

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

31st AUGUST 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).

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 first club night or returned to Karin Webb.

CONGRATULATIONS

CONGRATULATIONS to **Alysha Burnett** on her **Silver Medal** at the World University Games in Taipei. Alysha's 5,835 points was a PB, Commonwealth Games B Qualifier and a Cherrybrook Best performances! Alysha also set new Cherrybrook Best Performances in the High Jump and 200m.

CONGRATULATIONS to **Nick Andrews** and the Australian Men's 4 x 100m Relay team who finished 12th at the World Championships in a stunning time of 38.88s. This was the fastest time by an Australian relay team in 4 years.

CONGRATULATIONS to **Kailyn Joseph** who won **Bronze** in the Long Jump at the World Junior Para Championships in Switzerland. This fabulous performance was even more commendable given Kailyn was competing with the flu.

CONGRATULATIONS to **Matt Joyce** for being selected for Athletics NSW at the Australian Half Marathon Championships on the Sunshine Coast. Matt was the 2nd NSW Athlete home and finished a very creditable 18th overall.

GOOD LUCK

GOOD LUCK to all our School athletes competing at **GPS, CHS, CIS** and **CCC** in September.

FRIDAY NIGHT CLUB COMPETITION

Friday night Little Athletics competitions resume in September with the LA New Family Orientation night on 1st September, the LA Coaching Night on 8th September and the first LA competition night on 15th September.

NSW All Schools

Entries are now 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 available online through the following link.

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

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 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>

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/Title%20Pages%20added/Records.html>

NSW 2017 WINTER SEASON

Upcoming Waratah run series events:

Date	Event	Location
Sunday 3 rd Sept	RunNSW Sydney Half	SOPAC
Sunday 17 th Sept	2017 NSW Marathon Championship	Sydney

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

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.

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.

Classification Opportunities	Event	Entries Open	Entries Close
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.

WORLD ATHLETICS CHAMPIONSHIPS AUGUST 2017

ATHLETE	AGE	EVENT	RESULT	PLACE
Nick Andrews		4x100m Relay	38.88s	12th

WORLD UNIVERSIADE TAIPEI AUGUST 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Alysha Burnett		Hept 200m	25.92s	6th	PB CB
		Hept 800m	2:27.45s	7th	SB
		Hept 100m Hurdles	14.60s	7th	
		Hept High Jump	1.86m	1st	PB CB
		Hept Long Jump	6.09m	2nd	
		Hept Shot put	12.46m	7th	
		Hept Javelin	46.26m	2nd	
		Heptathlon	5835pts	SILVER	PB CB

WORLD PARA-ATHLETICS JUNIOR CHAMPIONSHIPS SWITZERLAND AUGUST 2017

ATHLETE	AGE	EVENT	RESULT	PLACE
Kailyn Joseph		100m T37	17.45s	11th
		200m T37	36.93s	11th
		Long Jump F37	3.71m	BRONZE

Australian Half Marathon Championships Gold Coast 8 August 2017

ATHLETE	AGE	EVENT	RESULT	PLACE
Matt Joyce	Open	Half Marathon	1:22.35s	18th

NSWMA Pentathlon St Marys 26 August 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robert Clark	55-59	Hammer	35.82m	1st	SB
		Shot Put	9.26m	2nd	
		Discus	31.39m	1st	
		Javelin	25.81m	2nd	
		Weight Throw	14.04m	1st	
		Throws Pentathlon	2923pts	1st	PB CB

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.