

# CHERRYBROOK SENIOR ATHLETICS NOTICES

27<sup>TH</sup> OCTOBER 2016

## CONGRATULATIONS

**Congratulations** to **Sara Kely** who competed at the Special Olympics Regionals, winning five medals, Gold in the Shot Put and Long Jump, Silver in the 100m and 4 x 100m relay and Bronze in the 200m.

## GOODLUCK

**Goodluck** to **Robert Clarke**, **Sally Stagles** and **Jill Taylor** at the World Master in Perth which started yesterday.

**Goodluck** to **Sara Kely** who will compete in the Special Olympics State Championships this Sunday in the 100m. 200m. Long Jump, Shot Put and 4 x 100m relay.

## NSW STATE RELAY NOMINATIONS

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.

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

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

Nominations close at midnight on the 4<sup>th</sup> November 2016.

Preliminary teams are due to be announced by Sunday 13<sup>th</sup> November

There are unfortunately no meet details or a draft timetable available on the NSW Athletics website yet.

## CHERRYBROOK ATHLETICS 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.

## TRELOAR SHIELD NEWS

After the second round of the Treloar Shield, Cherrybrook is coming 5<sup>th</sup> in the Junior division, 6<sup>th</sup> in the Open division and 11<sup>th</sup> in the Masters Division.

Thank you to our fifteen Athletes that competed last Saturday including Corey Dewar, Lachlan Dewar, Sam Marsden, Alex Mills and William Mills who competed for the Seniors Club for the first time. Special mention to Jenny Bishop and Zac Semeganda who competed in four events each and to Methin Genige and Lachlan Dewar who competed in three events each. Our top point scorers were, Under 14's Zac Semegana with 50 points, Under 18's Lauren Clarke and Maya Leveritt with 50 points each, Opens Evan Clothier with 50 points and Masters Jenny Bishop with an impressive 110 points.

An outstanding moment of last weekend's Treloar was when our Under 14 Boys - Lachlan Dewar, Sam Marsden, Alex Mills and Zachary Semeganda (all younger than 12) took on the Open Men in the 4 x 200m Relay, giving it 100% and despite crossing the line last, celebrated like winners, a great display of team spirit.

The next Treloar shield will take place on the 12<sup>th</sup> November at Sydney Olympic Park (SOPAC), however there will be Treloar point scoring events at this weekends All-comers in Blacktown, (see the Treloar Shield Calendar table below for event details). 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
<b>29 Oct</b>	Blacktown	All-comers	200m, 800m, 1500/3000/5000m walks, triple jump
<b>4 Nov</b>	Illawong	All-comers	200/400m hurdles, high jump, discus
<b>5 Nov</b>	Bankstown	All-comers	steeplechase, long jump, hammer throw
<b>12 Nov</b>	SOPAC	Treloar Shield 3	200m, 800m, sprint hurdles, 4x 400m, 3000m, high jump, triple jump, discus
<b>18 Nov</b>	Blacktown	All-comers	hammer throw
<b>19 Nov</b>	E.S. Marks	Treloar Shield 4	800m, 3000/5000m, 200/400H, 1500/3000/5000m walks, long jump, shot put, javelin
<b>9 Dec</b>	SOPAC	All-comers	steeplechase, 1500/3000/5000m walks, high jump
<b>10 Dec</b>	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 event is now available online and closes at midnight on Thursday 27<sup>th</sup> October

.Events	All-comers - Blacktown		
Where	Blacktown International Sports Centre, Eastern Rd, Rooty Hill	When	Saturday 29 <sup>th</sup> Oct
Who for	All Ages – Track + jumps are run according to seed (ability) not age.		
Details including Timetable	For meet details visit <a href="http://www.nswathletics.org.au/Competitions/Calendar/all-comers-series-blacktown">http://www.nswathletics.org.au/Competitions/Calendar/all-comers-series-blacktown</a> <a href="#">Click here</a> for the draft timetable		
Entry	<a href="#">Click here</a> to enter online– Members \$10 online or \$20 on the day.		

## **FRIDAY NIGHT CLUB COMPETITION**

This week Cherrybrook Athletics are running Program One, events on offer this Friday at Greenway oval in Cherrybrook from 6pm are 200m, 800m, Long Jump, Triple Jump, Discus, Javelin. 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.

## **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>

2016/17 Para-athletics Entry Standards are yet to be released.

All age groups are determined by an athletes age as at the 31 December 2017 eg If you are U16 (15) this year then you need to obtain the U17 entry standard.

Athletes must turn 12 years of age in 2017 to be eligible for Nationals.

## **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 26<sup>th</sup> and Sunday 27<sup>th</sup> 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 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. .

### **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 JUNIOR STATE CHAMPIONSHIPS**

The NSW Junior State Championships will be held from the 3<sup>rd</sup> – 5<sup>th</sup> 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 17<sup>th</sup> – 19<sup>th</sup> February and any NSW registered Athlete is welcome to compete.

## **NSW OPEN STATE CHAMPIONSHIPS**

The NSW Open State Championships will be held from the 24<sup>th</sup> – 26<sup>th</sup> 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 9<sup>th</sup> – 12<sup>th</sup> of June.

## **ATHLETICS AUSTRALIA SUMMER SEASON CALENDAR**

This week, Athletics Australia has released the 2016/2017 season. This season they 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 Championships)	SUMMERofATHS Grand Prix (feat. Australian 5000m)	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)

## **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>

## **COMPETITION NUMBERS**

All members 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.

## **MY TAGS**

To avoid any confusion 'My Tags have only been issued to non Dual Senior Athletes. If you are a Dual Athlete eg also registered with Little Athletics you will not 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.

## **COMPETITION PHOTOS**

To view images taken at any Athletics NSW event this season eg Treloar and Allcomer events visit <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.

## **COMMITTEE NEWS**

We are still looking for someone to take on the role of Championship Manager or Championship assistant for this season. Please reply to this email or contact Karin Webb at [karinswebb@yahoo.com.au](mailto:karinswebb@yahoo.com.au) or ph. 0408 622 144 if you would like to volunteer or find out more.

## **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.

## UNIFORM SHOP NOTICE

The Cherrybrook Athletics Uniform shop 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>

For uniform enquiries please contact Jen Little on 0414359960 or

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

## COACHING

Cherrybrook Athletics has four qualified coaches available for coaching at Greenway Oval, Valme Kruger, John Sharpe, Mick Zisti and Georgia Huggett

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

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

## 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.

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

## 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](mailto:Ben_jaworski@hotmail.com)

### All-Comers – Hensley – 21/10/16

Athletes Name	Age	Event	Result
Oliver Clarke	17	800m	2.01.98

### ACT Summer Series Meet 3 – Canberra – 22/10/16

Athletes Name	Age	Event	Result
Jordan Shelley	18	200m	23.84

## TRELOAR SHIELD 2 – SOPAC – 22/10/16

Athletes Name	Age	Event	Result	Place	Pts	Detail
<b>Corey Dewar</b>	11	100m	16.27s	19 <sup>th</sup>	2	
		400m	1:24.70s	12 <sup>th</sup>	9	
<b>Lachlan Dewar</b>	11	100m	15.62s	18 <sup>th</sup>	3	
		400m	1:14.75s	11 <sup>th</sup>	10	
<b>Methin Genige</b>	12	100m	15.27s	16 <sup>th</sup>	5	
		400m	1:10.51s	9 <sup>th</sup>	12	
		Long Jump	3.68m	8 <sup>th</sup>	13	
<b>Sam Marsden</b>	11	100m	14.37s (-2.6)	8 <sup>th</sup>	13	
<b>Alex Mills</b>	11	400m	1:07.03s	6 <sup>th</sup>	15	
<b>William Mills</b>	13	400m	1:09.96s	8 <sup>th</sup>	13	
		1500m	5:34.89s	6 <sup>th</sup>	15	
<b>Zachary Semeganda</b>	11	100m	14.98s	14 <sup>th</sup>	7	
		400m	1:06.20s	5 <sup>th</sup>	16	
		Long Jump	4.13m	5 <sup>th</sup>	16	
<b>Lauren Clark</b>	16	Shot put 3kg	11.00m	3 <sup>rd</sup>	20	
		Hammer Throw 3kg	51.07m	1 <sup>st</sup>	30	NQ
<b>Oliver Clarke</b>	17	400m	52.08s	6 <sup>th</sup>	15	PB
<b>Eleanor Lamperts</b>	15	100m	13.31s	8 <sup>th</sup>	13	
		Long Jump	4.86m	8 <sup>th</sup>	13	
<b>Maya Leverett</b>	17	100m	12.65s	3 <sup>rd</sup>	20	
		Long Jump	5.64m (+3.0)	1 <sup>st</sup>	30	NQ
<b>Evan Clothier</b>	23	100m	11.30s	3 <sup>rd</sup>	20	
		Long Jump	7.00m	1 <sup>st</sup>	30	
<b>Silumesi Zuze</b>	23	400m	55.84s	16 <sup>th</sup>	5	
<b>Lachlan Dewar Sam Marsden Alex Mills Zachary Semeganda</b>	Open	Men 4x200m relay	2:04.24s	5 <sup>th</sup>	16	
<b>Jennifer Bishop</b>	46	100m	14.54s	3 <sup>rd</sup>	20	
		200m Hurdles	36.06s	1 <sup>st</sup>	30	
		Long Jump	4.22m	1 <sup>st</sup>	30	
		Shot put 4kg	9.22m	1 <sup>st</sup>	30	
<b>Robert Clark</b>	55	Shot put 6kg	9.34m	3 <sup>rd</sup>	20	
		Hammer Throw 6kg	31.54m	2 <sup>nd</sup>	24	

Please notify Ben Jaworski at [Ben\\_jaworski@hotmail.com](mailto: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)