

# CHERRYBROOK SENIOR ATHLETICS NOTICES

6<sup>TH</sup> OCTOBER 2016

Welcome to the 2016/2017 season, which commenced on the 1<sup>st</sup> October

## CONGRATULATIONS

**Congratulations** to **Alysha Burnett** and **Tim Foster** who have been issued with special Laurel Wreath competition Bibs this season, in recognition of them being the reigning State champions, Alysha in the Heptathlon and Tim In the 400m (Parra). This season Alysha will be number 29 and Tim will be 69.

**Congratulations** to **Nick Andrews** and **Jacob McCorry** who achieved silver medals in the 4 x 100m relay, **Jacob** also won an individual bronze in the 110m hurdles and **Carla Takchi** achieved a Gold medal in the 4 x 100m and Silver in the 4 x 400m relays at the Australian University Games held in Perth last week.

## COMPETITION NUMBERS

All members who registered before the 28<sup>th</sup> September should now have received their competition numbers (Bibs). If you have not received your numbers yet, please contact Karin Webb at [karinswebb@yahoo.com.au](mailto:karinswebb@yahoo.com.au) or ph. 0408 622 144.

You should also have received a 'My Tag'. This Tag is for out of stadia competition ONLY eg Cross Country and Road Walk events. These tags are not required at Track and Field events eg Allcomers and Treloar meets. This tag must be returned to Cherrybrook Club at the end of the 2016/17 season, so please keep it in a safe place.

## ENTRY FOR UPCOMING EVENTS

Entry for the following event is now available online and closes at midnight on Thursday 6<sup>th</sup> October

### Treloar Shield No.1

The Treloar Shield is an Inter Club point scoring competition. Cherrybrook Athletics would like to encourage all of it's members to take part at this event and score points for Team Cherrybrook.

Events	100m – 400m – Sprint Hurdles – 4 x 100m Relay – 1500m – Steeplechase – Long Jump – Pole Vault – Shot Put – Javelin		
Where	Pembroke Road Leumeah	When	Sat 8 <sup>th</sup> October
Who for	All Ages – Track + jumps are run according to seed (ability) not age.		
Details including Timetable	<a href="http://nswathletics.org.au/Competitions/Calendar/treloar-shield-1-campbelltown">http://nswathletics.org.au/Competitions/Calendar/treloar-shield-1-campbelltown</a>		
Entry	<a href="#">Click here</a> to enter online – Members \$10 online or \$20 on the day.		

## **FRIDAY NIGHT CLUB COMPETITION**

Senior athletes are welcome to attend Friday night competitions at Greenway oval from this week. Attending Athletes are encouraged to follow the U17 program of events for the night. This Friday night program One is being run offering senior athletes 200m, 800m, Shot Put, Discus, Long and Triple Jump.

The three week Cherrybrook Athletics program can be found at

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/CHERRYBROOK%20PROGRAM%20V8%20as%20at%206%20Sept%202016.pdf>

If any senior Athlete has a specific event they wish to compete in, which is not on offer in the program, please see our president Sean O'connor or Vice President Craig Little at the start of the night.

## **CHAMPIONSHIP and MAJOR EVENTS**

### **NSW ALL SCHOOLS**

If you are competing at the NSW All Schools next week, please check your online entries to ensure all athlete details and events entered are correct.

[Click here to view the entry lists.](#)

[Click here to view the draft timetable.](#) The final timetable will be published by 5pm Thursday 6th October.

For full event details visit <http://nswathletics.org.au/Competitions/Calendar/2xu-nsw-all-schools-championships-7>

### **NSW STATE RELAYS**

The NSW State Relays will take place on Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup> November at Blacktown. This is a Team event and all Cherrybrook Athletes are encouraged to nominate for this event. So put it in the calendar now and keep the date free. Nominations will become available for the State relays, through the Club towards the end of October.

### **NSW CLUB CHAMPIONSHIPS**

The NSW Club Championships are traditionally held in February, but have been brought forward in the calendar and will take place at Sydney Olympic Park on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> December. This is a team event and is regarded as the Athletics Grand Final, so all athletes are encouraged to take part. More details closer to the date.

### **HUNTER TRACK CLASSIC**

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

### **NSW OPEN STATE CHAMPIONSHIPS**

The NSW Open State Championships are currently proposed for the 24<sup>th</sup> – 26<sup>th</sup> February 2017. There are no qualifying standards for this event.

## **NEW LOOK SUMMER SEASON**

There are lots of changes to the NSW Athletics season. To find out all you need to know including, details on the new look Treloar Shield, the summer season calendar and the competition event grid 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>

## **COMPETITION EVENT GRID**

The Competition Grid is the easiest way to find out when and where a specific event eg javelin is being held in 2016.

The competition event grid outlines what events are to be offered in each of the competitions with AA permit status (excluding All Schools, State Relays & Club Champs). [Click here](#) to view. the Competition Grid

## **CANBERRA COMPETITIONS**

The track at the AIS in Canberra is regarded by many as the fastest track in Australia. If there is not a meet on in Sydney for you particular event, maybe consider a trip to the Countries capital. Visit <http://athleticsact.org.au/Home> to find out more.

## **GALSTON PARK RUNS**

A new Parkrun is starting this Saturday Oct 8<sup>th</sup> in Galson at Fagan Park. The parkruns will commence at 8am each Saturday morning. You must be registered with parkrun before you take part. Registration is free and easily done at [www.parkrun.com.au/register/form](http://www.parkrun.com.au/register/form)

## **AUSTRALIAN NATIONAL ENTRY STANDARDS**

The 2016/2016 season entry standards are due to be released by Athletics Australia in the next couple of weeks, Stay tuned.

## **UNIFORM SHOP NOTICE**

The Cherrybrook Athletics Uniform shop is located inside the Clubroom at Greenway Park Athletics Oval and is Open on Friday nights throughout the Little Athletics season from 5.30pm (cash sales only).

Uniform can also be ordered and paid for online at

<https://shopdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=941>

On training nights (Mondays and Wednesdays) uniform may also be purchased at the canteen when it is open (not a regular service).

For uniform enquiries please contact Jen Little on 0414359960 or

[little.jen@optusnet.com.au](mailto:little.jen@optusnet.com.au)

## COMMITTEE NEWS

This season we have a greater merging between the Little Athletics and Senior Club. We have adopted just one President and one Vice President for the Club as a whole. We are still seeking someone to take on the role of Competition Manager or Competition Assistant. If interested, please contact Karin Webb at [karinswebb@yahoo.com.au](mailto:karinswebb@yahoo.com.au) or ph. 0408 622 144

### Committee positions

POSITION	NAME	PHONE	EMAIL
Registrar	Karin Webb	0408622144	karinswebb@yahoo.com.au
Competition Manager	VACANT		
Records and Rankings	Ben Jaworski		Ben_jaworski@hotmail.com
Newsletter	Ven Collett	Taking on role latter in the season	
President	Sean O'Connor	0411263548	seanoconnors@yahoo.com
Vice President	Craig Little	0401714087	little.craig@optusnet.com.au
Secretary	Philip Lamperts	0407911842	lamperts@tpg.com.au
Treasurer	Sandra Moore	0402099206	sandra.l.moore@bigpond.com
Website	Jill Ingram	0420589147	jji65@yahoo.com
Coaching	Valme' Kruger	0402126060	v.kruger@bigpond.com
Uniform	Jen Little	0414359960	little.jen@optusnet.com.au
Equipment	Phillip Smillie	0409654974	philip.smillie@philipchun.com

## ALL- ATHLETICS

All-Athletics is the world's most comprehensive online data base showing athlete statistics including PB's, when they were performed, wind reading etc. Chances are you are on it. Just visit [www.all-athletics.com](http://www.all-athletics.com) click on Athlete Search at the top of the page and enter your name.

## 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.

## COACHING -

Cherrybrook Athletics has four qualified coaches available for coaching at Greenway Oval, our Coaches include –

Valme Kruger – 400m – 3000m and Cross Country

John Sharpe – Throws Jumps and Sprints

Mick Zisti – Sprints and Hurdles

Georgia Huggett – Middle distance and Cross Country

For full details on our coaches including contact details, please visit

<http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coaching.html>

Please contact the Coaches before attending training for the first time, to confirm times and check availability in their squads.

## **PHOTO DAY**

All Senior Athletes are encouraged to attend the Clubs photo day on Friday 4<sup>th</sup> 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. Please pop this date in your diaries.

## **UNCOLLECTED AWARDS**

The following Athletes still have Uncollected Awards from presentation night. Alysha Burnett – Kyle Ekstrom – Tim Foster – Alex Nguyen Ha and Kevin Yang These can be collected from the Club canteen on Monday the 26<sup>th</sup> September from 5.30 – 7.30pm or contact Nicky on 0448407716 to organise collection. Athletes who did not attend presentation night can also collect a copy of the Annual Report (Red Book) this Monday or any Friday night competition at Cherrybrook.

## **OFFICIALS AND COACHES EDUCATION AND TRAINING DATES**

To find out more about Coaching courses and opportunities visit <http://www.nswathletics.org.au/Coaching/Coaching-Home>

To find out how to become an official or what opportunities are available to current officials, please visit <http://www.nswathletics.org.au/Officials>

## **SOCIAL MEDIA and WEBSITE**

**Facebook** – Please like the Cherrybrook Senior Athletics Facebook Page at <https://www.facebook.com/Cherrybrook-Senior-Athletics-192371734120085/> please feel free to post athletics photos and videos to the page.

**Instagram** – Our Instagram is still down.

**Website** – Our Website address is [www.cherrybrookathletics.org.au](http://www.cherrybrookathletics.org.au)

## **MAJOR SCHOOL TRACK AND FIELD RESULTS**

This is the last week we will be requesting athletes to please notify the club of results achieved at the major school State level athletics events eg CCC, CIS CAS, GPS, CHS and the NSW Knock Outs. It would be appreciated if Athletes who competed at these events, could please notify the club of their results, by either posting their results on the Cherrybrook Senior Athletics Facebook page, or reply to this email with results. Results from these major events can be used towards achieving Senior Club records. Thank you to those athletes that shared their results with the Club this week, they will be published in next weeks newsletter.

## **RESULTS**

Only results from Cherrybrook Club competition and NSW 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](mailto:Ben_jaworski@hotmail.com)

<b>AUSTRALIAN UNIVERSITY GAMES RESULTS</b>				
ATHLETES NAME	EVENT	RESULT	PLACE	DETAILS
Nick Andrews	110m Hurdles (106.7cm)	15.11	4 <sup>th</sup>	PB
Jacob McCorry	110m Hurdles (106.7cm)	14.90	BRONZE	PB
Carla Takchi	100m	12.69	6 <sup>th</sup>	12.59 in heat
	200m	28.79	20 <sup>th</sup>	
	100m Hurdles	14.83	5 <sup>th</sup>	CB
	Long Jump	5.30m	7 <sup>th</sup>	
	Shot Put	6.75m	19 <sup>th</sup>	

<b>ALLSCHOOLS WARM UP MEET – 1<sup>ST</sup> +2<sup>ND</sup> OCT</b>				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Bayden Little	13	Javelin	31.71m	PB, CB
		Hammer Throw	25.61m	
Jonathan Reid	13	90m Hurdles	14.16	
		Long Jump	4.94m	
		Triple Jump	10.62m	
Morgan Little	14	Javelin	35.76m	
Imogen Breslin	15	90m Hurdles	13.23	
Emily Britton	15	100m	13.17	PB
		90m Hurdles	12.88	
Annabel Nance	15	High Jump	1.53m	
		Long Jump	4.75m	
		Triple Jump	9.13m	
Maya Leverett	17	100m	12.94	
		200m	25.54	
		Long Jump	5.53m	

*Please inform the club if any results are missing or incorrect*

PB = Personal Best

CB = Club Best