

Cherrybrook Regional Report 2018

Congratulations to all our Cherrybrook athletes who competed at the Regional Championships on the weekend of 16th and 17th of February. Due to the re-surfacing of the Narrabeen, this year's region was held at SOPAC where all our athletes and spectators appreciated the excellent facilities. We were blessed with excellent weather which matched the great standard of competition.

Firstly, we should acknowledge the excellent planning and work of the two Zone co-ordinators and their "teams" – moving venues required a surprising amount of planning to get the carnival up and going. And thanks also to the many officials and parents who worked together to ensure an excellent carnival for all. Particular thanks to Craig Little, Coleen Reid, Thomas Jubb, Moose Moore and Jill Ingram for their work officiating over the weekend. Thanks also to our coaches whose skill and expertise played a significant part in the performance of many of our athletes. Special mention also to Cherrybrook coaches – Valme Kruger, John Sharpe, Mick Zisti, and Nick Andrews who worked hard to bring out the best in our athletes, providing wonderful expertise and encouragement to many of our athletes week to week.

Our Cherrybrook athletes performed very well, with lots of fantastic performances and many PB's. There was a great team spirit amongst the Cherrybrook team, and having the stadium to sit in made the atmosphere enjoyable for everyone which helped bring out the best in our athletes.

Cherrybrook will have another busy year at the State Championships in March, with 27 of our athletes placing first or second in their events, making it through to the State Carnival as automatic qualifiers. Region 5 is one of the toughest regions in the state, so that in itself is a fantastic achievement. We also have around another 24 athletes going through to state as one of the additional next 8 best qualifiers, making up a total team of 51 athletes at State.

The link to our state qualifiers is below – scroll down to find Cherrybrook from p32:

<http://www.lansw.com.au/Portals/44/Competition/State%20qualifiers%202018%20-%20centre%20order.pdf>

This year we again had a strong contingent of U8 athletes competing at region for the first time, all of whom performed extremely well. Congratulations to Aarush Anandh who had 3 top 10 finishes in the sprints and long jump, Aliyah Bennett who finished 12th, 10th and 15th in her 3 events, Hamish Duggan who had a great carnival finishing 7th in the hurdles and 400, 5h in the 200 and 9th in the 100m, Nisini Rajapaksha who got a SILVER medal in the discus with a big throw of 14.51 in addition to placing 14th in the hurdles – well done all. Hopefully they will join us back at Region again next year for their first chance to make the State Championships.

Our U 9 athletes were competing in their second ever regional championships but had their first opportunity to make it through to the State Championships in March. Congratulations to our U9's who made it through to State – Lachlan Booth, Jessie Bradford, Natasha Flahey, Joel Moresi, Tayla Moore, Ruby Semaganda and Mia Stewart - well done all. Our younger agegroups are very strong which bodes well for Cherrybrook's future.

Special mention also to a few of our U17 athletes who competed in their last ever LA's Region Championships. Ben Bishop, Josh Coppolelli, Scott Chapman, Ryan Jones, Erik Frykberg, Kevin Yang and Ellie Lamperts. They have all been not only excellent competitors but wonderful coaches and role models to our younger athletes. We wish them well in their future endeavours in athletics including at the State Championships for those who qualified.

Whilst we cannot mention all of the medal winners, this year like always, Cherrybrook had a number of fabulous all-round performers. Special mention to Donovan Bradshaw who had a wonderful Region championships, finishing with a silver medal and 3 individual gold medals in the 200m and 400m and long jump where he performed a stunning leap of 6.22m in full view of the Cherrybrook crowd to break the Region record. Tayla Moore also had a great championship including a wonderful

throw of 8.59m in the shot put to break the region record, as well as winning the Discus. Our other multi medal winners included Ben Bishop, Daniel Bradford, Jessie Bradford, Bronsen Brown, Idris Burkhardt, Joshua Copplelli, Robbie Cullen, Victoria Cullen, Anna Kely, Eleanor Lamperts, Natasha Flahey, Jonathan Friend, Joel Moresi, Abigail Omage, Cooper Rawhiti and , Jonathan Reid – what an amazing list of athletes – this is no small achievement given the strength of our region – well done!

Lastly however, the Region highlight was provided by our Senior boys relay team of Jonathan Reid, Donovan Bradshaw, Ajaiy Mohanraja and Morgan Little who ran superbly to finish in a dead heat for first with the always-strong Kuringai team. The remaining crowd were then treated to a repeat performance which went down to the wire, with the Cherrybrook team holding on for the tightest of all wins – by 0.01 sec to make it through to the State Championships. This is our first relay team through to State for a number of years – very well done boys, you did Cherrybrook proud.

Full Cherrybrook results from Region are available on the club's website – follow the link:

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/Region/Cherrybrook%20Region%20results%20by%20athlete%202017.pdf>

Again, congratulations to all our athletes on a wonderful carnival, and to all of our families for your support. We wish all of our state athletes the very best as they look towards the upcoming state Championships over the weekend of 24-26 March at SOPAC Homebush.

Jenny Bishop

Championships Officer, Cherrybrook Little Athletics