

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

12th OCTOBER 2017

2017/2018 REGISTRATIONS DUE

2017/18 Registrations are now due.

Senior registrations are available online only. Go to the Cherrybrook website for details.

Cherrybrook Little Athletes wishing to be dual members with Seniors must register through Little Athletics before then registering through ANSW (Senior Registration is free for these members). A fee is charged for Senior Registration for Little Athletes from other clubs.

PLEASE CAN ALL CHERRYBROOK DUALS WISHING TO COMPETE FOR CHERRYBROOK THIS YEAR NOTIFY KARIN WEBB (karinswebb@gmail.com). With recent changes to the Athletics NSW registration process the Club currently has no visibility of these members which means that without notifying Karin they risk being omitted from statistics, awards, newsletters etc.

The timing tags members received from Athletics NSW as part of their registration last year need to be returned to the Club. These can be returned to the box labelled "timing tags" at the club house at the next club night or returned to Karin Webb. Thank you to all those members who have already returned tags.

CONGRATULATIONS

CONGRATULATIONS to the 18 Cherrybrook Athletes who competed in 33 events at the Treloar Shield round 1 at ES Marks. This fabulous turn-out was matched by their performances with 17 new PBs being set.

CONGRATULATIONS to **Kevin Yang** (Shot Put) on setting a new Cherrybrook Best in the 5kg Shot Put. Special **COMMENDATIONS** go to **Ryan Jones** who competed in 5 events, **Evan Clothier** who ran within 2 hundredths of a second of his 400m Cherrybrook record and **Tara Webb** (aged 11) who debuted and performed well in her three events.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics competition night is on every Friday.

UPCOMING EVENTS

The **NSW All Schools Championships** commenced today at SOPAC and continues to 15th October. We wish all our Cherrybrook Athletes good luck.

Live results can be found at http://www.nswathletics.info/liveresults/2017/nsw_as/

The second round of the **Treloar Shield** will be held at Sopac on **Saturday 21st October**. Events are 60m, 200m, 800m, 3000m, Sprint Hurdles, 2x400m Relays, Pole Vault, Long Jump, Discus Throw, Hammer Throw.

Online Entries close **9am, Thursday 19th October, 2017** however on the day entries will be accepted up to 60 minutes before your event.

<https://2017treloarshield2.eventdesq.com/>

CHERRYBROOK SENIOR ATHLETICS STATE RELAYS 2017 NOMINATIONS

The NSW Senior State Relays will take place on **Saturday 4th and Sunday 5th November** at **Sydney Olympic Park Athletics Centre (SOPAC)**.

All Athletes wishing to compete in a relay team for Cherrybrook Athletics at this championship event must first complete and submit a Cherrybrook State Relay Online Nomination Form. **One survey per athlete – if you have multiple children/siblings please complete the form again for that athlete.**

The Online form can be found by accessing the link below:

<https://www.surveymonkey.com/r/RQSD287>

Nominations close at midnight on **Monday 16th October** and **team selections** will be announced by **Friday 27th October**.

Whilst no guarantee can be given that all nominating athletes will gain selection in a relay team (but very likely) ***we encourage ALL our Athletes to Nominate to compete at this team event.***

The Draft Program is yet to be released - more information about these championships can be seen here: <http://www.nswathletics.org.au/Events/Calendar/nsw-relay-championships-68>

Any problems with completing the nomination form or for further details please contact Matthew Joyce, our Championships Manager, on 0402 485 998.

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

Athletics Australia has released the calendar for the 2017/18 summer season.

The calendar can be accessed from:

<http://athletics.com.au/News/gold-coast-and-sydney-to-welcome-australias-best-for-championships-of-2018>

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 will be released in late 2017. More details, including a list of the events, are available from:

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

AGM & PRESENTATION DAY TROPHIES & AWARDS

If you won a trophy or an award at the Club's Annual Presentation night but were absent on the night, please contact Nicky Jenneke to arrange a time to collect it.

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>

COMPETITION PHOTOS

To view images taken at any Athletics NSW event <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.

ATHLETICS AUSTRALIA COACHING COURSES

Athletics Australia is the accrediting body for all athletics coaches in Australia and is the only athletics body with courses approved by the Australian Sports Commission National Coaching Accreditation Scheme (NCAS). This accreditation brings with it accountability to be up to date with current best practice as well as ensuring our courses are engaging and in line with the best adult education principles.

Upcoming Coaching Courses

Dates for upcoming coaching courses are shown below:

- Level 2 Intermediate Club Coach. October 22nd (Day 1 - SOPAC) & October 29th (Day 2 - The Crest Athletics Centre), 2017.
- Level 2 Advanced Coach, Part B - Throws The Scots College, Sunday October 29, 2017.
- Level 2 Advanced Coach, Part B - Sprints, Hurdles & Relays. The Scots College, Sunday October 29, 2017
- Level 2 Advanced Coach, Part B - Middle / Long Distance The Scots College, Sunday November 19th, 2017
- Level 2 Advanced Coach Part B - Jumps. The Crest Athletics Centre, Bankstown. Sunday November 26, 2017.
- Level 1 Community Athletics Coach. The Crest Athletics Centre. Sunday, December 10, 2017
- Level 1 Community Athletics Coach. Wollongong, Thursday 25th January, 2018

Full details of the coaching courses (including registration) are available under the following link:

<http://www.nswathletics.org.au/Coaching/Coaching-Education2/Athletics-NEW>

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.

CLASSIFICATION OPPORTUNITIES FOR MULTI-CLASS ATHLETES

Listed below are the NSW Classification opportunities for a Physical Impairment, if you wish to obtain a Hearing Impairment, Intellectual Impairment, Visual Impairment or Transplant Impairment Classification please visit the [Para-athletics](#) section on the Athletics Australia website.

<u>Classification Opportunities</u>	<u>Event</u>	<u>Entries Open</u>	<u>Entries Close</u>
12-14 October	NSW All Schools Championships (Homebush, NSW)	28/08/2017	29/09/2017

For more details please visit:

<http://www.athletics.com.au/Participate/Multi-Class-Athletics/Classification-Calendar>

IPC SANCTIONED MEET CALENDAR

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

http://www.athletics.com.au/LinkClick.aspx?fileticket=U-c7H6CF_X4%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.

IMPORTANT REQUEST FOR PB's

In an effort to ensure our Athlete results data base is as up to date as possible, please send any corrections or updates to Robert Clark at robclark307@gmail.com ASAP. Dual athletes please ensure you include any PB's you may have achieved at Little Athletics competitions

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.

Treloar Shield 1, ES Marks. 7th October 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Daisy Bryant	20	100m	13.53s	19th	
		200m	27.96s	8th	
Eleanor Lamperts	16	100m	13.65s	23rd	
		200m	27.85s	6th	
Rachel Ingram	16	100m	13.74s	28th	
		200m	28.90s	8th	
Tara Webb	11	100m	14.78s	49th	PB
		200m	30.07s	8th	PB
		Triple Jump	8.55m	14th	PB
Francesca Sugiaman	15	100m	14.00s	35th	PB
		200m	29.51s	12th	PB
Evan Clothier	23	100m	11.38s	6th	
		400m	48.41s	1st	
Natalie Oliveri	19	100m	17.11s	64th	PB
Zachary Semaganda	12	200m	29.03s	38th	PB
		400m	64.62s	32nd	PB
Morgan Little	15	100m	12.33s	25th	PB
		200m	24.35s	14th	PB
		Javelin	42.16m	1st	PB
Silumesi Zuze	24	400m	58.06s	24th	
Ryan Jones	16	100m	13.27s	45th	
		200m	26.21s	26th	PB
		400m	56.91s	22nd	
		Triple Jump	10.52m	3rd	
		Javelin	31.30m	3rd	
Ryan Hogan	17	1500m	4:43.64s	8th	PB
Matt Joyce	28	1500m	4:26.85s	4th	
Sam Dale	16	Triple Jump	10.44m	2nd	
Emily Britton	16	Javelin	28.87m	4th	PB
Campbell Johnson	15	High Jump	1.65m	1st	PB
Kevin Yang	16	Shot Put	14.00m	1st	PB, CB
Bayden Little	14	Javelin	34.97m	2nd	PB
Men	Open	4 x 100m Relay	51.76s	2nd	

NSW Throwers Club, Greystanes. 8th October 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Lauren Clark	U20	Hammer 4kg	45.14m	2nd	
		Discus 1kg	37.67m	2nd	PB

PB = Personal Best SB = Season Best SR = State Record
 CB = Club Best performance (better than the current Club record) records are only validated at the end of the season.