

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

16 NOVEMBER 2017

CONGRATULATIONS to the 27 Cherrybrook Athletes who competed in 56 events at **Treloar Shield 4 + NSW 3000m Championship**

CONGRATULATIONS to **Ryan Jones (5), Georgia Duncan (4) and Jen Bishop (4)** for leading the way with most individual events.

CONGRATULATIONS to **Matt Joyce** for his 23 second PB in the NSW 3000m Championship. He was also our sole representative.

FRIDAY NIGHT CLUB COMPETITION

There is NO Cherrybrook Little Athletics competition this Friday.

UPCOMING EVENTS

All Comers this Saturday at the Athletics Centre in Blacktown International Sportspark, Eastern Rd, Rooty Hill NSW 2766. Online Entry is now closed. On the day entry is available with fees of \$20 for members and \$25 for non-members. On the day entry must be completed one (1) hour prior to the athlete's first event.

Events are: 60m 100m, 200m 400m, 200/400m Hurdles, 2000m/3000m Steeplechase, High Jump, Triple Jump, Shot Put, Hammer Throw. See <http://www.nswathletics.org.au/Events/Calendar/ANSW-Club-Events/blacktown-all-comers> for more information.

There will be a hammer thrower competition at the **Illwaong Revesby Workers Athletics - Hammer Competition** will be held on Thursday 23rd of November from 6:45pm at The Ridge Athletics Track, Recreation Drive, Barden Ridge. See <http://www.nswathletics.org.au/Events/Calendar/ANSW-Club-Events/illwaong-revesby-workers-athletics-hammer-competition> for more information.

Treloar 5 is on Saturday 25 November at Sydney Olympic Park Athletic Centre. Online Entry is available at <https://2017-18treloarshield5.eventdesq.com/> until 9 am Thursday 23rd at a cost of \$10 for members and \$20 for non-members. On the day entry will incur a higher fee of \$20 for members and \$25 for non-members. On the day entry must be completed one (1) hour prior to the athlete's first event.

Events are: 100m 200m 800m Sprint Hurdles, 1500/3000/5000m Walk, High Jump, Long Jump, Shot Put, Javelin.

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

2018 Athletics Australia Open and Junior Qualifying Standard

Athletics Australia have released the qualifying standards for Australia Open and Junior Championships. The qualifying standards can be accessed from:

<http://www.athletics.com.au/Compete/Rules-Technical-Information/Entry-Standards>

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>

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 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.

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 4 Results

Athlete	Age	Event	Result	Place
Andrews, Harrison	22	Men 100 Metre Sprint Open	10.75	2
Andrews, Nicholas	20	Men 100 Metre Sprint Open	10.44	1
		Men 110 Metre Hurdles 106.7cm	14.59	2
Bishop, Jennifer	47	Women 100 Metre Sprint Open	14.24	63
		Women 80 Metre Hurdles Masters Masters 80mH	13.32	2
		Women Discus Throw 1kg	28.5	13
		Women Long Jump Under 5.5/4.5m	4.32	13
Bradshaw, Donovan	13	Men 100 Metre Sprint Open	11.73	27
		Men 200 Metre Sprint Open	23.38	17
		Men Long Jump Over 5.5/4.5m	5.68	10
Breslin, Imogen	16	Women 100 Metre Hurdles 76.2cm	14.63	3
		Women 100 Metre Sprint Open	13.22	27
Britton, Emily	16	Women 100 Metre Hurdles 76.2cm	14	1
		Women 100 Metre Sprint Open	12.86	15
Burnett, Alysha	20	Women 100 Metre Hurdles 84cm	14.68	4
		Women Long Jump Over 5.5/4.5m	5.59	1
Clothier, Evan	23	Men 100 Metre Sprint Open	10.9	4
		Men 200 Metre Sprint Open	21.54	1
Cullen, Robbie	13	Men Hammer Throw 3k	30.64	2
Cullen, Victoria	15	Mixed 1500 Metre Race Walk Open	9:09.45	2
		Women Hammer Throw 3kg	27.72	10
Dang, Nicholas	16	Men 110 Metre Hurdles 91.4cm	14.8	1
Devitt, Katie	17	Women 100 Metre Sprint Open	12.15	1
		Women 200 Metre Sprint Open	24.46	2
Duncan, Emilia	13	Women 100 Metre Sprint Open	13.74	48

Athlete	Age	Event	Result	Place
		Women 80 Metre Hurdles 76.2cm	12.78	1
		Women Long Jump Under 5.5/4.5m	4.58	10
Duncan, Georgia	15	Women 100 Metre Sprint Open	13.29	28
		Women 200 Metre Sprint Open	26.46	16
		Women 90 Metre Hurdles 76.2cm	13.49	1
		Women Long Jump Under 5.5/4.5m	4.73	6
Graham, Ben	15	Men 800 Metre Run Open	2:10.48	22
Henley, Tahn	16	Men 100 Metre Sprint Open	12.44	52
		Men 110 Metre Hurdles 91.4cm	16.51	5
Jones, Emily	19	Women 100 Metre Sprint Open	14.64	70
		Women 200 Metre Sprint Open	29.8	51
		Women Long Jump Over 5.5/4.5m	4.72	9
Jones, Ryan	16	Men 100 Metre Sprint Open	12.91	68
		Men 200 Metre Sprint Open	25.53	42
		Men 800 Metre Run Open	2:11.73	24
		Men Discus Throw 1.5kg	20.57	4
		Men Long Jump Under 5.5/4.5m	5.13	7
Joseph, Kailyn	15	Women Long Jump Under 5.5/4.5m	3.74	23
Joyce, Matthew	28	Men 3000 Metre Race	9:34.11	
Lamperts, Eleanor	16	Women 100 Metre Sprint Open	13.07	20
		Women 200 Metre Sprint Open	26.6	17
McCorry, Jacob	20	Men 110 Metre Hurdles 106.7cm	14.61	3
Stagles, Sally	57	Women 100 Metre Sprint Open	15.09	76
		Women 80 Metre Hurdles Masters Masters 80mH	13.77	3
Stevens, Lara	13	Women 80 Metre Hurdles 76.2cm	14.05	6
Sugiaman, Francesca	15	Women 100 Metre Sprint Open	13.84	51
		Women 200 Metre Sprint Open	27.87	33
Thomson, Nicholas	18	Men 100 Metre Sprint Open	11.57	20
		Men 110 Metre Hurdles 99.1cm	15.81	1