Policy%202017%20-%20v1.3%20-%20Published%201%20December%202016.pdf>

INTERNATIONAL PARRA CLASSIFICATION

The provisional dates for International Parra Athlete Classification to take place at the Australian Institute of Sport in Canberra are:

Classification: Wednesday 8th, Thursday 9th, and Friday 10th March 2017

Competition: Saturday 11th, and Sunday 12th March 2017

For information on preparation for **Australian Athletes with a Physical Impairment**, please VISIT <http://athletics.com.au/High-Performance/Para-athletics/International-Classification-2017>

IPC SANCTIONED MEET CALENDAR

To view the 2016 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

<http://athletics.com.au/High-Performance/Para-athletics/Sanctioning-Calendar>

Parra 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 NATIONAL ENTRY STANDARDS

The 2016/2017 National Open Parra entry standards are now available at

<http://athletics.com.au/Portals/56/Competition/Entry%20Standards/2017%20Para%20Athletics%20Open%20Qualification%20Standards.pdf>

The 2016/2017 National Junior Parra entry standards are now available at

<http://athletics.com.au/Portals/56/Competition/Entry%20Standards/2017%20Para%20Athletics%20Underage%20Qualification%20Standards.pdf>

The 2016/2017 National Able bodied entry standards can be found at

<http://athletics.com.au/Portals/56/Competition/Documents/2017/Qualifying%202016-17.pdf>

ATHLETICS AUSTRALIA SUMMER SEASON CALENDAR

To view the Athletics Australia Summer Series Calendar visit

<http://athletics.com.au/Compete/Events>

ATHLETICS AUSTRALIA HIGH PERFORMANCE EVENT GRID

To view the AA High Performance competition grid, showing what events will be held at each competition please visit

<http://athletics.com.au/Portals/56/Competition/Documents/2017/2017%20Competition%20Opportunity%20Guide%20V214.11.16.pdf>

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.

UPCOMING CHAMPIONSHIPS and MAJOR EVENTS

HUNTER TRACK CLASSIC

The Hunter Track Classic will take place in Newcastle on 28th January. There will be events available at this meet for all abilities from community events to High Performance events. This is

part of the New NSW Twilight Track series and nominations for this event close on Wednesday 18th January at midnight. The draft timetable is now available at <https://huntertrackclassic.com.au/program/>
Meet details available at <https://huntertrackclassic.com.au/> .

NSW JUNIOR STATE CHAMPIONSHIPS

The NSW Junior State Championships will be held from 3rd – 5th February at SOPAC. This competition is for Athletes aged from U12 – U20. Athletes wishing to compete at the 2017 Australian National championships in Under Age divisions must compete at this NSW State Championships. There are no qualifying standards for this event.

Entries are now open and close on the 24th January.

For Meet details visit <http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-junior-youth-championships-12>

Draft Timetable - [Click here](#)

Online Entry - [Online entry is available here.](#)

SYDNEY INVITATIONAL

The Sydney Invitational will take place on Saturday 4th February and is part of the New NSW Twilight series and is expected to attract high performance athletes. Athletes who are achieving Open National Qualifiers or close to it are encouraged to consider nominating for this event. Nominations are now open and close on the 24th January at midnight.

Women's events include 100m, 1500m, Triple Jump, and Shot Put

Men's events include 200m, 400m, 1500m, hurdles, Long Jump, Discus + Javelin

Meet details – <http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/sydney-invitational>

Online Entry – [click here.](#)

Timetable - [Click here](#)

ACT CHAMPIONSHIPS

The ACT State Championships will be held in Canberra from 17th – 19th February and any NSW registered athlete is welcome to compete.

Entries are now open and close on Monday 13th February at 9pm

Online Entries - <https://aact-champs-2016-17.eventdesq.com/>

Draft Timetable -

http://athleticsact.org.au/Portals/52/Competition%20&%20Records/Championships/Open_Junior_Champs_2017_program_as_at_20_Dec_16.pdf

Meet Details - <http://athleticsact.org.au/Compete/Events/aact-championships-17-19th-february-2017>

NSW OPEN STATE CHAMPIONSHIPS

The NSW Open State Championships will be held from 24th – 26th February 2017. There are no qualifying standards for this event.

SYDNEY CLASSIC

The Sydney Classic will take place on the evening of Saturday 25th February. This will be the premier event of the New NSW Twilight series and is expected to attract interstate high performance athletes. Athletes who are achieving Open National Qualifiers are encouraged to consider nominating for this event. Nomination and meet details are not yet available.

NSW MASTERS STATE CHAMPIONSHIPS

The NSW Masters Championships will take place on 4th – 5th March. No further details available as yet.

BANKSTOWN INVITATIONAL

The Bankstown Invitational will be the last meet in the New NSW Twilight series and will be held on Saturday 18th March. More details to come closer to the date.

AUSTRALIAN NATIONAL CHAMPIONSHIPS

The 2017 Australian National Championships will take place in Sydney at Olympic Park from 26th March to 2nd April 2017. This will be the inaugural year for the eight day, combined Junior and Open aged championships for able-bodied and para-athletes. To qualify for this National athletics championships you must either have medalled at a State Championship eg at NSW All Schools, the NSW Youth and Junior State Champs or NSW Open State Champs, or have obtained the entry standard for your age division.

AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS

This season the Masters Nationals will take place in Darwin from 9th – 12th of June.

IMPORTANT REQUEST FOR PB's

In an effort to ensure our Athlete results data base is as up to date as possible, our Records and Rankings officer Ben Jaworski would like ALL ATHLETES to please send him an updated record of their PB's for all events they have competed in this season or intend to compete in this season. Dual athletes please ensure you include any PB's you may have achieved at Little Athletics competitions

Please email Ben at Ben_jaworski@hotmail.com or text him the requested details on 0433927590

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 Ben Jaworski at Ben_jaworski@hotmail.com

Please notify Ben Jaworski at Ben_jaworski@hotmail.com if your results are missing, incorrect or a PB performance has been missed.

PB = Personal Best

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

NQ – National Qualifier (based on performance time/distance/height)

Australian All School Knock Out 5th Dec 2016

ATHLETE	AGE DIV.	EVENT	RESULT	PLACE	DETAILS
Imogen Breslin	Intermediate	90m Hurdles	13.53	2 nd	
		Sprint Medley	2:17.96	1 st	
		Relay	4.97m	7 th	
		Long Jump			
Lauren Clark	Intermediate	Shot Put (3kg)	10.52m	8 th	
Samantha Dale	Intermediate	200m	26.92	19 th	
		Sprint Medley	2:26.93	10 th	
		Relay	1.60m	2 nd	
		High Jump			
Georgia Duncan	Intermediate	Shot Put (3kg)	11.54m	5 th	
Nicole Freestone	Intermediate	High Jump	1.60m	2 nd	
Kristina Moore	Senior	Shot Put (3kg)	14.69m	1 st	
		Javelin (500g)	37.18m	2 nd	
Bella Rudolph	Intermediate	High Jump	1.55m	8 th	

NSW COMBINED EVENT CHAMPIONSHIPS

ATHLETES NAME	DIVISION	EVENT	RESULTS	DETAILS
Mimi Duncan	U14W Pentathlon	80m Hurdles	13.25	NQ
		800m	2.44.15	
		Long Jump	4.26m	
		High Jump	1.21m	
		Shot Put (3kg)	9.15m	
GOLD MEDAL with 2343 points (plus 90 Club Champ points)				
Georgia Duncan	U16W Heptathlon	90m Hurdles	13.73	NQ
		200m	27.20	
		800m	2:28.68	
		Long Jump	4.92m	
		High Jump	1.38m	
		Shot Put (3kg)	12.08m	NQ
		Javelin	20.18m	
GOLD MEDAL with 4409 points (plus 90 Club Champ points)				NQ
Alysha Burnett	Open W Heptathlon	100m Hurdles	14.70	PB, NQ
		200m	25.98	
		800m	2:33.70	
		Long Jump	5.20m	
		High Jump	1.75m	NQ
		Shot Put (4kg)	12.64m	NQ
		Javelin	39.85m	
SILVER MEDAL with 5226 points (plus 72 Club Champ points)				NQ

CLUB CHAMPIONSHIP RESULTS 17TH + 18TH DECEMBER 2017

Name	Age	Event	Result	Place	Pts	Detail
Donovan Bradshaw	U14	100m	12.00s	2nd	24	NQ
		Triple jump	11.23m	2nd	24	SB, NQ
		200m	24.07s (-2.0)	2nd	24	NQ
		Long jump	5.19m	2nd	24	SB
Emilia Duncan	U14	80m Hurdles	13.55s	1st	30	NQ
Lara Stevens	U14	80m Hurdles	14.84s	2nd	24	
Devan Senasinghe	U14	Triple jump	11.09m	3rd	20	SB
		Long jump	5.07m	3rd	20	
Hamish Murray	U16	3000m	9:58.77s	7th	15	
Thomas Pellow	U16	100m	12.24s	18th	3	SB
		200m	25.27s	13th	9	SB
Max Perry	U16	Discus	34.22m	5th	17	
		Shot put	7.96m	5th	17	SB
		Hammer throw	20.29m	3rd	20	SB
Kevin Yang	U16	Shot put (4kg)	14.49m	2nd	24	SB
Imogen Breslin	U16	100m Hurdles	14.86s	3rd	20	NQ
Emily Britton	U16	100m	12.72s (+2.5)	4th	18	SB
		100m Hurdles	14.37s	1st	30	NQ
		200m	27.10s (-2.4)	9th	13	SB
Kate Collett	U16	100m	13.72s	15th	6	

		Discus	18.53m	4th	18	
Samantha Dale	U16	High jump	1.55m	7 th	15	
		200m	27.42s (-2.4)	10th	12	SB
		Long jump	5.21m (+3.0)	3rd	20	SB
Nicole Freestone	U16	High jump	1.60m	4 th	18	
Rachel Ingram	U16	100m	14.02s	17th	4	
Eleanor Lamperts	U16	200m	27.61s (-2.4)	13th	9	
Isabella Rudolph	U16	High jump	1.60m	5th	17	SB
Jackson Tuynman	U18	high jump	1.80m	2nd	24	SB
		Triple jump	12.42m	2nd	24	SB
		Long jump	5.70m (+2.8)	2nd	24	SB
Lauren Clark	U18	Discus	32.95m	3rd	20	
		Hammer throw	37.09m	1st	30	NQ
		Shot put	9.51m	5th	17	
Amy Reid	U18	High jump	1.45m	2nd	24	SB
		Triple jump	10.19m	1st	30	SB
		Long jump	4.41m	3rd	20	SB
Adam Ayad	U18	100m	11.64s (+2.1)	10th	12	SB
		triple jump	13.44m	1st	30	NQ
		Long jump	6.40m	1 st	30	
Oliver Clarke	U18	400m	52.59s	3rd	20	PB
		800m	2:02.98s	2nd	24	
Beau Ingram	U18	100m	11.47s (+2.1)	6th	16	
Nicholas Thomson	U18	110m Hurdles	15.89s (-3.3)	2nd	24	NQ
Falit Van Woerkom	U18	Javelin	44.88m	2nd	24	SB
Julie Charlton	U18	Javelin	7.02m	4th	18	SB, NQ
		Discus	13.13m	3rd	20	SB, NQ
		Shot put	4.69m	3rd	20	NQ
Sam Coburn	U20	400m	53.59s	28th		SB
Hugh Hunt	U20	800m	2:04.70s	14th	8	SB
Rachel Pace	U20	100m	12.49s	1st	30	SB
		100m Hurdles	15.35s	2nd	24	SB, NQ
Nicholas Andrews	Open	100m	10.80s (-2.5)	3rd	20	SB, NQ
		110m Hurdles	14.80s	2nd	24	SB, NQ
Brianna Phillips	U20	100m	13.10s	3rd	20	SB
		200m	28.36s	2nd	24	SB
		Long jump	4.65m	3RD	20	SB
Harrison Andrews	Open	100m	11.01s	8th	14	SB, NQ
		110m Hurdles	14.95s	3rd	20	SB, NQ
Evan Clothier	Open	100m	11.16s (-2.5)	13th	9	
		200m	22.47s	7th	15	
		Long jump	7.00m	1st	30	SB
Ben Jaworski	Open	100m	10.71s (-2.5)	2nd	24	NQ
		200m	21.32s (-3.6s)	2nd	24	SB, NQ

Silumesi Zuze	Open	400m	54.24s	29th		PB
Jenny Bishop	40+	100m	13.92 (-2.0)	3rd	20	
		Discus	28.86m	1st	30	
		Triple jump	9.18m	1st	30	
		80m Hurdles	13.00s	2nd	24	
		200m	28.99s	3rd	20	PB
		Shot put	9.20m	1st	30	
		Long jump	4.20m	1st	30	
Martin Bradshaw	40+	100m	14.26s	4th	18	
Robert Clark	50+	Discus	29.92m	1st	30	SB
		Javelin	23.05m	3rd	20	SB
		Shot put	10.25m	2nd	24	SB
		Hammer throw	32.56m	1st	30	SB
Jill Taylor	60+	100m	19.88s	1st	30	SB
		Discus	22.82m	1st	30	SB
		Javelin	15.20m	1st	30	SB
		Hammer throw	33.06m	1st	30	SB
		Shot put	7.89m	1st	30	SB
Jenny Bishop Emily Britton Ellie Lamperts Brianna Phillips	Open W	4x100m	51.76s	3rd	20	
Harry Andrews Nick Andrews Evan Clothier Ben Jaworski	Open M	4 x 100m	41.35s	2nd	24	