

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

5th APRIL 2017

CONGRATULATIONS

CONGRATULATIONS to the twelve Cherrybrook athletes who competed in the Australian Athletic Championships in the Open division. 8 Medals were won including 2 Gold, 4 Silver and 2 Bronze. New national open champions are **Alysha Burnett** (Heptathlon) and **Holly Saunders** (Ambulant Long Jump). **Alysha** achieved a World University Games Qualifier and broke/set 6 Cherrybrook Best performances in the process (200m, 100m Hurdles, High Jump, Long Jump, Javelin and Heptathlon point score).

CONGRATULATIONS to **Jacob McCorry** who went under 14 seconds for the 100m Hurdles for the first time to finish with a Bronze medal and record a new Cherrybrook Best.

CONGRATULATIONS to the thirty five Cherrybrook athletes who competed in the Australian Athletic Championships in the Age Group divisions (the old Australian Junior & Youth Championships). 21 Medals were won including 10 Gold, 6 Silver and 5 Bronze. New national champions are **Donovan Bradshaw** (U14 200m, U14 400m and U14 Long Jump), **Julie Charlton** (U20 Secured Shot, U20 Secured Discus and U20 Secured Javelin), **Brody Perry** (U14 100m), **Holly Saunders** (U16 Para Long Jump), **Jordan Shelley** (U20 100m) and **Kristina Moore** (U20 Discus).

CONGRATULATIONS to **Donovan** on setting new Cherrybrook Records for the U14 400m (53.62s) and U14 Triple Jump (11.50m) and to **Kristina** on setting a new Cherrybrook Record for the U20 Discus (51.06m)

CONGRATULATIONS TO OUR NEW WORLD MASTERS INDOOR CHAMPION SALLY

STAGLES! Sally joins **Jill Taylor** (see 24/3 Newsletter) as a Cherrybrook World Indoor Champion having won **Gold** in the 60m Hurdles. Sally also broke the Australian W55 Indoor Records for the 100m Hurdles and the Long Jump (4.13m).

Full results are provided at the end of this newsletter.

CONGRATULATIONS to Life Member **John Sharpe** on his recent marriage to Dianna.

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
Sat 22nd April	Waratah Run Series XCC St George Classic	Scarborough Park
Sun 23rd April	RunNSW Dubbo Fun Run	Dubbo
Sat 6th May	Sydney 10	SOPAC
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>

FRIDAY NIGHT CLUB COMPETITION

Please note Friday night Club Competition has now finished for the season.

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 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>

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

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 Para 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 Para 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>

IPC SANCTIONED MEET CALENDAR

To view the 2017 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 NSW 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.

Australian Open Championships

Name	Event	Result	Place	Detail
Alysha Burnett	Hept 200m	26.20s	5th	SB CB
	Hept 800m	2:28.91s	5th	SB
	Hept 100m Hurdles	14.27s	5th	SB CB
	Hept High Jump	1.78m	1st	SB CB
	Hept Long Jump	6.12m	1st	SB CB
	Hept Shot put	13.02m	1st	
	Hept Javelin	47.92m	1st	SB CB
	Heptathlon	5817pts	Gold	SB CB WUQ
Kristina Moore	Discus	49.55m	7th (5th Aussie)	CB
Kailyn Joseph (Para Amb)	100m	16.87s	15th (14th Aussie)	
	200m	36.96s	12th (11th Aussie)	
	Long jump	3.75m	8th (7th Aussie)	
Holly Saunders (Para Amb)	Long jump	2.31m	Gold	
	Shot put	4.84m	6th	
	100m	18.25s	16th (15th Aussie)	
Julie Charlton (Para WC)	Shot put	5.05m	Bronze	
	Discus	11.85m	Silver	
	Javelin	7.49m	Silver	SB
Nicholas Andrews	100m	10.47s	5th (4th Aussie)	
	4x100m	40.82s	Silver	
	110m Hurdles	14.13s	6th (5th Aussie)	SB
Jordan Shelley	4x100m	40.82s	Silver	
	100m	10.60s	11th (8th Aussie)	
Evan Clothier	200m	22.32s	24th (20th Aussie)	
	Long jump	6.98m	21st (17th Aussie)	
Jacob McCorry	110m Hurdles	13.97s	4th (Bronze Aussie)	SB CB
Tim Foster (Para Amb)	200m	23.90s	5th	SB
	400m	53.33s	6th (5th Aussie)	
Natalie Setiadji	100m Hurdles	14.77s	16th (13th Aussie)	SB
	400m Hurdles	69.54s	28th (26th Aussie)	
Lauren Clark	Hammer	43.64m	16th (13th Aussie)	

Australian Championships - Age Groups

Name	Age	Event	Result	Place	Detail
Donovan Bradshaw	U14	100m	11.86s	Silver	SB
		200m	24.70s	Gold	
		400m	53.62s	Gold	SB CB
		Triple jump	11.50s	Bronze	SB CB
		Long jump	5.45m	Gold	SB
		4x100m	DQ		
Brody Perry	U14	100m	11.87s	Gold	SB
		200m	25.00s	Silver	
		4x100m	DQ		
Lara Stevens	U14	80m Hurdles	14.83s	12th	
Emilia Duncan	U14	80m Hurdles	12.77s	Silver	SB
		4x100m	51.79s	Bronze	
Jonathan Reid	U15	100m Hurdles	16.23s	8th	SB
		Triple jump	11.35m	8th	
Danielle Osifo	U15	Triple jump	11.07m	6th	
Max Perry	U16	Hammer Throw	ND		
Georgia Duncan	U16	90m hurdles	13.68s	10th	
		Shot put	12.89m	4th	SB
Kailyn Joseph (AP)	U16	100m	16.80s	9th	SB
		200m	35.66s	8th	SB
		Long jump	3.74m	Bronze	
		Discus	20.87m	5th	SB
Holly Saunders (AP)	U16	Shot put	6.05m	7th	
		Long jump	2.53m	Gold	
		Discus	14.97m	6th	
Scott Chapman	U17	Javelin	53.49m	4th	
Nicholas Dang	U17	110m Hurdles	15.05s	4th	
Kevin Yang	U17	Shot put	13.29m	6th	SB
		Discus	41.24m	12th	
Imogen Breslin	U17	100m Hurdles	14.31s	DQ Final	SB
Emily Britton	U17	100m Hurdles	13.72s	Silver	
Samantha Dale	U17	Long jump	5.31m	5th	
Nicole Freestone	U17	High jump	NH		
Isabella Rudolph	U17	High jump	1.68m	Silver	SB
Kyle Ekstrom	U18	Discus	51.05m	5th	
Katie Devitt	U18	100m	12.00s	6th	
		4x100m	46.76s	Silver	
Lauren Clark	U18	Hammer Throw	50.79m	7th	
		Discus	34.85m	15th	
	U20	Hammer Throw	41.70m	13th	
Adam Ayad	U20	Long jump	6.80m	7th	
		Triple jump	12.94m	12th	

Name	Age	Event	Result	Place	Detail
Jordan Shelley	U20	100m	10.52s	Gold	
Oliver Clarke	U20	400m	52.30s	29th	
Joel Davidson	U20	Triple jump	13.35m	10th	SB
Declan Plum	U20	High Jump	2.00m	9th	
Nicholas Thomson	U20	110m Hurdles	14.53s	Bronze	
Falito Van Woerkom	U20	110m Hurdles	16.17s	14th	
Sara Kely (AP)	U20	100m	16.53s	9th	
		Long jump	3.57m	4th	
Julie Charlton (WCP)	U20	200m	43.32s	7th	
		400m	1:35.95s	5th	
		800m	3:23.53s	Bronze	
		Shot put	5.25m	Gold	
		Discus	11.84m	Gold	
		Javelin	6.33m	Gold	
Tiana Hazlewood	U20	Discus	35.94m	14th	
		Javelin	34.30m	12th	
Maya Leverett	U20	Triple jump	11.12m	13th	
		200m	25.68s	18th	
		4x100m	47.57s	4th	
		Long Jump	5.48m	9th	
Kristina Moore	U20	Discus	51.06m	Gold	CB
		Shot put	12.34m	8th	
Jaslyn Setiadji	U20	400m Hurdles	64.90s	9th	SB
Emily Jones	U20	Long Jump	4.64m	20th	
		Triple jump	10.43m	15th	

World Indoor Masters Championships Daegu, South Korea

Name	Age	Event	Result	Place	Detail
Sally Stagles	55-59	Long Jump	4.13m	4th	SB AIR
		60m	9.00s	6th	SB
		60m Hurdles	9.82s	GOLD	SB AIR
Jill Taylor	60-64	Shot Put	8.53m	4th	
		Weight Throw	12.88m	BRONZE	
		Hammer	34.40m	GOLD	SB
		Discus	22.80m	4th	
		60m	10.99s	17th	SB

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.

AIR = Australian Indoor record

WUQ = World University qualifier

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