

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

28th JULY 2017

2017/2018 REGISTRATIONS OPEN 1 AUGUST 2017

Registrations open online on 1/8/2017. Senior registrations are available online only. Go to the Cherrybrook website for details.

Cherrybrook Little Athletics Registration Days will be held on:

Sunday 20 August 2017 at 4 pm - 6 pm in the Clubroom - Greenway Oval

Wednesday 23 August 2017 at 6 pm - 8 pm in the Clubroom - Greenway Oval

Cherrybrook Little Athletes wishing to be dual members with Seniors must register through Little Athletics (Senior Registration is free for these members). Karin Webb, Senior Athletics Registrar, will be in attendance at these days to answer any questions on Senior Athletic registration.

The timing tags members received from Athletics NSW as part of their registration last year need to be returned to the Club. These can be returned to the box labelled "timing tags" at the club house on registrations days, at the first club night or returned to Karin Webb.

CONGRATULATIONS

CONGRATULATIONS to **Max Perry** (U16 Hammer) and **Robert Clark** (Masters 6kg Hammer & Throws Pentathlon) on setting new Cherrybrook Best performances this month.

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.

GOOD LUCK to **Nick Andrews** who will compete in the Australian Men's 4x100m relay team at the IAAF World Championships in London next month.

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>

ATHLETICS AUSTRALIA 2017/18 SUMMER SEASON CALENDAR

Athletics Australia has released the calendar for the 2017/18 summer season.

The calendar can be accessed from:

<http://athletics.com.au/News/gold-coast-and-sydney-to-welcome-australias-best-for-championships-of-2018>

FRIDAY NIGHT CLUB COMPETITION

Friday night Little Athletics competitions resume in September with the LA New Family Orientation night on 1st September, the LA Coaching Night on 8th September and the first LA competition night on 15th September.

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
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 Winter Track and Field Meets are open to all and entry will only be available on the day (\$10). The remaining dates are as follows:

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>

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 NSW photos from this season will automatically be posted to your page.

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 are available under the following link:

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

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.

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.

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.

Meeting International de la Province Liege July 13th 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Nick Andrews	Open	100m	10.46s	2nd	

NSW Masters Throws Pentathlon Gosford July 22nd 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robert Clark	55-59	Hammer	37.51m		PB CB
		Shot Put	8.87m		
		Discus	30.49m		
		Javelin	28.32m		
		Weight Throw	13.31m		
		Throws Pentathlon	2912pts		PB CB
Lauren Clark	U20	Hammer 4kg	41.79m		
		Shot Put 4kg	10.04m		
		Discus	35.69m		
		Weight Throw	11.27m		

Winter Track & Field Series, Campbelltown 23 July 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Emily Britton	16	100m Hurdles (76.2)	14.27s	1st	
		100m	12.69s	5th	PB
		200m	27.63s	13th	
Jacob McCorry	20	110m Hurdles (106.7)	14.59s	1st	
Lara Stevens	13	80m Hurdles (76.2)	13.72s	3rd	PB
		100m	15.11s	34th	PB
Jen Bishop	47	80m Hurdles (76.2)	13.10s	1st	
		100m	13.99s	28th	
		200m	30.02	23rd	
		Discus	26.70m	8th	
Scarlett Prowse	13	100m	13.43s	22nd	PB
		200m	29.05s	20th	PB
Max Perry	15	Discus 1.5kg	39.49m	2nd	
		Hammer 4kg	33.66m	2nd	PB CB

PB = Personal Best SB = Season Best SR = State Record
CB = Club Best performance (better than the current Club record) records are only validated at the end of the season.