

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

18th OCTOBER 2017

CONGRATULATIONS

CONGRATULATIONS to the 33 Cherrybrook Athletes who competed in 80 events at **NSW All Schools** last weekend winning an incredible 19 **Gold**, 6 **Silver** and 7 **Bronze** medals.

CONGRATULATIONS to our State Champions **Donovan Bradshaw (4)**, **Brianna Worsfold (3)**, **Holly Saunders (2)**, **Julie Charlton (2)**, **Morgan Little**, **Konrad Cuevas**, **Joel Davidson**, **Emilia Duncan**, **Isabella Rudolph**, **Emily Britton**, **Sam Dale** and **Lauren Clark**.

CONGRATULATIONS to **Donovan**, **Morgan**, **Konrad**, **Emilia**, **Isabella**, **Emily**, **Sam**, **Holly**, **Robbie Cullen**, **Imogen Breslin** and **Katie Devitt** on qualifying for selection in the **NSW team** to compete at **Australian All Schools** in Adelaide in December.

CONGRATULATIONS to **Robbie** and **Lauren** on setting new Cherrybrook bests in the hammer

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics competition night is on every Friday.

UPCOMING EVENTS

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)**.

Cherrybrook Nominations have now closed. Teams will be announced early next week (w/c 23/11).

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>

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>

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.

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 ALL SCHOOLS SOPAC 12th - 15th October 2017
(results only shown for 2017/18 Cherrybrook Seniors registered athletes)

Name	Age	Event	Result	Place	Detail
Zachary Semaganda	12	80m Hurdles	14.25s	6th	
		Long Jump	4.69m	SILVER	
		400m	64.03s	5th	
Sam Bates	13	90m Hurdles	15.40s	11th	
Robbie Cullen	13	Hammer	26.51m	SILVER	AAS CB
		Discus	31.30m	12th	
Kaylan Clark	13	High Jump	1.50m	12th	
Donovan Bradshaw	13	100m	11.87s	GOLD	AAS
		200m	23.34s	GOLD	AAS
		400m	52.70s	GOLD	AAS
		Long Jump	5.95m	GOLD	AAs
Jonathon Reid	14	90m Hurdles	15.22s	7th	
		Long Jump	5.59m	7th	
		Triple Jump	12.71m	BRONZE	
Bayden Little	14	Javelin	33.57m	9th	
Devan Senasinghe	14	200m	27.50s	24th	
		Long Jump	5.64m	6th	
		Triple Jump	11.74m	4th	
Ben Graham	15	3000m	DNF		
Morgan Little	15	200m	23.77s	9th	
		400m	52.38s	7th	
		Javelin	53.67m	GOLD	AAS
Thomas Pellow	15	100m	12.04s	16th	
		200m Hurdles	28.84s	7th	
		Long Jump	5.28m	12th	
Campbell Johnson	15	High Jump	1.75m	7th	
Joshua Coppolelli	16	Long Jump	5.81m	7th	
		Triple Jump	12.04m	7th	
Scott Chapman	16	Javelin	45.77m	6th	
Ryan Jones	16	400m	56.99s	22nd	
		400m Hurdles	62.11s	6th	
Kevin Yang	16	Shot Put	13.55m	5th	
		Discus	44.70m	SILVER	
Tahn Henley	16	100m	12.43s	24th	
		110n Hurdles	16.74s	13th	
Konrad Cuevas	17	Pole Vault	3.30m	GOLD	AAS
Ryan Hogan	17	1500m	4:42.02s	13th	
		3000m	10:22.95s	6th	
Joel Davidson	19	Pole Vault	NH		
		Triple Jump	11.97m	GOLD	

Name	Age	Event	Result	Place	Detail
Brianna Worsfold	13	200m	26.44s	4th	
	12	400m	59.39s	GOLD	
		Long Jump	4.54m	4th	
		Shot Put	12.41m	GOLD	
		Discus	39.70m	GOLD	
Emilia Duncan	13	80m Hurdles	12.58s	GOLD	AAS
Lara Stevens	13	80m Hurdles	13.91s	12th	
Danielle Osifo	14	100m	12.92s	5th	
		Long Jump	5.30m	BRONZE	
Francesca Sugiama	15	100m	13.69s	24th	
		200m	29.44s	21st	
Isabella Rudolph	16	High Jump	1.73m	GOLD	AAS
Imogen Breslin	16	100m Hurdles	14.67s	SILVER	AAS
Emily Britton	16	100m Hurdles	14.25s	GOLD	AAS
Samantha Dale	16	Long Jump	5.38m	SILVER	
		Triple Jump	11.47m	GOLD	AAS
Rachel Ingram	15	100m	13.51s	25th	
		200m	28.63s	22nd	
Holly Saunders (Para)	u16	100m	18.17s	8th	
		Long Jump	2.55m	GOLD	AAS
		Shot Put	5.94m	SILVER	AAS
		Discus	17.22m	GOLD	AAS
Kailyn Joseph (Para)	u16	100m	16.90s	9th	
		200m	36.53s	9th	
		Long Jump	4.02m	BRONZE	
		Shot Put	8.07m	6th	
		Discus	20.77m	5th	
Annabelle Rodgers (Para)	u16	100m	16.55s	10th	
		200m	36.07s	10th	
		Long Jump	3.07m	8th	
		Shot Put	9.30m	BRONZE	
		Discus	24.48m	BRONZE	
Katie Devitt	17	100m	12.26s	BRONZE	
		200m	25.59s	SILVER	AAS
Aurora Henke	17	100m Hurdles	15.25s	4th	
Lauren Clark	19	Shot Put	9.91m	BRONZE	
		Discus	36.34m	4th	
		Hammer	45.45m	GOLD	CB
Julie Charlton (WC Para)	u20	Shot Put	5.10m	GOLD	
		Discus	11.47m	GOLD	

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