

# CHERRYBROOK SENIOR ATHLETICS NOTICES

## 2<sup>ND</sup> DECEMBER 2016

### CONGRATULATIONS

Congratulations to All our Athletes that competed at the Senior State Relays last weekend. The Club achieved eleven medals, one Gold, Four Silver and Six Bronze.

#### **Gold**

Open W Discus (**Alysha Burnett, Jen Bishop, Georgia Duncan, Kristina Moore**)

#### **Silver**

Open W High Jump (**Alysha Burnett, Samantha Dale, Amy Reid, Bella Rudolph**),

U20 M 4 x 100m (**Nick Andrews, Joel Davidson, Beau Ingram and Nick Thomson**),

U18 M Long Jump (**Adam Ayad, Joel Davidson, Max Perry, Devan Senasinghe**)

U14 M Long Jump (**Mimi Duncan, Methin Ginige, Jono Reid, Zac Semaganda**).

#### **Bronze**

Open M 4 x 100m (**Nick Andrews, Harry Andrews, Ben Jaworski, Jacob**

**McCorry (F), Jordan Shelly (H)**),

Open W Long (**Alysha Burnett, Emily Jones, Ellie Lamperts, Brianna Phillips**),

Open W Javelin (**Alysha Burnett, Mimi Duncan, Kristina Moore, Nat Setiadji**),

U18 M 4 x 800m (**Georgia Duncan, Jonathan Friend, Ryan Jones, Hamish Murray**),

U18 W High Jump (**Nicole Freestone, Rachel Ingram, Amy Reid, Bella Rudolph**)

U18 M Discus (**Beau Ingram, Rach Ingram, Ryan Jones, Max Perry**).

Congratulations to **Donovan Bradshaw** who had a very successful weekend at the Primary School Nationals at SOPAC, Despite having just recovered from a broken collar bone, Donovan achieved a Gold in the 4 x 100m relay, Silver in the 12 Boys 100m, smashing his PB with an amazing time of 11.81! and Silver in the multi Event (100m, 800m, Long Jump and Shot Put)

Congratulations to **Anna Kely** who achieved exciting results at the Special Olympics. Trans Tasman Tournament in Hamilton, New Zealand. Anna achieved Gold in the Long Jump (3.70m PB), Gold in the 100m (15.49 PB) and Silver in the 200m (33.32)

### GOODLUCK

All luck to our Athletes who are competing at the National All School Championships in Canberra. Good Luck **Adam Ayad** (U18 Long Jump and Triple Jump), **Imogen Breslin** (U16 90m Hurdles), **Katie Devitt** (U16 100m and 4 x 100m), **Nick Dang** (U16 100m Hurdles), **Holly Saunders** (U16 Parra Long and Discus), **Lauren Clarke** (U18 Hammer), **Maya Leveritt** (U18 Long), **Kristina Moore** (U18 Shot and Discus), **Nicholas Thomson** (U18 110m Hurdles) and **Julie Charlton** (U20 Parra 100m, 200m, 800m, Discus and Shot).

Good Luck to those athletes who will be competing for their schools at the All Schools National knock out Championships on Monday.

## COMPETITION PHOTOS

To view images taken at any Athletics NSW event including the State Relays last weekend visit <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.

## TRELOAR SHIELD NEWS

The fifth and last round of the Treloar Shield is on the 10<sup>th</sup> December in Bankstown. The club would like to encourage all available athletes to take to the track in two or more events to help boost our ranking. Opens and Masters it's up to you, as most of our juniors will have their LA's Zone carnival. There will be no Team Manager from Cherrybrook there on the day, but please contact Nicky Jenneke if you need any assistance on the day.

## TRELOAR SHIELD CALENDAR

The remaining schedule for Treloar Shield point scoring events is as follows;

Date	Location	Meet Type	Treloar Events
<b>9 Dec</b>	SOPAC	All-comers	steeplechase, 1500/3000/5000m walks, high jump
<b>10 Dec</b>	Bankstown	Treloar Shield 5	100m, 200m, 400m, 1500m women, 1 mile men, sprint hurdles, pole vault, triple jump, javelin

## NSW CLUB CHAMPIONSHIPS

The NSW Club Championships will take place at Sydney Olympic Park on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> December. This is a team event and is regarded as the Athletics Grand Final, so all athletes are encouraged to take part. All events will be on offer over the weekend, so there is something for everyone.

Entry is NOW OPEN at <https://1617clubchamps.eventdesq.com/> and closes at midnight on Tuesday the 13<sup>th</sup> December.

The DRAFT TIMETABLE is available at <http://nswathletics.org.au/Portals/18/Competition/2016.17%20club%20champs%20draft%20timetable.pdf>

For meet details visit <http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-club-championships-combined-event-championships>

## NSW COMBINED EVENT CHAMPIONSHIPS

Have you ever wanted to try a combined event eg Heptathlon or Decathlon. Well now is your chance. The NSW Combined Event Championships will be held during the Club Championships on the 16<sup>th</sup> and 17<sup>th</sup> December. In addition to earning your own individual points, you also earn points for the Club. For full details visit the Club champ link above and to enter ***Click here*** .

## FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Friday night club competition is now on break and will resume competition on the 13<sup>th</sup> January

## **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 will open soon and close on the 3<sup>rd</sup> of 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>

## **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 All-comers or Treloar Shield event.

## **AUSTRALIAN NATIONAL ENTRY STANDARDS**

The 2016/2017 Nation 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 Nation 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>

## **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**

### **NSW CLUB CHAMPIONSHIPS**

The NSW Club Championships will take place at Sydney Olympic Park on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> December. This is a team event and is regarded as the Athletics Grand Final, so all athletes are encouraged to take part.

Entries are now Open and close on Tuesday the 13<sup>th</sup> Dec.

For meet details visit <http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-club-championships-combined-event-championships>

### **HUNTER TRACK CLASSIC**

The Hunter Track Classic will take place in Newcastle on the 28<sup>th</sup> 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 will be taken for high performance events from the 1<sup>st</sup> December 2016.

The draft timetable is now available at <https://huntertrackclassic.com.au/program/>

More details to come at <https://huntertrackclassic.com.au/> .

### **NSW JUNIOR STATE CHAMPIONSHIPS**

The NSW Junior State Championships will be held from the 3<sup>rd</sup> – 5<sup>th</sup> 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.

### **SYDNEY INVITATIONAL**

The Sydney Invitational will take place on Saturday the 4<sup>th</sup> 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. Nomination and meet details not yet available.

### **ACT STATE CHAMPIONSHIPS**

The ACT State Championships will be held in Canberra from the 17<sup>th</sup> – 19<sup>th</sup> February and any NSW registered Athlete is welcome to compete.

## **NSW OPEN STATE CHAMPIONSHIPS**

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

## **SYDNEY CLASSIC**

The Sydney Classic will take place on the evening of Saturday the 25<sup>th</sup> 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 the 4<sup>th</sup> – 5<sup>th</sup> March. No further details available as yet.

## **BANKSTOWN INVITATIONAL**

The Bankstown Invitation will be the last meet in the New NSW Twilight series and will be held on Saturday the 18<sup>th</sup> 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 26 March to 2 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 the 9<sup>th</sup> – 12<sup>th</sup> of June.

## **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 your results, along with proof of performance to Ben Jaworski at [Ben\\_jaworski@hotmail.com](mailto:Ben_jaworski@hotmail.com)

## **NSW STATE RELAY RESULTS**

<b>Event</b>	<b>Result</b>	<b>Place</b>	<b>Athletes</b>
U14M 4x100m	52.08s	4 <sup>th</sup>	KUSH MOHAN, , SCARLETTE PROWSE, JONO REID , OLIVIA COLEMAN
U14M Long Jump	17.64m	SILVER	JONO REID, METHIN GINIGE, ZAC SEMAGANDA, MIMI DUNCAN
U14W 4x200m	2:02.79s	10 <sup>th</sup>	MIMI DUNCAN. SCARLET ROWSE OLIVIA COLEMAN. ANNA KELY
U14W Shot Put	30.11m	6 <sup>th</sup>	ANNA KELY, SCARLETT PROWSE, MIMI DUNCAN, HOLY SAUNDERS
U16W 4x100m	52.43s	9 <sup>th</sup>	KATE COLLETT, ELLIE LAMPERTS RACHEL INGRAM, ISABELLA RUDOLPH
U18M 4x100m	51.39s	11 <sup>TH</sup>	DEVAN SENASINGHE, RYAN JONES, MAX PERRY, JOEL DAVIDSON

U18M 4x800m	9:31.55s	BRONZE	HAMISH MURRAY, JONATHAN FRIEND, RYAN JONES, GEORGIA DUNCAN
U18M Long Jump	22.16M	SILVER	JOEL DAVIDSON. MAX PERRY. ADAM AYAD, DEVAN SENASINGHE
U18M Discus	74.00m	BRONZE	MAX PERRY, RYAN JONES, BEAU INGRAM, RACH INGRAM
U18W 4x200m	1:48.34s	5 <sup>th</sup>	GEORGIA DUNCAN, ELLIE LAMPERTS, EMILY BRITTON, OLIVIA COLEMAN
U18W High Jump	5.85m	BRONZE	NICOLE FREESTONE, ISABELLA RUDOLPH, AMY REID, RACHEL INGRAM
U18W Long Jump A Team	18.56m	5 <sup>th</sup>	AMY REID, GEORGIA DUNCAN ELLIE LAMPERT, KATE COLLETT
U18W Long Jump B Team	12.35m	11 <sup>th</sup>	RACHEL INGRAM, HOLLY SAUNDERS, KAILYN JOSEPH, ANNA KELLY
U20W 4 x 100m	N/A	DQ	JASLYN SETIADJI, EMILY JONES, EMILY BRITTON, AMY REID
U20M 4x100m	44.23S	SILVER	BEAU INGRAM, NICK THOMSON JOEL DAVIDSON. NICK ANDREWS
Open W 4x100m	49.83s	8 <sup>th</sup>	KARINA TAKCHI, RACHEL PACE, BRIANNA PHILLIPS, NATALIE SETIADJI
Open W High J	6.15m	SILVER	NICOLE FREESTONE, BELLA RUDOLPH, AMY REID, ALYSHA BURNETT
Open W Long J	18.65m	BRONZE	EMILY JONES, ELLIE LAMPERTS BRIANNA PHILIPS, ALYSHA BURNETT
Open W Shot Put	39.57m	5 <sup>th</sup>	ALYSHA BURNETT, KRISTINA MOORE, JEN BISHOP, NAT SETIADJI
Open W Discus	138.50m	GOLD	ALYSHA BURNETT, KRISTINA MOORE, GEORGIA DUNCAN, JEN BISHOP
Open W Javelin	119.31m	BRONZE	ALYSHA BURNETT, KRISTINA MOORE, MIMI DUNCAN, NAT SETIADJI
Open M 4x100m A Team	41.85s	BRONZE	BEN JAWORSKI, HARRY ANDREWS, NICK ANDREWS, JORDAN SHELLY (H), JACOB McCORY (F)
Open M 4x100m B Team	N/A	DQ	JACOB McCORY, EVAN CLOTHIER, EVAN INGRAM, JOEL DAVIDSON
Open M 4x200m	1:26.79s	4 <sup>TH</sup>	BEN JAWORSKI, EVAN CLOTHIER, NICK THOMSON, NICK ANDREWS
Open M 4x400m	3:38.86s	9 <sup>th</sup>	SILO ZUZE, DAMON STEER, HUGH HUNT, TIM FOSTER
Open M Long J	18.05m	5 <sup>th</sup>	JOEL DAVIDSON, ADAM AYAD, EVAN CLOTHIER, DEVAN SENASINGHE

### Individual Field Results from State Relays

Athletes Name	Age	Relay	Result	details
Methin Ginige	U14	U14M Long Jump	2.80m	
Jono Reid	U14	U14M Long Jump	5.04m	
Zac Semaganda	U14	U14M Long Jump	4.24m	
Devan Senasinghe	U14	U18 Long Jump	5.30m	
		Open Long Jump	5.30m	
Mimi Duncan	U14	U14W Shot Put	9.48m	
		U14W Long Jump	4.51m	
		Open Javelin	19.23m	600g
Anna Kely	U14	U14W Shot Put	7.89m	
		U18W Long Jump	3.05m	

Scarlette Prowse	U14	U14W Shot Put	7.69m	
Holy Saunders	U14	U14W Shot Put U18W Long Jump	5.05m 2.80m	
Ryan Jones	U16	U18M Discus	15.48m	1.5kg
Max Perry	U16	U18M Long Jump U18M Discus	4.36m 30.67m	1.5kg
Kate Collett	U16	U18W Long Jump	4.60m	
Samantha Dale	U16	Open High Jump	1.50m	
Georgia Duncan	U16	U18W Long Jump Open W Discus	4.54m 34.08m	NQ
Rachel Ingram	U16	U18W High Jump U18 W Long Jump U18M Discus	1.20m 3.31m 12.92m	1.5kg
Kailyn Joseph	U16	U18 Long Jump	3.19m	
Ellie Lamperts	U16	U18W Long Jump Open W Long Jump	4.90m 4.71m	
Bella Rudolph	U16	U18 High Jump Open W High Jump	1.60m 1.50m	
Adam Ayad	U18	U18M Long Jump Open M Long Jump	6.52m 6.35m	
Joel Davidson	U18	U18M Long Jump	5.98m	
Beau Ingram	U18	U18M Discus	15.43m	PB
Nicole Freestone	U18	U18 High Jump	1.60m	
Kristina Moore	U18	Open W Shot Open W Discus Open W Javelin	11.49m 43.51m 32.35m	NQ NQ
Amy Reid	U18	U18W High Jump U18W Long Jump Open W High Jump	1.45m 4.52m 1.50m	
Emily Jones	U20	Open W Long Jump	4.73m	
Evan Clothier	Open	Open M Long Jump	6.40m	
Alysha Burnett	Open	Open W High Jump Open W Long Jump Open W Shot Put Open W Discus Open W Javelin	1.65m 4.80m 12.27m 33.18m 40.19m	
Brianna Phillips	Open	Open W Long Jump	4.41m	
Nat Setiadji	Open	Open W Shot Put Open W Javelin	7.01m 27.54m	
Jen Bishop	Master	Open W Shot Put Open W Discus	8.80m 27.73m	

Please notify Ben Jaworski at [Ben\\_jaworski@hotmail.com](mailto: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)