

2018 State Championships report Cherrybrook LA's

The 2017 State Championships were held at SOPAC a week later than usual over the weekend of 23-25 March. We were blessed with good weather for most of the weekend, and with an incredible standard of competition as per usual. Thanks again to all the organisers and officials for giving up your time to allow our kids to compete, and to our parents who did a great job on the various rosters etc which allowed the carnival to run smoothly. Special thanks too to all our coaches who have supported, encouraged and trained our athletes to perform at the best of their ability.

Those competing at State for the first time always find the competition a big step up even from our very strong Region. All events have a starting list of up to 24 athletes from all around the state, who have qualified either by coming top 2 at their Region, or being one of the next 8 best qualifiers from any region. There were many amazing performances that challenged even our most seasoned athletes.

Overall the team performed extremely well despite a few unfortunate injuries and illnesses, bringing home a huge haul of 20 medals – 3 gold, 8 silver and 9 bronze with another 28 top 10 performances which at State level is an excellent achievement. Congratulations also to those athletes who did not medal, but gave their best. I know many pulled out big PB's which is always tough to do at State.

It's been clear on Friday nights that our younger group of athletes has been very keen. This year we had a very strong contingent of U9 athletes qualify for State – under 9 being the youngest age group able to compete at the Championships. Well done to Lachlan Booth 11th in long jump and 23rd in 100m, Jessie Bradford who just missed the medals finishing 4th in her 800m and 13th in the 400m, and Ruby Semaganda who showed that size is no barrier finishing 12th in the high jump. Our other U9's all finished with Medals: **Natasha Flahey GOLD** in the 700m walk and 11th in Discus, **Tayla Moore GOLD** in Shot and **SILVER** in Discus, **Joel Moresi BRONZE** in 800m, **Mia Stewart SILVER** in 700m walk – what great results in our youngest agegroup at State.

Whilst it's not possible to detail every great performance, winning medals at a State level is always a great achievement, particularly to those who win more than 1. This year's other medalists were:

Donovan Bradshaw (14B) who finished with a haul of 4 medals across the 100m (BRONZE) 200m(GOLD), 400m(SILVER) and relay(SILVER) as well as a 5th in the long jump.

Isabella Fisher (11G) who ran a PB to make the final of the 400m and an even better time to get the BRONZE medal

Campbell Johnson (17B) who jumped an amazing 1.89m for BRONZE in the u17 High Jump

Sarah-Ann Koot (11G) who ran a big PB to win BRONZE in the 60m Hurdles

Jonathan Reid (14B) who won BRONZE with a PB in the triple jump and BRONZE in the 90m hurdles

Isabella Rudolph(17G) again collected a SILVER in the high jump – what a consistent performer

Kevin Yang in his final LA's championships won a SILVER in the shot as well as 4th in the Discus

We also had 2 wonderful AWD athletes competing these Championship, both of whom finished with 2 medals each:

Kailyn Joseph again repeated her great performances from previous years, coming away with SILVER in long jump & BRONZE in the discus.

Sara Kely also came away with 2 BRONZE medals in the 100m and long jump from her 4 events

Well done to all.

Last but not least our Senior boys relay team of **Jonathan Reid, Donovan Bradshaw, Ajaiy Mohanraja and Morgan Little** won our final medal of the day with a fantastic run in the 4x100m. The boys went about half a second faster than at region to finish with a SILVER medal in a great time of 46.16sec - a great way to finish the championships.

Full results of athletes by centre, follow the link to the LANSW website:

<http://www.lansw.com.au/Portals/44/Competition/Results/2018%20State%20Results%20-%20by%20centre.pdf>

Cherrybrook results on pages 35-37.

Thanks also to those parents and committee members who came up to Greenway last week to help clean up the club room and all our store-rooms and stocktake our equipment – very much appreciated.

For those long distance runners amongst us, do not forget the upcoming cross country season which starts soon. We would love you to join us for the State Cross country In July. We look forward to a new season in September, no doubt with many more amazing performances and new PB's to come!

This season just completed really will be my last as Championships Officer – I know I said that last year, but it's time for me to move on to other pursuits. It's been an absolute pleasure to get to know so many wonderful athletes and their parents over the years that I've been at Cherrybrook, and I would like to sincerely thank the many parents, coaches, committee and other supporters who have helped out over the years – athletics really is a team sport!! We have some terrific and keen parents who I know will do a great job steering the club in the years to come.

We are very blessed to be at a club with such wonderful history of a love for athletics, great sportsmanship and team spirit, and strong friendships amongst our athletes across all ages. Cherrybrook has long been blessed with many great coaches, supporters, mentors and role models who encourage our next generation to keep striving to achieve their dreams and perform at their very best. May these traditions long continue at Cherrybrook.

Please remember to put the date for presentation day in your diary – May 20th at Dural country Club from 4pm –we hope to see you all there as we enjoy videos and photos from the season, as well as our annual prize-giving and of course the wonderful red book which is a great souvenir by which to remember the season. We hope to see you back competing again next season.

Happy Athletics!!

Jenny Bishop
Championships Officer Cherrybrook LA's