

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

1st FEBRUARY 2018

CONGRATULATIONS

CONGRATULATIONS to the **13 Cherrybrook Athletes** who competed at the ACT Championships at the end of January winning eight medals (**4 Gold, 3 Silver** and a **Bronze**).

CONGRATULATIONS to our **ACT Gold Medallists: Jonathon Reid** (100m Hurdles), **Sam Dale** (Long Jump), **Emily Britton** (100m Hurdles) and **Kailyn Joseph** (Long Jump). **CONGRATULATIONS** to **Lauren Clark** on setting a Cherrybrook Best in the Hammer.

CONGRATULATIONS to **Jill Taylor (4 Gold, 2 Silver)** and **Robert Clark (2 Gold, 3 Silver)** on their performances at the **Oceania Masters Championships** in Dunedin, NZ in late January. Robert set Cherrybrook bests in both the Outdoor and Throws Pentathlons.

GOOD LUCK

Good luck to the 24 Cherrybrook Athletes competing at the NSW Open this weekend.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics Friday night competition is on every Friday.

UPCOMING EVENTS

NSW OPEN, U23 & PARA CHAMPIONSHIPS (SOPAC Feb 2nd – Feb 4th)

The NSW Open, U23 & Para Championships will be held at SOPAC this weekend. Entries have now closed.

NSW Junior & Youth Championships (SOPAC Feb 9th – Feb 11th)

The NSW Junior & Youth Championships will be held at SOPAC on Feb 9th - Feb 11th. Entries have now closed.

To be eligible for selection for the NSW Junior Team to compete at the **Australian Junior & Youth Championships** in March **athletes must compete at the NSW Junior & Youth Championships**.

2018 Australian Open Athletics Championships & Commonwealth Games Nomination Trial (Carrara Stadium Gold Coast Feb 15th – Feb 18th)

The 2018 Australian Open Athletics Championship and Nomination Trials will be held at Carrara, Gold Coast on Feb 15th - Feb 18th.

Entries have now closed except for athletes who place 1st, 2nd or 3rd at the NSW Open Championships (2-4 Feb) and have not yet qualified by achieving the entry standard. These athletes will need to complete registration on line prior to **9:00am, Monday 5th February 2018**.

Australian Junior & Youth Championships (SOPAC March 14th – March 18th)

The inaugural Australian Junior Athletics Championships for able-bodied and para-athletes will be held at SOPAC from 14 - 18 March, 2018. Nomination is now open and there is no cost to nominate. **Nominations close 9:00am Monday 12th February** (day after NSW Junior Championships).

Eligibility:

To be eligible for selection in the NSW team to compete at the Australian Junior Athletics Championships, athletes must be:

- A minimum of 12 years old (as of 31 December 2018)
- A maximum of 19 years old (as of 31 December 2018)
- A registered member with Athletics NSW
- Compete at the 2018 New South Wales Junior Athletics Championships

Qualification:

To qualify to compete at the 2018 Australian Junior Athletics Championships, athletes must satisfy at least one of the following criteria:

- **Place first, second or third in:**
 - 2017 New South Wales All Schools Championships
 - 2018 New South Wales Junior Athletics Championships
- **Place first in:**
 - 2017 New South Wales Primary School Sports Association (PSSA) Athletics Championships (12 years age group only)
- **Any athlete that achieves the entry standard is eligible for selection pending nomination**

NOTE THERE ARE CHANGES TO THE RULES THIS YEAR WHICH AFFECT THE ABILITY TO ENTER MULTI AGE GROUPS.

Further details including nomination are available from the link:

<http://www.nswathletics.org.au/2017australianjuniors>

NSW 2017/18 SUMMER SEASON CALENDAR

The calendar can be accessed from:

<http://www.nswathletics.org.au/Portals/18/Competition/2017/2017.18%20ATHLETICS%20NSW%20CALENDAR%20V3.pdf>

ATHLETICS AUSTRALIA 2017/18 SUMMER SEASON CALENDAR

The Athletics Australia calendar for the 2017/18 summer season can be accessed from:

<http://athletics.com.au/Portals/56/Images/Marketing/Summer1718/2017-18%20Calendar%20Updated%2027.11.2017.pdf>

WORLD U20 SELECTION POLICY

Athletics Australia has released the selection policy for the 2018 **IAAF World U20 Championships** to be held in Tampere, Finland from 10-15 July 2018. Selection is open to athletes born in 1999, 2000 or 2001. The selection policy can be accessed from:

http://athletics.com.au/Portals/56/High%20Performance/Documents/WU20/2018%20IAAF%20World%20U20%20Championships%20-%20Published%2014_9_17.pdf

YOUTH OLYMPIC GAMES

The **2018 Youth Olympic Games** will be held in Buenos Aires, Argentina from 6-18 October 2018. The Youth Olympic Games is an under 18 event, athletes born in 2001 & 2002 will be eligible for nomination. The selection policy which was released 15 November is still under review and there may be some modifications. More details, including a list of the events, are available from:

<http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Youth-Olympic-Games>

CHERRYBROOK RECORDS

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at robclark307@gmail.com. Records at the start of the season are set out in the 2016-2017 Red Book and on the Club website under Centre Records
<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/SENIOR%20CURRENT%20RECORDS%20update%201.6.17.pdf>

AUSTRALIAN STATE AND TERRITORY BODIES

For a full listing of contact details for any Australian State or territory athletics body visit <http://athletics.com.au/About-Us/Member-Associations>
This could come in handy if looking for competition in other parts of Australia.

IPC SANCTIONED MEET CALENDAR

To view the latest 2017/18 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

<http://www.athletics.com.au/LinkClick.aspx?fileticket=fA65iLe-2EQ%3d&portalid=56>

Para Athletes please note that you are welcome to compete at all NSW Athletics events throughout the summer season and that qualifying for the Australian Nationals can be achieved at any Allcomers or Treloar Shield event.

ALL ATHLETICS RESULTS

“All-Athletics.com” is the world’s most comprehensive online data base showing athlete statistics including PB’s, when they were performed, wind readings, rankings etc. Chances are you are on it. Just visit www.all-athletics.com click on Athlete Search at the top of the page and enter your name.

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 results, along with proof of performance to Robert Clark at robclark307@gmail.com .
Please notify Robert if your results are missing, incorrect or a PB performance has been missed.

Hunter Track Classic – Glendale January 20th 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Isabella Rudolph	17	High Jump	1.60m	7th	
Lauren Clark	18	Discus	33.79m	9th	
Harrison Andrews	23	100m	11.04s	4th	

ACT Championships – Canberra 26th - 28th January 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Jonathon Reid	U16	100m Hurdles	15.06s	Gold	
		Triple Jump	12.29m	Silver	
Eleanor Lamperts	U18	100m	13.15s	6th	
		200m	26.91s	13th	
Francesca Sugiaman	U18	100m	13.65s	11th	
		200m	27.85s	15th	
Sam Dale	U18	200m	26.17s	5th	PB
		Long Jump	5.73m	Gold	PB
		Triple Jump	11.35m	Silver	
Evan Clothier	Open	100m	11.16s	22nd	
		200m	22.23s	23th	
Emily Britton	U18	100m Hurdles	13.97s	Gold	
Jacob McCorry	Open	110m Hurdles	14.59s	5th	
Nick Dang	U18	110m Hurdles	14.65s	4th	
Joel Davidson	U20	Long Jump	6.48m	Bronze	PB
Lauren Clark	U20	Hammer 4kg	45.61m	Silver	PB, CB
Rachel Pace	Open	100m Hurdles	15.13s	16th	
Nick Andrews	Open	100m	10.81s	8th	
Kailyn Joseph	U18 Amb	Long Jump	3.91m	Gold	

Oceania Masters Championships – Dunedin, NZ 20th - 27th January 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robert Clark	56	Shot 6kg	9.30m	4th	
		Discus 1.5kg	33.22m	Silver	PB, CB
		Hammer 6kg	35.88m	Silver	
		Javelin 700g	29.74m	4th	
		Weight 11.34kg	14.03m	Silver	
		200m	33.90s	n/a	SB
		1500m	6:33.94s	n/a	SB
		Long Jump	3.54m	5th	
		Outdoor Pentathlon	1944pts	Gold	PB, CB
		Throws Pentathlon	2792pts	Gold	
Jill Taylor	62	Shot 3kg	8.08m	Gold	
		Discus 1kg	21.18m	Silver	
		Hammer 3kg	34.48m	Gold	
		Javelin 500g	15.74m	Silver	SB
		Weight 5.45kg	12.62m	Gold	
		Throws Pentathlon	3305pts	Gold	SB