

CHERRYBROOK SENIOR ATHLETICS NOTICES

3 NOVEMBER 2016

CONGRATULATIONS

Congratulations to **Sara Kely** who competed at the Special Olympic State Championships on Sunday, achieving Gold in the Shot Put, Long Jump and 4 x 100m relay and Silver in the 100m and 200m. Sara successfully achieved a PB in all four of her individual events. Results available at the end of this newsletter.

Congratulations to **Donovan Bradshaw** (12yrs), who just one month after breaking his collar bone and injuring his shoulder has qualified 2nd in NSW in the 100m sprint in a sensational time of 12.02s. Donovan will represent NSW at the Australian Primary School National Championships in late November

Congratulations to **Jill Taylor** who has competed in five events so far at the World Master in Perth. She has narrowly missed out on medals in all her events, having achieved a fourth, two fifths and two sixth places. Robert Clark and Sally Stagles are yet to compete and all results will be published next Newsletter.

NSW STATE RELAY NOMINATIONS

Cherrybrook nominations for the NSW State Relays close at midnight TOMORROW, Friday the 4th of November.

Please nominate at <https://www.surveymonkey.com/r/GZL229G>

To be selected in a relay team, athletes must complete a Nomination form online.

For meet details as well as to view the draft timetable please visit

<http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-relays-championships>

The NSW State Relays take place in Blacktown (Rooty Hill) on Sat /Sun the 26/27 November. As a Team event All Athletes are encouraged to take part.

CHERRYBROOK ATHLETICS PHOTO DAY

OUR CLUB PHOTOS ARE TOMORROW

All Senior Athletes are encouraged to attend the Clubs photo day this Friday 4th November from approx. 6.00pm – 6.30pm. The photos will take place at the clubs' home Athletics Track at Greenway Oval, Shepherds Drive Cherrybrook. All Athletes are asked to wear full Club Uniform.

HELP NEEDED

Cherrybrook Senior Athletics needs someone to take over or assist in the role of competition manager. Please reply to this email or contact Karin Webb at karinswebb@yahoo.com.au or ph. 0408 622 144 if you would like to volunteer or find out more.

TRELOAR SHIELD NEWS

Thank you to our nine athletes that competed in Treloar point scoring events last Saturday at Bankstown. Treloar point scoring events are available both this Friday night at the Illawong All comers and at the Saturday Bankstown All Comers. See the table below for what Treloar point scoring events are available.

Please get involved and consider competing in Treloar events to earn points for Cherrybrook Club.

TRELOAR SHIELD CALENDAR

During the 2016 season, there will be 5 full Treloar Shield rounds with additional Treloar Shield point scoring events held within All-comer meets throughout the Summer Series. Each event will be held three times in total (except 4x 100m and 4x 200m which will be held once). The schedule for Treloar Shield point scoring events is as follows;

Date	Location	Meet Type	Treloar Events
4 Nov	Illawong	All-comers	200/400m hurdles, high jump, discus
5 Nov	Bankstown	All-comers	steeplechase, long jump, hammer throw
12 Nov	SOPAC	Treloar Shield 3	200m, 800m, sprint hurdles, 4x 400m, 3000m, high jump, triple jump, discus
18 Nov	Blacktown	All-comers	hammer throw
19 Nov	E.S. Marks	Treloar Shield 4	800m, 3000/5000m, 200/400H, 1500/3000/5000m walks, long jump, shot put, javelin
9 Dec	SOPAC	All-comers	steeplechase, 1500/3000/5000m walks, high jump
10 Dec	Bankstown	Treloar Shield 5	100m, 200m, 400m, 1500m women, 1 mile men, sprint hurdles, pole vault, triple jump, javelin

ENTRY FOR UPCOMING EVENTS

Entry for the following events are now available online and closes at midnight Tonight , Thursday 3rd November.

Illawong All-comers

.Events	Treloar Events – 200/400m Hurdles. High Jump and Discus All-comer Events – 800m, 1500m, 3000m and Triple Jump		
Where	The Ridge Athletics Track Recreation Drive, Barden Ridge	When	Friday 4 th Nov From 6.30pm
Who for	All Ages – Track + jumps are run according to seed (ability) not age.		
Details including Timetable	For meet details visit http://nswathletics.org.au/Competitions/Calendar/all-comers-series-illawong Click here for the draft timetable		
Entry	Click here to enter online– Members \$7.50 online or \$15 on the day.		

Bankstown All-comers

Events	Treloar Events – Steeplechase, Long Jump, Hammer Throw All-comer Events – 100m, 200m, 400m, 1500m, Shot Put		
Where	The Crest Athletics Track McLean St, Georges Hall (Bass Hill)	When	
Who for	All Ages – Track + jumps are run according to seed (ability) not age.		
Details including Timetable	For meet details visit http://nswathletics.org.au/Competitions/Calendar/all-comers-series-bankstown-2 Click here for the draft timetable		
Entry	Click here to enter online – Members \$7.50 online or \$15 on the day.		

FRIDAY NIGHT CLUB COMPETITION

Events on offer this Friday at Greenway oval in Cherrybrook from 6pm are 100m, Shot Put, 800m and Long Jump. As it is a special Multi Event night for the LA's Athletes, no special requests events will be available to seniors this week.

AUSTRALIAN NATIONAL ENTRY STANDARDS

The 2016/2017 season National Able bodied entry standards are now available at <http://athletics.com.au/Portals/56/Competition/Documents/2017/Qualifying%202016-17.pdf>

NSW SUMMER SEASON DETAILS

For full details on the Summer season, visit <http://nswathletics.org.au/summerseries>

To see upcoming events, please visit the Athletics NSW Calendar at <http://nswathletics.org.au/Competitions/Calendar>

To see the Summer series at a glance visit <http://nswathletics.org.au/Portals/18/Competition/Summer%20Series%20Competition%20Calendar.pdf>

NEWSLETTER

Whilst every effort is made to report all results and current athlete news, we do rely heavily on Athletes and their parents informing the Club of School results, selection in teams and other athletics related news. Information can be shared to the Club by reply email or on the clubs facebook page.

Both the Senior Club Newsletter and the LA's Newsletter are available on the Cherrybrook Website.

CHAMPIONSHIP and MAJOR EVENTS

AUSTRALIAN ALL SCHOOLS

This season the Australian All Schools, will be held in Canberra, ACT from December 2nd – 4th 2016. Only Athletes that qualified through the NSW All Schools are eligible to compete at this event. All Athletes that qualified must ensure that they register online and pay the team levy to confirm their spot on the team.

To find more details on this championship event, including the timetable visit

<http://www.athletics.com.au/Compete/Events/2017-australian-all-schools-championships>

NSW STATE RELAYS

The NSW State Relays will take place on Saturday 26th and Sunday 27th November at Blacktown. To compete for Cherrybrook athletes must complete an online nomination form at <https://www.surveymonkey.com/r/GZL229G>

NSW CLUB CHAMPIONSHIPS

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

HUNTER TRACK CLASSIC

The Hunter Track Classic will take place in Newcastle on the 28th January. There will be events available at this meet for all abilities from community events to High Performance events.

NSW JUNIOR STATE CHAMPIONSHIPS

The NSW Junior State Championships will be held from the 3rd – 5th 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

ACT STATE CHAMPIONSHIPS

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

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.

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.

ATHLETICS AUSTRALIA SUMMER SEASON CALENDAR

This season Athletics Australia have removed the Track Classic series and are instead promoting the State Championships as the High Performance Pathway. NSW Athletes are eligible to compete in any Australian State championships. Athletes seeking high end competition are encouraged to compete at other State Open Championships. There will be one Grand Prix Event in Canberra in March which will attract good competition, nominations for this will be available in early 2017. .

2-4 December	Australian All Schools Championships	Canberra (ACT)
5 December	Australian Schools Knockout Championships	Canberra (ACT)
8 December	Australian 10,000m Championships (Zatopek:10)	Melbourne (Vic)
11 December	Australian 50km Race Walking Championships	Melbourne (Vic)
29 January	IAAF World Cross Country Champ Selection Trial	Canberra (ACT)
4-11 February	Nitro Athletics*	
17-19 February	South Australian Athletics Championships	Adelaide (SA)
17-19 February	Australian Capital Territory Athletics Champs	Canberra (ACT)
19 February	Australian 20km Race Walking Championships	Adelaide (SA)
23-26 February	Queensland Athletics Championships	Brisbane (Qld)
23-26 February	New South Wales Athletics Championships	Sydney (NSW)
23-26 February	Western Australian Athletics Championships	Perth (WA)
23-26 February	Victorian Athletics Championships (Week 1)	Melbourne (Vic)
3-5 March	Victorian Athletics Championships (Week 2)	Melbourne (Vic)
11-12 March	SUMMERofATHS Grand Prix (feat. Australian 5000m Championships)	Canberra (ACT)
18-19 March	Tasmanian Athletics Championships	Hobart (Tas)
26 March – 2 April	2017 Australian Athletics Championships	Sydney (NSW)
22-23 April	2017 Australian Little Athletics Championships	Sydney (NSW)

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

TRELOAR No 2 BLACKTOWN – 29/10/16

Name	Age	Event	Result	Treloar	Detail
Donovan Bradshaw	12 (U14)	100m	12.11s (+2.2)		NQ
		200m	24.52s	1 st – 30pts	NQ
		400m	54.50s		NQ
Lara Stevens	12	80m Hurdles	14.45s		
Kate Collett	15 (U16)	100m	13.47s		
		200m	27.79s	9 th – 9pts	
Rachel Ingram	15 (U16)	100m	13.84s		
		200m	28.44s	13 th – 5pts	
Isabella Rudolph	15	High Jump	1.45m		
Aurora Henke	16	100m Hurdles	15.56s		NQ

Joel Davidson	17	100m	11.87s		
Beau Ingram	17	100m	11.38s		
Courtney Cattell	17	100m	13.04s		
		100m Hurdles	15.50s		NQ
Maya Leverett	17 (U18)	100m	12.54s		
		200m	25.60s	3 rd (20pts)	
		400m	58.76s		
Jordan Shelley	18	100m	10.60s		NQ
Brianna Phillips	19	100m	13.36s		
Evan Clothier	22	200m	22.07s	3 rd – 20pts	
		400m	50.60s		
Ben Jaworski	23	100m	10.61s		NQ
		200m	21.42s	1 st – 30pts	NQ
Silumesi Zuze	23	400m	54.83s		
Jennifer Bishop	46 (40-49)	100m	14.28s		
		200m	30.00	4 th – 17pts	
		80m Hurdles	13.25s		PB
		Triple Jump	8.54m	1 st – 30pts	
		Shot Put 4kg	9.31m		
Martin Bradshaw	48	100m	14.01s		
		200m	30.16s	1 st – 30pys	
		400m	1:06.91s		

SPECIAL OLYMPICS STATE CHAMPS – 30/10/16

Athletes Name	Event	Result	Place	Detail
Sara Kely	100m	15.27	SILVER	PB
	200m	32.72	SILVER	PB
	4 x 100m Relay	-	GOLD	
	Long Jump	3.86m	GOLD	PB
	Shot Put	6.00m	GOLD	PB

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)

QN = Qualified for Nationals (based on place at State competition)