

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 28<sup>th</sup> NOVEMBER 2017

### CONGRATULATIONS

**CONGRATULATIONS** to the 24 Cherrybrook Athletes who competed in 46 events at **Treloar Shield 5** last weekend.

After Treloar 4, Cherrybrook was 4<sup>th</sup> in the Shield (6<sup>th</sup> last year), 5<sup>th</sup> in the Juniors (7<sup>th</sup> last year), 4<sup>th</sup> (7<sup>th</sup> last year) in the Open and 10<sup>th</sup> in the Masters (9<sup>th</sup> last year). With the high participation rates and stellar performances in Treloar 5 these positions can only improve when the Round 5 scores are published.

**CONGRATULATIONS** to **Jen Bishop** and **Nick Andrews** on setting new Cherrybrook Bests. Jen smashed her own Discus record by almost 2m and her Javelin record by 1m, whilst **Nick's** 100m time was the fastest by an Australian this summer and sees him move to 39<sup>th</sup> on the All-time Australian list.

**CONGRATULATIONS** to **Jen** (5), **Robert Clark** (4), **Georgia Duncan** (3), **Tara Webb** (3), **Jonathan Reid** (3) and **Alysha Burnett** (3) for leading the way with most individual events.

### FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics competition night is on every Friday.

### UPCOMING EVENTS

#### NSW Club Championships

The Athletics NSW 2017/18 Club Championships will be held at Sydney Olympic Park Athletic Centre on December 2 and 3, 2017.

The Club Championships is a competition where clubs compete against one another in a full range of events across 3 age divisions (opens, juniors and masters). The open division is for athletes competing in Open Competition. The junior division is for athletes competing in the Under 20, Under 18, Under 16 and Under 14 age groups. The masters division will be for athletes competing in the 30-39, 40-49, 50-59 and 60+ age groups.

Online entries close at **9am Wednesday November 29, 2017** and can be made using the following link:

<https://201718nswclubchamps.eventdesq.com/>

#### NSW Combined Event Championships

The NSW Combined Event Championships will also be conducted at Sydney Olympic Park Athletics Centre on December 2 and 3, 2017. Decathlon, Heptathlon and Pentathlons are available and are conducted in the Under 14, Under 16, Under 18, Under 20, Open, 30+ and 50+ age categories.

Online entries close at **9am Wednesday November 29, 2017** and can be made using the following link:

<https://201718nswcombinedeventchamps.eventdesq.com/>

#### NSW 5000m Championships

The NSW 5000m Championships will be held at Sydney Olympic Park Athletics Centre on the evening of Saturday 2nd December 2017 and conducted in the open category for both men and

women. The 5000m Club Championship events will be conducted as part of the NSW 5000m Championships. 5000m races will be seeded based on seed performance and not age. Athletes will score club points based on their performance when compared with other athletes within their own age category from all races.

The male and female U20 5000m championship will be included in the NSW 5000m Championships. There will be no separate races for U20 athletes. All races will be open seeded races and U20 placing's will be based on finishing times of those eligible.

The 5000m Championships for underage and masters athletes (where applicable) are conducted at the relevant State Championships.

Online entries close at **9am Wednesday November 29, 2017** and can be made using the following link:

<https://2017nsw5000mchamps.eventdesq.com/>

#### **Campbelltown All-Comers**

An All-comers will be held at Campbelltown Athletics Centre, Pembroke Rd & Rose Payten Dr, Leumeah NSW 2566 on Saturday 9<sup>th</sup> December. Events on offer are: 100m, 200m, 800m, 3000m, Long Jump, Shot Put and Hammer Throw.

Online entry closes **9am Thursday 7th December, 2017** and can be made using the following link:

<https://allcomerscampbelltown20171209.eventdesq.com/>

#### **GOOD LUCK**

We wish Good Luck to all our Cherrybrook Athletes competing at the **Australian All Schools Championships** in **Adelaide, 8th - 11th December 2017**. We congratulate them on their Selection for the NSW All Schools Team and look forward to seeing lots of PBs and spectacular performances. Further details can be found on the following link:

<http://nswathletics.org.au/Events/Events/australian-all-schools-championships-24>

#### **“MY TAG”**

As part of your 2016/17 membership many of you received a 'My Tag' for use at any out of stadia competition. All these tags should have been returned to Athletics NSW (via Cherrybrook) at the end of the 2016/17 season. Whilst a number have been returned, **Athletics NSW have advised that some are still outstanding and have asked that they be returned by 11 December**. As the Tags were linked to competition numbers Athletics NSW will be able to identify anyone not returning the tags. If you still have the Tag please either return it to **Jessica Drake at Athletics NSW PO Box 595 Sydney Markets NSW, 2129** or return it **Nicky Jenneke, Matt Joyce or David Britton**.

#### **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/Portals/56/Images/Marketing/Summer1718/2017-18%20Calendar%20Updated%202027.11.2017.pdf>

## **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](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 which was released 15 November is currently under review and there may be some modifications. 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](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>

## **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 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 2017/18 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.

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

**PLEASE NOTE DUE TO TIME CONSTRAINTS PBs ARE NOT SHOWN THIS WEEK**

### Treloar 5 – SOPAC 25 November 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Nick Andrews	20	110m Hurdles (106.7)	14.15s	3rd	
		100m	10.32s	1st	CB
Nicholas Thomson	18	110m Hurdles (106.7)	14.99s	3rd	
		100m	11.41s	24th	
Alysha Burnett	20	110m Hurdles	15.15s	4th	
		Long Jump	5.80m	3rd	
		Javelin	44.93m	1st	
Jacob McCorry	20	100m	DQ		
		110m Hurdles (106.7)	14.11s	2nd	
Isabella Rudolph	16	High Jump	1.70m	3rd	
Emily Britton	16	100m Hurdles	14.12s	1st	
		100m	12.77s	20th	
Imogen Breslin	16	100m Hurdles	14.44s	3rd	
		100m	13.13s	32nd	

<b>Georgia Duncan</b>	15	90m Hurdles	13.52s	2nd	
		100m	13.26s	36th	
		200m	26.89s	24th	
<b>Lara Stevens</b>	13	90m Hurdles	15.53s	5th	
<b>Jen Bishop</b>	47	Discus	31.36m	4th	CB
		Long Jump	4.32m	4th	
		Javelin	22.12m	6th	CB
		80m Hurdles	13.00s	2nd	
		100m	14.17s	52nd	
<b>Matt Joyce</b>	28	800m	2:04.48s	11th	
<b>Tara Webb</b>	11	Long Jump	4.08m	6th	
		100m	14.17s	52nd	
		200m	29.12s	41st	
<b>Sally Stagles</b>	57	80m Hurdles	13.27s	3rd	
		100m	14.83s	61st	
<b>Francesca Sugiaman</b>	15	100m	13.63s	46th	
		200m	28.31s	38th	
<b>Jordan Shelley</b>	19	100m	10.75s	3rd	
		200m	21.49s	1st	
<b>Robert Clark</b>	56	800m	3:15.95s	55th	
		Javelin	27.62m	11th	
		Long Jump	3.60m	13th	
		Discus	28.11m	5th	
<b>Harrison Andrews</b>	22	100m	10.91s	4th	
<b>Eleanor Lamperts</b>	16	200m	26.87s	23rd	
<b>Morgan Little</b>	15	100m	11.92s	45th	
<b>Jonathan Reid</b>	14	100m Hurdles	15.55s	1st	
		100m	12.87s	71st	
		Long Jump	5.44m	2nd	
<b>Ben Graham</b>	15	800m	2:06.97s	16th	
<b>Campbell Johnson</b>	15	High Jump	1.65m	4th	
<b>Samantha Dale</b>	16	Long Jump	5.49m	5th	

#### **Bankstown All Comers – 18 November 2017**

	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>PLACE</b>	<b>Detail</b>
<b>Emily Jones</b>	19	60m	9.02s	36th	
		100m	14.26s	55th	
		200m	28.83s	42nd	
		Triple Jump	11.39	1st	
<b>Ryan Jones</b>	16	400m Hurdles	61.10s	2nd	
		60m	8.40s	40th	
		100m	12.87s	56th	
		200m	25.43s	34th	

<b>Lauren Clark</b>	17	Hammer 4kg	39.32m	5th	
<b>Eleanor Lamperts</b>	16	100m	13.11s	25th	
		200m	26.51s	22nd	
<b>Evan Clothier</b>		60m	7.21s	6th	
		400m	48.80s	5th	
<b>Rachel Ingram</b>		60m	8.38s	22nd	
		100m	13.64s	44th	
<b>Daisy Bryant</b>		100m	13.34s	32nd	
		200m	26.91s	26th	
<b>Karina Takchi</b>		100m	13.35s	35th	
<b>Morgan Little</b>		400m	51.77s	15th	
<b>Katie Devitt</b>	17	200m	24.67s	2nd	
<b>Samantha Dale</b>		Triple Jump	11.76m	8th	
<b>Isabella Rudolph</b>		400m	66.34	24th	
		High Jump	1.65m	2nd	
<b>Robert Clark</b>	56	Hammer 6kg	38.52m	2nd	
		Shot Put 6kg	9.10m	1st	
<b>Campbell Johnson</b>		High Jump	1.80m	2nd	

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.