

CHERRYBROOK SENIOR ATHLETICS NOTICES

9th FEBRUARY 2017

CONGRATULATIONS

Congratulations to all 48 Cherrybrook athletes that braved the extreme heat and competed at the Junior State Champs from the 3rd – 5th February.

The Club achieved an outstanding haul of 44 medals with over half of our athletes achieving at least one podium position. Our medals included 21 Gold, 16 Silver and 7 Bronze, with 8 Athletes achieving multiple medals. There were plenty of personal best performances and National Qualifiers across the three days of competition.

Congratulations to our multi medallists, **Julie Charlton** U20 Parra (Gold in 100m, 200m, 400m, 800m, Shot Put, Discus and, Javelin), **Donovan Bradshaw** U14 (Gold in 200m, 400m and Long Jump + Silver in 100m), **Kailyn Joseph** U16 Parra (Gold in Long Jump, Silver in 100m and Discus + Bronze in 200m), **Brody Perry** U14 (Gold in 100m + Silver in 200m), **Lauren Clark** U18 (Gold in Hammer + Bronze in Discus), **Maya Leverett** U20 (Gold in Long Jump + Bronze in 200m) **Annabelle Rodgers** U15 (Silver in Shot Put and Javelin + Bronze in Discus), **Jono Reid** U15 (Silver in 100m Hurdles and Triple Jump)

Congratulations to our other Gold Medallists **Mimi Duncan** U14 80m Hurdles, **Emily Britton** U17 100m Hurdles, **Bella Rudolph** U17 High Jump, **Adam Ayad** U20 Triple Jump, **Kristina Moore** U20 Discus

Congratulations to our other Silver medallists **Georgia Duncan** U16 90m Hurdles, **Kevin Yang** U17 Discus, **Imy Breslin** U17 100m Hurdles, **Samantha Dale** U17 Long Jump, **Sara Kelly** U17 Parra Long Jump, **Kyle Ekstrom** U18 Discus, **Katie Devitt** U18 100m and **Tiana Hazelwood** U20 Javelin.

Congratulations to our other Bronze medallists **Max Perry** U16 Hammer, **Nick Dang** U16 110m Hurdles and **Joel Davidson** U20 Triple Jump.

Congratulations to Cherrybrook Coaches **John Sharpe** and **Mick Zisti** who coach the majority of our State Medallists

Congratulations to our four High Performance Athletes that competed at the Sydney Invitation last Saturday night at SOPAC **Adam Ayad** (7th Long Jump), **Evan Clothier** (5th Long Jump), **Ben Jaworski** (4th 200m) and Jacob **McCorry** (2nd 110m Hurdles).

Congratulations to Coach **Mick Zisti** and his partner **Allison Stevens** on the Birth of their new baby daughter **Maddy Zisti** on the 18th January.

GOODLUCK

Good luck to our Dual registered athletes who will compete at the LA's Regional Championships in Narrabeen this weekend.

UPCOMING COMPETITION

The next NSW Athletics competition will be an All-comer and 10K Walks Championships on the 11th February.

NB: There is a 2 hour delay to the original start time for this event due to the expected high temperatures. ie Start time is now 5pm.

Allcomers and 10K Walks Championships	
Date	Saturday 11 th January
Location	SOPAC – Sydney Olympic Park Athletics Centre
Events	200m, 400m 1500m, 3000m (men + women), 200m + 400m Hurdles, 10K Walks, Long Jump, men's Triple jump, High jump, Hammer Throw
Timetable	http://www.nswathletics.org.au/Portals/18/Competition/20170212%20SOPAC%20Allcomers%20v3.pdf
Online Entry	https://2017ac10kwalks.eventdesq.com/ Entries will close Thursday February 9 th 2017 at midnight
Event Details	http://www.nswathletics.org.au/Competitions/Calendar/all-comers-nsw-10000m-walks-championships This meet is an AA permit meet and allows qualification to both National and International Events

IMPORTANT ENTRY AND NOMINATION DATES

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

16th February Entries to the NSW Open and Parra Championships close at midnight

20th February Nominations for the Summer of AHS 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

Due to LA's Regional athletics, there will be no Club competition this Friday night. The Oval is available for any athlete wishes to train. Oval available until sunset.

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

ACT CHAMPIONSHIPS – Recommended Event (Fast Track and interstate competition expected)

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

Meet Details - <http://athleticsact.org.au/Compete/Events/aact-championships-17-19th-february-2017>

NSW OPEN STATE CHAMPIONSHIP

ENTRIES ARE NOW OPEN for the **NSW Open State Championships** which will be held from the 24th – 26th February 2017. There are no qualifying standards for this event and all aged athletes who are registered Seniors Athletes are eligible to compete. All events are contested as Open Age Events.

Online Entries – <https://2017open.eventdesq.com/>

Draft Timetable –

<http://www.nswathletics.org.au/Portals/18/Competition/2017%20Open%20Champs%20Timetable%20DRAFT%20web.pdf>

Full Championship details – <http://www.nswathletics.org.au/Competitions/Calendar/nsw-open-track-field-championships>

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. The draft timetable and Online Entries will open soon. 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. More details to come closer to the date.

SUMMER OF ATHS 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.

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 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>

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.

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

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 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)

Name	Age	Event	Result	Place	Detail
Donovan Bradshaw	U14	100m	12.06s (-2.7)	SILVER	
		200m	24.09s	GOLD	
		400m	56.68s	GOLD	
		Long jump	5.20m	GOLD	SB
Kaylan Clark	U14	High Jump	1.45m	5th	
Brody Perry	U14	100m	12.02s (-2.7)	GOLD	
		200m	24.70s	SILVER	SB
Xanthe Craig	U14	High Jump	1.35m	9th	SB
Emilia Duncan	U14	200m	29.96s	16th	SB
		80m Hurdles	13.06s	GOLD	
		Long jump	4.33m	10th	SB
		Shot put	9.54m	7th	SB
		Discus	22.70m	12th	SB
		Javelin	24.70m	5th	SB

Anna Kely	U14	Shot put	8.20m	9th	PB
		Discus	20.27m	14th	PB
		Javelin	23.16m	8th	PB
Bayden Little	U15	Javelin	32.24m	6th	SB
Jonathan Reid	U15	100m Hurdles	16.39s	SILVER	
		Long jump	4.92m	10th	
		Triple jump	11.50m	SILVER	SB
Devan Senasinghe	U15	Long jump	5.19m	6th	
Amy McFadden	U15	High Jump	1.50m	4th	SB
		Long jump	4.61m	12th	SB
		Triple jump	10.06m	7th	SB
Danielle Osifo	U15	100m	13.36s	9th	SB
		Long jump	4.95m	5th	SB
		Triple jump	10.61m	2nd	SB
Annabelle Rodgers (AP)	U16	Long jump	2.80m	4th	SB
		Shot put	8.28m	SILVER	SB
		Discus	16.98m	BRONZE	SB
		Javelin	17.95m	SILVER	SB
Ben Graham	U16	3000m	9:45.93s	5th	SB
		2000m Steeplechase	DNF	DNF	
Thisara Gunawardena	U16	100m	12.92s	10th	SB
Thomas Pellow	U16	100m	12.17s	6th	SB
		200m	25.11s	7th	
Max Perry	U16	Discus	35.38m	6th	
		Hammer Throw	26.04m	BRONZE	SB
Georgia Duncan	U16	200m	26.99s	12th	PB
		90m hurdles	13.45s	SILVER	PB
		Long jump	4.62m	11th	SB
		Shot put	11.83m	6th	SB
		Discus	32.08m	8th	
Kailyn Joseph (AP)	U16	100m	17.16s	SILVER	
		200m	36.08s	BRONZE	SB
		Long jump	3.87m	GOLD	SB
		Discus	19.03m	SILVER	
Scott Chapman	U17	Javelin	45.09m	4th	SB
Nicholas Dang	U17	110m Hurdles	15.68s	BRONZE	PB
Ryan Jones	U17	2000m Steeplechase	7:37.27s	9th	
		Javelin	31.87m	8th	SB
Kevin Yang	U17	Shot put	12.85m	5th	
		Discus	43.14m	SILVER	SB
Imogen Breslin	U17	100m Hurdles	14.91s	SILVER	
Emily Britton	U17	100m	13.11s	9th	
		100m Hurdles	14.39s	GOLD	
Kate Collett	U17	200m	28.82s	18th	
		Shot put	11.75m	4th	
		Discus	26.30m	9th	

Samantha Dale	U17	High Jump	1.55m	4th	SB
		Long jump	5.27m	SILVER	SB
		Triple jump	10.74m	4th	SB
Rachel Ingram	U17	100m	13.84s	20th	SB
		200m	28.51s	17th	
Eleanor Lamperts	U17	100m	13.11s	10th	
		200m	27.29s	14th	
		Long jump	4.89m	8th	
Isabella Rudolph	U17	High jump	1.60m	GOLD	SB
Kyle Ekstrom	U18	Discus	51.23m	SILVER	SB
Ryan Hogan	U18	3000m	10:12.82s	9th	
Jackson Tuynman	U18	High Jump	1.85m	4th	SB
		Long jump	6.12m	6th	SB
		Triple jump	12.65m	5th	SB
Lauren Clark	U18	Shot put	11.57m	5th	
		Discus	33.51m	BRONZE	
		Hammer Throw	49.50m	GOLD	
Katie Devitt	U18	100m	12.17s	SILVER	
Adam Ayad	U20	Long jump	6.61m	6th	
		Triple jump	13.29m	GOLD	
Oliver Clarke	U20	800m	1:57.01s	5th	
Joel Davidson	U20	100m	12.00s	24th	
		Long jump	6.40m	8th	
		Triple jump	12.96m	BRONZE	SB
Beau Ingram	U20	100m	11.71s	21st	
		200m	23.76s	13th	
Nicholas Thomson	U20	100m	11.32s	10th	SB
		110m Hurdles	14.64s	GOLD	
Sara Kely (AP)	U20	100m	15.96s	4th	
		Long jump	3.82m	SILVER	SB
Julie Charlton (WCP)	U20	100m	23.87s	GOLD	
		200m	45.06s	GOLD	
		400m	1:34.02s	GOLD	
		800m	3:30.63s	GOLD	
		Shot put	4.66m	GOLD	
		Discus	11.29m	GOLD	
		Javelin	6.59m	GOLD	
Tiana Hazlewood	U20	Discus	37.50m	4th	
		Javelin	34.54m	SILVER	
Maya Leverett	U20	100m	12.59s	4th	
		200m	25.24s	BRONZE	SB
		Long Jump	5.68m	GOLD	SB
Kristina Moore	U20	Discus	45.93m	GOLD	
Jaslyn Setiadji	U20	400m Hurdles	68.36s	4th	SB
Declan Pluim	U20	High Jump	2.00m	GOLD	
Emily Jones	U20	Long Jump	4.38m	10th	
		Triple jump	10.12m	6th	

Rachel Pace	U20	100m	12.67s	7th	
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