

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

19th MAY 2017

CONGRATULATIONS

CONGRATULATIONS to **Julie Charlton** on having new Australia U20 F57 records ratified for the Javelin (6.33m) and the Shot (5.25m).

CONGRATULATIONS to **Kristina Moore** on her selection for the U19 Australian Development Squad.

CONGRATULATIONS to **Tim Foster** on his selection to compete at the INAS (International Federation for Intellectual Disability Sport) World Athletic Championships in Thailand this week. Tim is competing in the 200m, 400m and Relay.

CONGRATULATIONS to **Ryan Hogan, Ben Graham and Julie Charlton** on their performances at the Greater Sydney 10 at the beginning of the month.

Full results are provided at the end of this newsletter.

AGM & PRESENTATION DAY

All members are invited to attend this year's Annual General Meeting and Presentation Day to celebrate another successful season of athletics. This will be held on **Sunday 21st May 2017** at **Dural Country Club 662 Old Northern Road Dural**. Estimated timing is for **Little Athletes** to run from **4.00 - 6.00pm (arrive from 3.30pm)** and **Senior Cherrybrook Athletes** from **6.00pm - 7.30pm**.

CHERRYBROOK COMMITTEE POSTS AVAILABLE!

Nomination forms are now available on the Cherrybrook Athletics website. We welcome all nominations, as we are all volunteers, and would love to accept the time anyone is able to offer. There are a lot of jobs available so there is bound to be something to suit.

Whilst all roles are up for re-election, we would particularly like nominations for:

- Little Athletics Registrar
- Equipment Officer
- Canteen co-ordinator or assistant
- Publicity Officer
- Little Athletics Championships officer
- Little Athletics Championship assistant
- Age manager co-ordinator assistant
- General Committee

The commitment is manageable, your kids will love it and you will be contributing to the development of lots of kids which is personally very satisfying. Contact **Jenny Bishop** on jenbishop@optusnet.com.au or **0411 356 755**, or any of the relevant committee members if you want to chat about what is involved and how you can help.

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>

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 events:

Date	Event	Location
Sun 21st May	RunNSW Northparkes Rotary Fun Run	Parkes
Sun 21st May	Waratah Run Series Team Walks	Harrington Park
Sat 27th May	Waratah Run Series XCC Relay	Miranda Park

Full details can be accessed from <http://www.nswathletics.org.au/Events/Calendar>

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 dates are as follows:

Saturday May 20th @ Campbelltown
Saturday June 10th @ SOPAC
Friday June 16th @ Newcastle (Twilight Meet)
Sunday July 9th @ Newcastle
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>

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>

UPCOMING CHAMPIONSHIPS and MAJOR EVENTS

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>

Entries have closed.

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 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.

INAS World Championships Bangkok Thailand 12-19 May 2017

Age	Name	Event	Result	Place
Open	Tim Foster	400m	3.76s	10th

Tim runs later today in the 200m and his result for this and the relay will be available on <http://www.inas.org/events/results>

Greater Sydney 10 Sydney Olympic Park 6 May 2017

Age	Name	Event	Result	Place
U16	Ben Graham	Men 5km	17.29	10th
U18	Ryan Hogan	Men 5km	17.57	11th
Open	Julie Charlton	Mixed 10km	47.05	1st

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

AIR = Australian Indoor record

WUQ = World University qualifier

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