

Zone championships report 2016

I think Zone is probably my favourite carnival of the year – Barton Park is a great venue, and Zone always has a great atmosphere. It's always fantastic to see the younger and older athletes mingling, together with families all hanging out together. We were also blessed with wonderful weather, and of course great competition as always.

Putting together a team of around 180 athletes from our club, with hundreds more from other clubs is a big undertaking, and certainly a team effort. Without the hard work of others, none of our kids would have a carnival to compete at, so we owe a very big thank you to our Zone co-ordinator Cathy Eaton and her "team" for all their hard work and organisation in putting together a great carnival. Thanks too to the many officials who generously volunteered their time to make the carnival run, many of whom toiled away as officials for the whole weekend – without you there would be no events!! Our Cherrybrook officials included Sean O'Connor, Moose Moore, Colleen Reid, Craig Little, Phillip Lamperts, Elizabeth Jones, Fiona Liu, Nicola Craig, Phillip Lamperts, The Jubb family and Jill Ingram. Thanks also to our families who took part in our Zone's local officials mentoring scheme including Sonia Wiberg, Shane Perkins and Nigel Grebert – we need new officials learning the ropes each year, so very much appreciate the time people put in to learn and official under supervision. Hopefully I have remembered everyone!

I must also make a special mention of a few families who helped out well beyond their rostered duty times to fill in gaps – in particular Cindy Geelan, Amanda Jubb and Sandra Searle who between them did more than 10 duties, along with a few of our athletes Rachel Ingram, Ryan Jones and Ben Bishop who also helped out. And again a special thank you to Peter Bowrey and family who transported, set up and re-packed all our tents and other gear....thank you all for helping make it a great weekend for our athletes. We must also thank all the parents, coaches and others who have supported and encouraged all our athletes to achieve their very best and helped cultivate a great team spirit at Cherrybrook.

Now, onto the carnival itself. It was great to see our athletes giving their best, with many, many PB's performed over the weekend. There were so many other great performances at Zone that it is hard to know where to start! Numerous athletes won multiple events, and we will have a big regional team this year of almost 120 athletes who finished in the top 6 in 1 or more events, so will automatically qualify to represent Cherrybrook at the Regional Championships at Narrabeen in February. Other athletes will make it through as one of the next fastest qualifiers.

Our under 7's are our youngest athletes competing at Zone, and this year's group again did very well. Special mention to 2 of our U7 athletes who medalled in their first ever Zone: Aarush Anandh had a great championships, finishing with 4 medals – gold in the 50m, silver in the 70m and 100m and bronze in the long jump – a great effort. Zara Djamirze also did really well finishing with a bronze in the 70m, as well as 2x 4th place finishes, as well as Jenaya Lubrano who just missed the medals finishing with a 4th, 2x5th and a 7th. Well done also to our other U7 athletes – in the boys Luke Hobbs, Tom O Connor, and girls Madeline Surjan and Kayla Wiberg. We hope you will all return next year for a chance to make it through to Region.

Not to be outdone, our very strong U8 and U9 groups had an amazing carnival, with a couple of events finishing up with 3 Cherrybrook athletes in the finals. From the 8's and 9's we have 26 athletes competing in over 60 events at Region– so the future looks very bright for Cherrybrook. Special mention to a few particularly outstanding achievements: Marcus Papadimitriou who won the 100,200 and 400 and was just pipped into second by a Cherrybrook teammate in the hurdles, Jessie Bradford 8G who won the 400 and 800, Tayla Moore 8G with 3x 1sts in the 200, discus and Shot where she broke the state record throwing an amazing 7.01m, + 2nd in the 100, and Sophie Durheim won her 70m and LJ, with 2nd in the 100 and 3rd in the 200. In the 10's and 11's, and Sarah-Anne Koot 10G won the 70 and 100+ 2nd in the 200. Emily Crawford also ran very well with convincing wins in the 100m and 200m + 2nd in the hurdles.

Others in our U8-U12 agegroup with multiple top 3 finishes were Joel Moresi (8B), Bronsen Brown (9B), Idris Burkhardt (9B), Isabella Fisher (10G), Elijah Wehrhahn (10B), Regina Shakya (10G), William Austin (11B), Jessica Coppolelli (11G), Harry Anderson 12B, Ryan Frykberg (12B) Alex Mills (12B) and Zachary Semaganda (12B).

Our seniors also did very well this year. Particular mention to 3 Zone record breakers, none of whom will come as a surprise: Amie Bowrey added the U15 girls Javelin to her list of previous Zone records, with a massive throw of 38.62m in the javelin, as well as winning 3 other events. Kristina Moore also continued her record breaking ways, with huge throws in the Discus – 46.25 and Shot 13.96 to break 2 records, and won the javelin to round out the throws. And last but certainly not least, Donovan Bradshaw ran superbly, smashing all 3 of the sprint records in the U13's – the 100m in an amazing 11.80, as well as the 200m in 24.17 and the 400m where he ran 57.88 – incredible running. To round out his weekend, he also won the long jump and came 2nd in the triple jump.

Our other seniors competed really strongly with some great performances. Special mention to Katie Devitt (17G) who took out the sprint triple winning the 100,200 and 400m, Danielle Osifo who won the LJ and TJ as well as a second place in the 100m, Jackson Tuynman who jumped really well to win the long and triple, as well as second in the high jump. Our others with multiple top 3 finishes included Jonathon Reid (13B), William Mills (14B), Jonathon Friend (14B), Devan Senasinghe (14B), Ellie Lamperts (15G), Lleyton Wong (15B), Kirsten Frykberg (14G), Kate Collett (17G), Ben Bishop(17B), Erik Frykberg (17B) and Kevin Yang (17B).

A small but vocal group of Cherrybrook supporters stayed all the way to Sunday afternoon for the all-important 4x100 relays, where somewhat injury depleted Cherrybrook teams performed really well coming 2nd in the junior boys, 3rd in the Junior and Senior girls, all of whom will make it through to Regional, and our senior boys who finished 4th. Congratulations to our relay teams who gave the Cherrybrook supporters plenty to cheer about:

Junior Girls: BRONZE to Verity Beech, Sarah-Anne Koot, Regina Shakya and Emily Crawford

Junior boys: SILVER to Marcus Papadimitriou, Elijah Wehrhahn, Nicholas Bradshaw, Sam Marsden

Senior girls: BRONZE to Akshara Abimanju, Scarlett Prowse, Eleanor Lamperts and Katie Devitt

Senior boys: 4th to Jordan Takounlao, Donovan Bradshaw, Luke Durheim and Harish Abimanju

Full results from Zone are available on the Cherrybrook website – follow the links below:

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/Zone/north%20met%20zone%202016%20results%20-%20cherrybrook.pdf>

If you want to review full N- Met zone results see

<http://www.lansw.com.au/Portals/44/Competition/Results/Northern%20Met%202016.pdf>

Additional qualifiers are posted on the LANSW website, listed in agegroup order – see link below:

<http://www.lansw.com.au/Portals/44/Competition/Region%205%20qualifiers%202017%20-%20by%20centre%20UPDATED.pdf>

All athletes who have come top 6 and qualified through to the regional championships and do not already have a Cherrybrook regional shirt that fits them, have hopefully given me their size requirements – if not please email jenbishop@optusnet.com.au by the end of the weekend to let me know the size you need.

Wishing everyone a very happy and safe Christmas. Friday night competition starts up again on January 13th, so hopefully we will see many of you then.

Jenny Bishop

Championships Officer, Cherrybrook Little Athletics