

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

17th MARCH 2017

CONGRATULATIONS

CONGRATULATIONS TO OUR NEW WORLD RECORD ATHLETE, HOLLY SAUNDERS! Holly broke the World Record for the Para Women's T/F35 long jump at the weekend in Canberra. In her first competition jumping from the 2m board, she smashed the existing mark by a staggering 37cm. The performance was verified but needs to be ratified.

CONGRATULATIONS to the seven Cherrybrook athletes invited to compete at the **SUMMERofATHS Grand Prix** last weekend. **Alysha Burnett** set new Cherrybrook Bests in the Open High Jump and Open Shot Put and there were a number of other athletes recording their season's best performances.

Congratulations to the fifteen Cherrybrook athletes who competed at the NSW Allcomers at SOPAC on Saturday. The sound testing for the Adele concert that night obviously was inspirational to many of our athletes who recorded a substantial number of Season Best performances!

Full results are provided at the end of this newsletter.

DANIEL BERRY SENIORS AWARD 2016/17 VOTING OPENS

Daniel Berry was a Cherrybrook Seniors athlete from 2009 – 2013. Throughout this period of time Daniel broke many NSW and Australian records in the U20 and Open Male AWD divisions in running events ranging from 100m-1500m as well as Long Jump and Discus. He also participated for Cherrybrook Athletics on a regular basis at interclub competitions, State Relays and Allcomers events with great enthusiasm and determination every time he competed.

In July 2013 Daniel past away at the very young age of 22. He will be long remembered by our club for his loving nature, generous spirit, tenacious excellent sportsmanship, competitive drive, humble attitude and the inspirational way he lived his life on and off the athletics track.

In memory of Daniel Berry the 2013/14 Athletics Committee introduced the Daniel Berry Award for Seniors athletes. The criteria to win this award are:

- Age: Must be at least in the Under 18's age group with the minimum age being 16
- Attitude and Sportsmanship: A positive attitude and a willingness to embrace good sportsmanship
- Attendance: The athlete must have competed a minimum of 8 times in a season for which can include representation for Cherrybrook Senior Athletics, NSW Athletics and/or Athletics Australia
- The athlete must also have competed for the club for a minimum of 2 athletics season(s)

To vote for a club athlete meeting these requirements and deserving of the award, please complete the following survey <https://www.surveymonkey.com/r/BQM8X83>

Voting can be made by Cherrybrook registered Senior Athletes, Seniors Athletics Committee members or parents submitting on behalf of senior athletes.

Voting closes on Friday 31st March at 5pm.

CHERRYBROOK RECORDS

If you think you have broken a Cherrybrook record during the season please provide details to Karin Webb at karinswebb@gmail.com. Records at the start of the season are set out in the 2015-2016 Red Book and on the Club website under Centre Records <http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Records.html>

GOOD LUCK

Good luck to our athletes competing at the Bankstown AllComers on Saturday afternoon.

Good luck to the four Cherrybrook athletes (**Alysha Burnett, Lauren Clark, Evan Clothier and Jaslyn Setiadji**) invited to compete at the Bankstown Invitational on Saturday night. There will be live streaming of this event through the Athletics NSW Facebook page.

Good luck to **Sally Stagles** who leaves for Daegu, Korea on Friday to compete at the World Indoor Masters with **Jill Taylor** later this month.

UPCOMING COMPETITION

The next NSW Athletics competition will be the NSW Allcomers Meeting at Bankstown this weekend (online entries close on Thursday at midnight, there are no late field entries however "on the day" track entry is possible).

IMPORTANT ENTRY AND NOMINATION DATES

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

4th April Nominations for the Oceania Championships close

FRIDAY NIGHT CLUB COMPETITION

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

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>

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>

UPCOMING CHAMPIONSHIPS and MAJOR EVENTS

AUSTRALIAN NATIONAL CHAMPIONSHIPS

The 2017 Australian National Championships will take place in Sydney at Olympic Park from 26 March to 2 April 2017. This will be the inaugural year for the eight day, combined Junior, Youth and Open aged championships for able-bodied and para-athletes.

The final NSW Junior & Youth team has been published on: <http://nswathletics.org.au/Portals/18/NSW%20STATE%20JUNIORS%20LIST%2008%20MARCH.pdf>

For further details visit <http://athletics.com.au/Compete/Events/2017-australian-athletics-championships-5>

AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS

This season the Masters Nationals will be held on the 9th – 12th of June in Darwin. For further details visit <http://athletics.com.au/Compete/Events/2017-australian-masters-athletics-championships>

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 season National Able bodied entry standards can be found at <http://athletics.com.au/Portals/56/Competition/Documents/2017/Qualifying%202016-17.pdf>

OCEANIA AREA CHAMPIONSHIPS

The **2017 Oceania Area Championships** are to be held in Suva, Fiji from 29th June - 1st July. To be considered for the Australian Team to contest these Championships please read the below Selection Policy before lodging a nomination. Nominations are now open. These are free of charge and **must be received by Midnight, Monday 4th of April, 2017**. For full details visit <https://2017oanoms.eventdesq.com/>

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 on the 3rd of April. For full details visit <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Commonwealth-Youth-Games>

WORLD UNIVERSITY GAMES

The FISU World University Games will 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

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 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 Karin Webb at karinswebb@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 Karin Webb at karinswebb@gmail.com. *Please notify Karin if your results are missing, incorrect or a PB performance has been missed.*

SUMMERofATHS Grand Prix 11 - 12 March 2017 AIS Canberra

Name	Age	Event	Result	Place	Detail
Jordan Shelley	Open	100m "B"	10.54s	3rd	
		200m "B"	21.42s	2nd	SB
Nicholas Andrews	Open	100m "A"	10.49s	7th	
		110m Hurdles	15.03s	6th	
		4 x 100m	39.28s	1st	
Jacob McCorry	Open	110m Hurdles	14.19s	5th	SB
Kristina Moore	Open	Shot Put	12.14m	5th	
		Discus	48.18m	6th	
Holly Saunders (Amb Para)	Open	100m "B"	18.01s	6th	SB
		Long Jump	2.66m	7th	WB PB
		Shot Put	5.76m	5th	
		Discus	14.90m	3rd	
Tim Foster (Amb Para)	Open	200m	23.97s	2nd	SB
		400m	53.06s	3rd	SB
Alysha Burnett	Open	High Jump	1.75m	6th	CB SB
		Shot Put	13.43m	3rd	CB PB

NSW Allcomers 11 March 2017

Name	Age	Event	Result	Place	Detail
Emily Jones	Open	Triple Jump	10.48m	3rd	SB
		100m	14.89s	44th	SB
		200m	30.05s	41st	SB
Jen Bishop	Open	200m	29.08s	37th	
		Javelin	19.39m	7th	
		Shot Put	9.20m	5th	
Eleanor Lamperts	Open	200m	26.67s	18th	
Lauren Clark	Open	4kg Shot	10.27m	2nd	SB
Nicole Freestone	Open	200m	28.67s	33rd	SB
		400m	1:04.02s	31st	SB
Beau Ingram	Open	100m	11.69s	23rd	
		200m	23.16s	22nd	
Evan Clothier	Open	100m	11.08s	5th	SB
		200m	22.06s	4th	
Rudolph Isabella	Open	High Jump	1.65m	2nd	SB
		200m	28.34s	29th	SB
		400m	1:05.57s	33rd	SB
Tuyman Jackson	Open	High Jump	1.85m	4th	SB
		Triple Jump	12.50m	5th	
Anna Kely	Open	Javelin	23.95m	1st	SB
		Shot Put	8.38m	5th	SB

Joel Davidson	Open	Triple Jump	12.88m	2nd	
Adam Ayad	Open	Triple Jump	12.81m	3rd	
		100m	11.74s	28th	
Silumesi Zuze	Open	100m	12.41s	65th	SB
		200m	24.24s	39th	SB
Thomas Pellow	Open	100m	12.22s	55th	
		200m	25.06s	47th	SB
Matt Joyce	Open	800m	2:04.35s	35th	SB

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.

WB = World Best performance (better than the current World record) subject to ratification.