

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 21<sup>st</sup> MARCH 2018

### CONGRATULATIONS

**CONGRATULATIONS** to the 31 Cherrybrook Athletes who competed at the Australian Junior & Youth Championships last week winning 21 medals (**10 Gold, 7 Silver and 4 Bronze**).

**CONGRATULATIONS** to our new **national Junior Champions James Gladman** (100m, 200m, Long Jump) **Donovan Bradshaw** (Long Jump, 4x100m), **Brianna Worsfold** (Shot), **Samantha Dale** (Long Jump), **Emilia Duncan** (90m Hurdles), **Annabelle Rodgers** (Shot) and **Holly Saunders** (Discus)

**CONGRATULATIONS** to **Samantha Dale** on recording a **Youth Olympics Qualifier** in the Long Jump with her first ever long jump over 6m.

**CONGRATULATIONS** to our new **Australian Record Holders James Gladman** incredibly in 3 events (100m, 200m and Shot Put) and **Jill Taylor** (100lb Weight) .

**CONGRATULATIONS** to our new **State Record Holders Jill** (Heavy Weight Pentathlon) and **Robert Clark** (100lb Weight Throw). Robert also recorded a **State Best** in the Weight for Distance throw.

**CONGRATULATIONS** to **Brianna Worsfold** (Shot Put) and **Jill** (4kg Weight Throw, 9.08kg Weight Throw) on setting new **Cherrybrook Records**.

**CONGRATULATIONS** to **Jacob McCorry, Alysha Burnett** and **Kailyn Joseph** who were invited to compete at the Sydney Grand Prix at SOPAC on Saturday. All three performed magnificently against strong opposition.

### REMINDERS

Nominations for the **Daniel Berry Award** are currently open and will close on **Friday 30<sup>th</sup> March, 5pm**

### FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics Friday night competitions have now finished for the season.

### UPCOMING EVENTS

#### **Bankstown All-Comers March 24<sup>th</sup>**

There will be an All-Comers meet at Bankstown on Saturday March 24<sup>th</sup>. The events on offer are 100m, 200m, 400m, Sprint Hurdles, 1500m, High Jump, Long Jump, Shot Put and Discus Throw. On Line Entry closes on Wednesday 21<sup>st</sup> March at 9am and is available through the link:

<https://bankstownacmarch18.eventdesq.com/>

On-the-day entries will be available for \$20 cash (ANSW/Dual Members) and \$25 cash (non-members). If you intend to register on the day of the event, please make sure you arrive at athlete check-in at least one hour prior to your first event/s.

### **DANIEL BERRY AWARD – NOMINATIONS NOW OPEN**

Daniel Berry was a Cherrybrook Seniors athlete from 2009 – 2013. Throughout this period of time Daniel broke many NSW and Australian records in the U/20 and Open Male AWD divisions in

running events ranging from 100m-1500m as well as Long Jump and Discus. He also participated for Cherrybrook Athletics on a regular basis at interclub competitions, State Relays and All-comers events with great enthusiasm and determination every time he competed. In July 2013 Daniel past away at the very young age of 22. He will be long remembered by our club for his loving nature, generous spirit, tenacious excellent sportsmanship, competitive drive, humble attitude and the inspirational way he lived his life on and off the Athletics track.

In memory of Daniel Berry the **Daniel Berry Award** was established for Seniors athletes. The criteria to win this award are as follows:

1. **Age:** Must be at least in the Under 18's age group with the minimum age being 16
2. **Attitude and Sportmanship:** A positive attitude and a willingness to embrace good sportsmanship
3. **Attendance:** The athlete must have competed a minimum of **8 times** in a season for which can include representation for Cherrybrook Senior Athletics, NSW Athletics and/or Athletics Australia

**\* The athlete must also have competed for the club for a minimum of 2 Athletics season(s)**

To nominate an athlete who you believe is worthy of this award for the 2017/18 season please complete the following survey: <https://www.surveymonkey.com/r/BQM8X83>

**Nominations can be made by Cherrybrook registered Senior Athletes, Seniors Athletics Committee members or parents submitting on behalf of senior athletes.**

**Nominations Close by Friday 30<sup>th</sup> March, 5pm.**

### **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>

### **CHERRYBROOK RECORDS**

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at [robclark307@gmail.com](mailto: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.

## 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](mailto:robclark307@gmail.com). Please notify Robert if your results are missing, incorrect or a PB performance has been missed.

### Australian Junior & Youth Championships – SOPAC - 14<sup>th</sup> – 18<sup>th</sup> March 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Donovan Bradshaw	U15	100m	11.42s	4th	PB
		200m	23.22s	4th	
		400m	52.44s	<b>Bronze</b>	
		Long Jump	6.11m	<b>Gold</b>	
	U16	4x100m	43.33s	<b>Gold</b>	
Julie Charlton (WC)	U20	Javelin	9.29m	<b>Silver</b>	PB
		Discus	14.42m	4th	
		Shot Put	4.90m	5th	
Imogen Breslin	U18	100m Hurdles	DQ	-	
Lauren Clark	U20	Shot Put	10.23m	13th	
		Hammer	46.36m	5th	
Brianna Worsfold	U14	200m	DQ	-	PB, CB
		400m	61.38s	8th	
		Shot Put	12.55m	<b>Gold</b>	
Emily Britton	U18	100m Hurdles	13.85s	<b>Bronze</b>	
Scott Chapman	U18	Javelin	53.50m	6th	
Samantha Dale	U18	Long Jump	6.03m	<b>Gold</b>	PB
James Gladman (Amb)	U16	Long Jump	2.89m	<b>Gold</b>	PB
		100m	17.36m	<b>Gold</b>	PB AR
		200m	36.25m	<b>Gold</b>	PB AR
		Shot Put	6.72m	<b>Silver</b>	PB AR
Kailyn Joseph (Amb)	U20	100m	17.14s	15th	
		Discus	18.66m	5th	
		Long Jump	3.96m	<b>Silver</b>	
Nick Dang	U18	110m Hurdles	14.23s	<b>Silver</b>	PB
Joel Davidson	U20	Triple Jump	13.58m	8th	PB

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Georgia Duncan	U17	100m Hurdles	14.71s	9th	PB
		Shot Put	12.62m	7th	PB
Emilia Duncan	U15	90m Hurdles	13.06s	<b>Gold</b>	PB
Lance Haffenden	U14	Triple Jump	9.95m	7th	
Tahn Henly	U18	110m Hurdles	16.09s	19th	PB
Ryan Jones	U18	400m Hurdles	60.88s	11th	PB
Anna Kely	U15	Javelin	26.40m	8th	
Morgan Little	U17	400m	54.25s	20th	
Sara Kely (Amb)	U20	100m	15.67s	17th	PB
		Long Jump	3.82m	5th	PB
Jonathan Reid	U16	100m Hurdles	14.89s	12th	
		Triple Jump	12.27m	10th	
Danielle Osifo	U16	Long Jump	5.13m	11th	
		Triple Jump	10.70m	10th	
Amy McFadden	U16	High Jump	1.55m	11th	
Isabella Rudolph	U18	High Jump	1.69m	5th	
Lara Stevens	U15	90m Hurdles	15.21s	15th	
Nick Thomson	U20	110m Hurdles	14.31s	<b>Bronze</b>	SB
Kevin Yang	U18	Shot Put	14.67m	6th	
		Discus	42.37m	13th	
Annabelle Rodgers (Amb)	U16	Long Jump	3.14m	4th	
		Javelin	19.20m	<b>Silver</b>	
		Discus	26.31m	<b>Silver</b>	PB
		100m	16.52s	7th	PB
		Shot Put	9.31m	<b>Gold</b>	PB
Holly Saunders (Amb)	U16	Long Jump	2.50m	<b>Silver</b>	
		Discus	17.05m	<b>Gold</b>	
		100m	17.37s	<b>Bronze</b>	PB
		200m	39.39s	6th	
Zachary Semaganda	U14	Long Jump	4.61m	10th	
Daniel Bradford	U15	1500m	4:48.20s	12th	PB

### Sydney Grand Prix – SOPAC - 17<sup>th</sup> March 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Jacob McCorry	Open	110m Hurdles	14.07s	3rd	
Alysha Burnett	Open	Long Jump	6.06m	3rd	
Kailyn Joseph	Open	Long Jump	4.07m	8th	

**NSW Masters Heavy Weight Championships – Wollongong 17<sup>th</sup>-18<sup>th</sup> March 2018**

<b>ATHLETE</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>PLACE</b>	<b>Detail</b>
<b>Robert Clark</b>	<b>55-59</b>	Weight 7.26Kg (16lb)	19.08m	1st	
		Weight 9.08Kg (20lb)	16.93m	1st	
		Weight 11.34Kg (25lb)	14.80m	1st	
		Weight 15.88Kg (35lb)	9.39m	1st	
		Weight 20Kg (45lb)	8.23m	1st	<b>SB</b>
		Heavy Weight Pentathlon	3,725pts	1st	
		Weight for distance	12.40m	1st	<b>PB StB</b>
		56lbs	6.38m	1st	
		100lbs	3.03m	1st	<b>PB CB SR</b>
<b>Jill Taylor</b>	<b>60-64</b>	Weight 3Kg	17.22m	1st	<b>SB</b>
		Weight 4Kg	15.67m	1st	<b>PB CB</b>
		Weight 5.45Kg (12lb)	13.38m	1st	
		Weight 7.26Kg (16lb)	11.21m	1st	<b>SB</b>
		Weight 9.08Kg (20lb)	9.78m	1st	<b>PB CB</b>
		Heavy Weight Pentathlon	4304pts	1st	<b>PB CB SR</b>
		Weight for distance	16.60m	1st	<b>SB</b>
		56lbs	2.82m	1st	<b>SB</b>
		100lbs	1.65m	1st	<b>PB CB SR AR</b>