

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

14th SEPTEMBER 2017

2017/2018 REGISTRATIONS OPEN

Registrations are now open online. 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 (Senior Registration is free for these members).

With the season's first Athletics NSW events (including the Treloar Shield), starting later this month, **athletes are encouraged to register as soon as possible.**

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.

CONGRATULATIONS

CONGRATULATIONS to **Elizabeth Jones** on being appointed as a **Field Judge** for the Commonwealth Games on the Gold Coast next April. Elizabeth is Cherrybrook's first international official and it is testimony to her dedication, skill and commitment that she has been invited to officiate at such a high and prestigious level. We wish her every success.

CONGRATULATIONS to **Robert Clark** on breaking the NSW Male 55-59 Heavy Weight Pentathlon record in Wollongong last weekend.

CONGRATULATIONS to our School athletes who competed so well at **CHS & CIS (Junior)**. Good luck to our School athletes competing at **CIS (Secondary)**, **CCC** and **GPS** later this month.

FRIDAY NIGHT CLUB COMPETITION

The first Cherrybrook Little Athletics competition night is tomorrow night (15th September).

ENTRIES CLOSING NEXT THURSDAY FOR NSW ALL SCHOOLS CHAMPIONSHIPS

Entries are open for the **2017 2XU NSW All Schools Track & Field Championships**; the state championships for secondary school athletes. The Championships will be held at Sydney Olympic Park Athletic Centre from the 12th-15th October.

The competition is open to any athlete currently attending a NSW Secondary School, between the ages of 12-19. There is no direct progression from a previous carnival, and no qualifying standards exist. As long as you submit your entry by the closing date, you can compete!

Entries, which close **9am Thursday 21 September** are available on line through the following link.

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

The **NSW All Schools Multi Events** will be held on Saturday 30th Sept/ Sun 1st Oct at SOPAC. Entries close **9am Thursday 28th September 2017.**

NSW 2017/18 SUMMER SEASON CALENDAR

Athletics NSW has released the calendar for the 2017/18 summer season. This also includes dates and locations for Australian Open, Australian Juniors and Australian All Schools. Key changes to the NSW Calendar for this year include moving the Club Championship to the first week in December, increasing the Treloar to 7 rounds and separating the Australian Junior & Australian Open Championships in to two competitions again.

The **first Treloar Shield** is **Saturday October 7th** at a venue tbc. It would be fabulous to see a large Cherrybrook turnout to ensure the club gets off to a great start in this competition.

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>

UPCOMING EVENTS

The final Waratah run event, the **2017 NSW Marathon Championship** will be held in Sydney this **Sunday 17th September**:

Full details can be accessed from <http://www.nswathletics.org.au/Competitions/Waratah-Run-Series/2017-nsw-marathon-championships>

In conjunction with Athletics NSW, Central Coast and NSW Surf Life Saving, Shelly Beach Surf Life Saving Club are staging the second edition of **Beachletics** at Shelly Beach, Central Coast NSW on **Saturday 23rd September 2017**. Details including online entry available on:

<http://nswathletics.org.au/Events/Calendar/beachletics-9>

The **Bankstown All-comers** will be held on **Saturday 23 September** at the Crest Athletics Track, Georges Hall. The All-comers has Athletics Australia Permit Status enabling athletes to qualify for National and International competitions and set state and national records.

<http://nswathletics.org.au/Events/Calendar/bankstown-all-comers-10>

The **NSW All Schools Multi's** will be held at the Sydney Olympic Park Athletic Centre from **30th September to 1st October 2017**. Each day will also feature a NSW All Schools Warm Up Meet aimed at secondary school students intending to compete at the 2XU NSW All Schools Track & Field Championships from 12th - 15th October 2017

<http://nswathletics.org.au/Events/Calendar/nsw-all-schools-warm-up-all-schools-multis-all-comers>

The first round of the **Treloar Shield** will be held on **Saturday 7 October** at a venue yet to be announced. Details, when available will be found on:

<http://nswathletics.org.au/Events/Calendar/treloar-shield-rd-1>

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 Coaches Courses

IAAF Kids Upskilling	Saturday September 9	SOPAC
Level 1 Community Athletics	Sunday September 24	Griffith
Level 1 Recreational Running Leader	Saturday October 7	SOPAC
Level 2 Intermediate Recreational Running	Sunday October 8	SOPAC
Level 1 Community Athletics	Sunday October 8	Bankstown
Level 2 Intermediate Club Coach	Sunday October 22 & 29	SOPAC & Bankstown
Level 2 Advanced, Part B: Sprints, Hurdles, Relays	Sunday October 29	The Scots College
Level 2 Advanced: Throws	Sunday October 29	The Scots College

Full details of the coaching courses 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.*

NSW THROWERS CLUB GREYSTANES 3/9/17

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Lauren Clark	U20	Hammer 4kg	44.25m		
		Discus 1kg	36.01m		
Robert Clark	55-59	Hammer 6kg	37.44m		
		Discus 1.5kg	30.18m		

AW WINTER SERIES 4 HEAVY WEIGHT PENTATHLON WOLLONGONG 9/9/17

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robert Clark	55-59	Weight Throw 7.26kg	19.87m		PB CB
		Weight Throw 9.08kg	17.49m		PB CB
		Weight Throw 11.34kg	15.61m		PB CB
		Weight Throw 15.88kg	11.30m		
		Weight Throw 20kg	7.50m		
		Heavy Weight Pentathlon	3,913pts		PB CB SR

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.