

CHERRYBROOK SENIOR ATHLETICS NOTICES

2nd FEBRUARY 2017

CONGRATULATIONS

Congratulations to our five Cherrybrook Athletes that competed at the Hunter Track Classic last weekend in Newcastle. **Nicholas Andrews** stormed to victory in the hotly contested Men's 100m sprint, with a time of 10.55 into a 2m head wind, backing up after a 4th place in the men's sprint hurdles. **Declan Pluim** won the Men's High Jump, soaring 2.05m in windy conditions. **Jacob McCorry** had a sensation race in the men's 110m hurdles, performing a PB to take third place. **Maya Leverett**, still battling a back injury had a solid performance to come 4th in the women's Long Jump. In his first competition for Cherrybrook, **Brody Perry** at just 12, came an impressive third in the U16 Hunters fastest kids 100m.

GOODLUCK

Good Luck to all our **Youth and Junior Athletes** that will be competing at their State Championships this weekend.

Good luck to the following Athletes that have gained selection in the Sydney Invitational Twilight meet which will be held this Saturday night at SOPAC. **Nicholas Andrews** (110m Hurdles), **Adam Ayad** (Long Jump), **Evan Clothier** (Long Jump), **Ben Jaworski** (200m), **Jacob McCorry** (110m Hurdles) and **Kristina Moore** (Discus and Shot Put). **Harry Andrews** also gained selection in the 110m hurdles, but unfortunately due to injury will be unable to compete. It is an achievement in itself to gain selection in High Performance meets and we wish Harry a speedy recovery.

Good Luck to former Cherrybrook Athlete **Michelle Jenneke** who will be part of the Australian Team for the **Nitro Athletics** series which will compete against five International teams in Melbourne on the 4th, 9th and 11th of February. Watch it live on channel 7 (or record it if you are at SOPAC competing) and witness a new revolution in Athletics. To find out more about NITRO visit www.nitroathletics.com.au

UPCOMING COMPETITION

Due to the NSW Youth and Junior Championships, there is no regular NSW Athletics competition this weekend. The next NSW Athletics competition will be the Bankstown All Comers and 10K Walks Championships on the 11th February.

NSW YOUTH AND JUNIOR STATE CHAMPIONSHIPS

ENTRIES ARE NOW CLOSED AND DRAFT TIMETABLE AVAILABLE

Any Athlete that intended on competing and has missed the closing date for entries please email Brent Hayward with your late entry request to brent.hayward@nswathletics.org.au (late entries are for track events only, subject to availability and cost \$35)

The NSW Junior State Championships will be held from the 3rd – 5th Feb at SOPAC.

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

[Click here](#) for the final start lists

[Click here](#) for the final timetable

IMPORTANT ENTRY AND NOMINATION DATES

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

20th February Nominations for the Summer ofATHS Grand Prix (Canberra)

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

FRIDAY NIGHT CLUB COMPETITION

Events on offer this Friday night at Cherrybrook club competition at Greenway Oval from 6pm will be 200m, 800m, 300m Hurdles, 1500m Walk, Shot Put, Discus, Long Jump and Triple Jump.

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>

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%200Athletics%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%200Athletics%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>

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 All-comers or Treloar Shield event.

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

ACT CHAMPIONSHIPS

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

Entries are now open and close on Monday the 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](http://athleticsact.org.au/Portals/52/Competition%20&%20Records/Championships/Open%20Junior%20Champs%202017%20program%20as%20at%2020%20Dec%2016.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 the 24th – 26th February 2017. There are no qualifying standards for this event. It is hoped that online entries and a draft timetable will be available on the Athletics NSW website by early next week.

SYDNEY CLASSIC

The Sydney Classic will take place on the evening of Saturday the 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 the 4th – 5th 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 18th March. More details to come closer to the date.

SUMMER OFATHS GRAND PRIX

This meet will be held on Sat 11th and Sun 12th March at the AIS Athletics Track in Canberra, ACT

This is an Athletics Australia High performance event and will attract the best athletes in the country across the two days of competition. Selection for this event is by nomination only. Any Athlete intending on competing at the Open Nationals, should consider nominating for this event as it will be excellent preparation for Nationals.

/nominations are now open and close on the 20th February.

Nominations for this event are through the Athletics Australia website.

For full meet details including nominations and timetable, visit www.athletics.com.au/Compete/Events/2017-summerofaths-grand-prix

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 9th – 12th of June.

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, 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

2016 NATIONAL RANKINGS

The high performance Cherrybrook Athletes listed in the table below achieved National rankings in 2016. The 2017 rankings for this season will be reported in the annual report at the end of the season.

(wind assisted ranking have not been included here). Full Australian Ranking can be found at

ATHLETES NAME	EVENT	TIME / DISTANCE	AUSTRALIAN RANKING			
			U/18	U20	OPEN	ALL TIME
Imogen Breslin	100m Hurdles	14.86	27 th	-----	-----	
Emily Britton	100m Hurdles	14.34	11 th	-----	-----	
Lauren Clark	Hammer (3kg)	53.47m	7 th	-----	-----	
	Hammer (4kg)	42.8m		17 th	31 st	
Katie Devitt	100m	11.95	6 th	11 th	-----	
	200m	24.83	23 rd	33 rd	70 th	
Maya Leverett	200m	24.96	26 th	-----	-----	
	Long Jump	5.82m	5 th	11 th	25 th	
	Triple Jump	11.99m	10 th	17 th	31 st	
Kristina Moore	Shot Put (3kg)	14.68m	7 th	-----	-----	
	Discus	51.53m	1 st	2 nd	6 th	32 nd
Nicholas Thomson	110m Hurdles (91cm)	14.11	4 th	-----	-----	
	110m Hurdles (99cm)	14.70	-----	6 th	-----	
Falito Van Woerkom	110m Hurdles (91cm)	14.88	20 th	-----	-----	
Alysha Burnett	Heptathlon	5547 points	-----	-----	4 th	
	100m Hurdles	14.55	-----	8 th	27 th	
	High Jump	1.83m	-----	2 nd	6 th	
	Long Jump	6.00m	-----	4 th	11 th	
	Shot Put	12.93m	-----	9 th	14 th	
Rachel Pace	Javelin	48.71	-----	3 rd	10 th	
	100m Hurdles	14.16	-----	5 th	19 th	
Nicholas Andrews	100m	10.39	-----	3 rd	8 th	48 th
	110m Hurdles (99cm)	13.33	-----	1 st	-----	
	110m Hurdles	14.80	-----	-----	13 th	
Jacob McCorry	4 x 100m relay	39.67	-----	-----	2 nd	
	110m Hurdles (99cm)	13.79	-----	2 nd	-----	

	110m Hurdles	14.74	-----	-----	12 th	
Jordan Shelley	100m	10.60	-----	9 th	28 th	
	200m	21.47	-----	-----	24 th	
Harry Andrews	100m	10.8	-----	-----	58 th	
	110m Hurdles	14.95	-----	-----	15 th	
Evan Clothier	200m	21.80	-----	-----	51 st	
	400m	48.42	-----	-----	50 th	
	Long Jump	7.00m	-----	-----	51 st	
Ben Jaworski	100m	10.52	-----	-----	17 th	
	200m	21.18	-----	-----	11 th	
	4 x 100m Relay	39.26	-----	-----	1st	

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)

ACT MEET – 22ND JANUARY

Name	Age	Event	Result	Place	Detail
Jonathan Reid	14	100m Hurdles	15.73s	1st	SB
		Long Jump	5.19m	1st	SB
Nicholas Dang	16	100m	12.01s (-2.2)	19th	SB
		110m Hurdles	15.17s	1st	SB
Samantha Dale	16	200m	27.12s	50th	SB
		Long Jump	5.18m	2nd	
		Triple jump	10.65m	2nd	
Eleanor Lamperts	16	100m	13.41s	25th	
		Long Jump	4.51m	5th	
Nicholas Thomson	18	100m	11.65s	16th	
		110m Hurdles	15.33s	1st	
Adam Ayad	18	100m	12.07s (-2.2)	22nd	
Oliver Clark	18	800m	1:57.99s	1st	PB
Jordan Shelley	19	100m	10.78s	5th	
		200m	21.43s (+2.1)	8th	SB
Declan Pluim	19	High jump	2.15m	1st	SB
Nicholas Andrews	20	100m	10.75s	4th	SB
		110m Hurdles	14.52s	2nd	SB
Jacob McCorry	20	100m	11.19s	13th	SB
		110m Hurdles	14.58s	3rd	SB
Alysha Burnett	20	Shot put	12.83m	2nd	

		Javelin	38.39m	1st	
Rachel Pace	19	100m	12.81s	15th	
		100m Hurdles	14.97s	1st	
Brianna Phillips	20	100m	13.18s	21st	
		200m	27.40s	51st	SB
Harrison Andrews	Open	100m	11.17s	12th	
		110m Hurdles	16.38s	4th	
Evan Clothier	Open	200m	22.14s (+2.1)	11th	
		Long Jump	6.81m	5th	
Benjamin Jaworski	Open	200m	21.30s	5th	

BANKSTOWN ALLCOMERS – 22ND JANUARY

Name	Age	Event	Result	Place	Detail
Emilia Duncan	13	200m	29.86s	66th	
		80m Hurdles	13.17s	1st	SB
		javelin	24.18m	2nd	SB
		shot put	8.38m	13th	SB
Georgia Duncan	15	200m	27.59s (-2.7)	43rd	SB
		90m Hurdles	13.74s (+3.4)	3rd	
		Javelin	21.15m	10th	SB
		shot put	11.16m	3rd	
Emily Britton	16	100m	13.71s (-4.1)	43rd	
		100m Hurdles	14.95s	1st	
Nicholas Thomson	18	110m Hurdles	15.43s	2nd	
Tim Foster	24	200m	25.12s (-2.2)	51st	
Jennifer Bishop	47	100m	14.07s	50th	
		200m	29.44s	60th	
		80m hurdles	13.21s	2nd	
		Javelin	19.15m	9th	SB
		Shot put	9.37m	3rd	SB
Sally Stagles	57	100m	15.25s (-2.0)	69th	SB
		80m hurdles	13.63s	3rd	SB
		shot put	8.90m	10th	SB

HUNTER TRACK CLASSIC RESULTS

Name	Age	Event	Result	Place	Detail
Brody Perry	13	100m	12.04s	3rd	
Maya Leverett	18	long jump	5.47m	4th	
Declan Pluim	19	High Jump	2.05m	1st	
Nicholas Andrews	20	110m Hurdles	14.66s	4th	
		100m	10.55s (-2.0)	1st	SB
Jacob McCorry	20	110m Hurdles	14.53s	3rd	PB