

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

3rd MARCH 2017

CONGRATULATIONS

Congratulations to the 12 athletes who competed at the **ACT championships** securing 9 medals (4 Gold, 4 Silver and a Bronze). Particular congratulations to our multi medalists **Jordan Shelley** (Gold & Silver) and **Katie Devitt** (Gold & Bronze).

Congratulations to our 19 athletes who competed at the **NSW Open Championships** securing 16 medals (5 Gold, 8 Silver and 3 Bronze). Particular congratulations to our multi medalists **Julie Charlton** (2 Golds, 3 Silvers), **Nick Andrews** (Gold & Silver), **Tim Foster** (Gold & Silver) and **Alysha Burnett** (2 Silver)

This Championship also doubles up as the U23 State Championships. Congratulations to our Athletes who secured 7 U23 medals (4 Gold, 2 Silver and a Bronze). Particular congratulations to our multi medalists **Alysha Burnett** (2 Gold, 1 Silver) and **Nick Andrews** (2 Gold).

Congratulations to **Joel Davidson** (Triple Jump) and **Lauren Clark** (4kg hammer) on setting new Cherrybrook Records in Canberra and Sydney respectively.

Congratulations to all the athletes who competed at the Sydney Track Classic on 4th February and the Allcomers meetings on 11th Feb & 18th Feb. It was pleasing to see so many record Season Best performances at the business end of the season.

Full results are provided at the end of this newsletter.

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>

GOODLUCK

Good luck to all our Masters competing at the NSW Masters Championships this weekend.

UPCOMING COMPETITION

The next NSW Athletics competition will be NSW Masters Championships this weekend. A NSW Throwers Club meeting is on Sunday March 5th at Greystanes.

IMPORTANT ENTRY AND NOMINATION DATES

5th March 11:45pm Nominations for Australian Open Championships Close

9th March Nominations for Bankstown Invitational Close

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 Oceania Championships close

FRIDAY NIGHT CLUB COMPETITION

The Oval is available for any athlete wishes to train. Oval available until sunset. Senior events on offer this Friday 3rd March are: 400m, High Jump, 1500m, 100m and Discus.

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

NSW MASTERS STATE CHAMPIONSHIPS

The NSW Masters Championships will take place on the 4th – 5th March. Entries are closed. Final timetables and entry lists will be released shortly. For Championship details for this Event visit

<http://www.nswathletics.org.au/Competitions/Calendar/nsw-masters-championships-41>

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. Events are Women's: 100m, 400m, 1500m, 400m Hurdles, High Jump, Pole Vault, Hammer Throw, Javelin Throw, Men's: 200m, 800m, 1500m, 400m Hurdles, 3000m Steeplechase, high Jump, Hammer Throw, Shot Put.

Online nominations close midnight on **Thursday 9th March**.

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. *This year the nomination process is fully on line.*

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.*

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)

February 4th Sydney Track Classic

Name	Age	Event	Result	Place	Detail
Jacob McCorry	Open	110m Hurdles	14.43s	2nd	SB
Julie Charlton (Para WC)	U20	800m	3:30.63s	1st	SB
Adam Ayad	Open	Long jump	6.44m	7th	
Evan Clothier	Open	Long jump	6.85m	5th	
Ben Jaworski	Open	200m	21.32s	4th	SB

February 11th Allcomers

Name	Age	Event	Result	Place	Detail
Robert Clark	Open	6kg hammer	32.46m	1st	
Tim Foster	Open	400m	53.63s	18th	SB
Joel Davidson	Open	Triple jump	12.16m	3rd	
Evan Clothier	Open	200m	21.92s	6th	
		Long jump	6.75m	3rd	
Lauren Clark	Open	4kg Hammer	42.52m	3rd	
Natalie Setiadji	Open	400m Hurdles	01:09.21s	12th	SB

February 18th Allcomers & Masters Throws Pentathlon

Name	Age	Event	Result	Place	Detail
Emily Jones	Open	60m	9.47s	38th	SB
		100m	15.37s	50th	
		Triple Jump	10.37m	2nd	SB
Jill Taylor	w60	Hammer	30.75m	1st	
		Shot	8.53m	1st	SB
		Discus	22.45m	1st	
		Javelin	15.48m	1st	SB
		5.45kg Weight	12.29m	1st	SB
		Throws Pent	3334pts	1st	
Jen Bishop	Open	60m	8.71s	27th	
		80m Hurdles	12.95s	2nd	
		Discus	28.32m	7th	
Eleanor Lamperts	Open	60m	8.27s	10th	SB
		100m	13.26s	15th	
Emilia Duncan	Open	80m Hurdles	13.22s	2nd	
Georgia Duncan	Open	90m Hurdles	13.40s	4th	SB
Alysha Burnett	Open	100m Hurdles	15.04s	2nd	SB
		4kg Shot	11.86m	1st	SB
Lauren Clark	Open	4kg Shot	9.84m	5th	SB
		Discus	31.40s	5th	
Sally Stagles	Open	80m Hurdles	13.39s	3rd	SB
Falito Van Woerkom	Open	110m Hurdles	16.55s	5th	SB

February 18th ACT Championships

Name	Age	Event	Result	Place	Detail
Lara Stevens	U14	80m Hurdles	14.44s	SILVER	SB
Katie Devitt	U18	100m	12.24s	BRONZE	
		200m	24.98s	GOLD	
Nick Dang	U18	100m	11.72s	11th	SB
		110m Hurdles	14.83s	6th	SB
Rachel Pace	U20	100m Hurdles	14.66s	SILVER	SB
Jaslyn Setiadji	U20	400m Hurdles	1:10.14s	5th	
Jordan Shelley	U20	100m	10.49s	GOLD	SB
		200m	21.74s	SILVER	
Nicholas Thomson	U20	100m	11.36s	8th	
		110m Hurdles	14.40s	GOLD	
Oliver Clarke	U20	800m	01:58.1	SILVER	
Joel Davidson	U20	Triple jump	13.13m	GOLD	CB SB
Evan Clothier	Open	200m	22.36s	21st	
		Long jump	6.70m	14th	
Nicholas Andrews	Open	100m	10.44s	4th	SB
		110m Hurdles	14.54s	5th	
Natalie Setiadji	Open	400m Hurdles	01:07.31s	12th	SB

February 24th – 26th NSW Open

Name	Event	Result	Place	Detail
Brianna Phillips	100m	13.44s	38th	
	Long Jump	4.60m	11th (BRONZE U23)	
Maya Leverett	200m	25.59s	11th	
	Long Jump	5.52m	5th (BRONZE NSW)	
Eleanor Lamperts	200m	26.39s	22nd	SB
Alysha Burnett	100m Hurdles	15.10s	8th (5th NSW, SILVER U23)	
	Long jump	5.77m	3rd (SILVER NSW, GOLD U23)	SB
	Javelin	42.28m	3rd (SILVER NSW, GOLD U23)	SB
Samantha Dale	Long jump	5.39m	6th (4th NSW)	SB
	Triple jump	10.77m	12th	SB
Lauren Clark	Shot put	9.90m	15th	SB
	Discus	35.76m	12th	
	Hammer Throw	44.44m	7th (5th NSW)	CB SB
Kristina Moore	Discus	47.49m	3rd (SILVER NSW)	
	Shot put	12.54m	6th (5th NSW)	SB
Kailyn Joseph (Para Amb)	100m	17.18s	7th	
	200m	37.36s	6th	
	Long jump	3.87m	5th	SB
	Discus	19.84m	5th	
Holly Saunders (Para Amb)	Long jump	2.56m	GOLD	
	Shot put	5.27m	5th	
	Discus	13.51m	6th	
Julie Charlton (Para WC)	200m	46.55s	SILVER	
	400m	1:31.91s	SILVER	
	Shot put	5.10m	GOLD	
	Discus	11.83m	GOLD	
	Javelin	6.40m	SILVER	
Nicholas Andrews	100m	10.72s	GOLD (GOLD U23)	
	110m Hurdles	14.31s	SILVER (GOLD U23)	SB
Jordan Shelley	100m	10.91s	BRONZE (SILVER U23)	
Evan Clothier	200m	22.06s	8th (7th NSW)	
	Long jump	6.80m	9th	
Oliver Clarke	800m	1:58.59s	18th	
Jackson Tuynman	High Jump	NH		
	Triple jump	12.60m	8th	
Jacob McCorry	110m Hurdles	14.34s	BRONZE	SB
Adam Ayad	Long jump	6.54m	11th	
Joel Davidson	Long jump	6.33m	15th	
	Triple jump	13.11m	7th	
Tim Foster (Para Amb)	200m	24.18s	GOLD	SB
	400m	53.32s	SILVER	SB