

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

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

### CONGRATULATIONS

**CONGRATULATIONS** to **Samantha Dale** (Long Jump) and **Nicholas Dang** (110m Hurdles) who have been selected for Australia in the u18 team to compete at the Melanesian Regional Championships to be held in Port Vila, Vanuatu from May 9-11. These championships double as the qualification meet for the 2018 Youth Olympic Games to be held in October.

**CONGRATULATIONS** to **Anna Kely** who was recently selected to compete for NSW in the sprint events and Long Jump at the Special Olympics occurring in Adelaide from April 16-20.

**CONGRATULATIONS** to **Holly Saunders** on her selection to represent Australia at the CP World Games in Barcelona (Spain) in August 4-17 later this year.

**CONGRATULATIONS** to **Lauren Clark** on winning Gold in the Open Discus at the Tasmanian State Championships.

**CONGRATULATIONS** to **Marco Boccaletti** on recording a big PB in the 100m at the Bankstown All Comers in the final NSW Athletics event of the season.

### GOOD LUCK

**GOOD LUCK** to **Alysha Burnett** and **Kailyn Joseph** who will be competing at their very first Commonwealth Games as Cherrybrook Athletics first Commonwealth Games representatives. Kailyn will compete in the Long Jump on Sunday the 8th at 3.15pm and Alysha will commence her Heptathlon with the 100m Hurdles on Thursday the 12th at 10.20am followed by former Cherrybrook Athlete Michelle Jenneke (Shelly) in the 100m hurdles at 10.50am.

**GOOD LUCK** to **Elizabeth Jones** officiating at her first **Commonwealth Games**. We wish you a very successful and controversy free championship!

### CHERRYBROOK ATHLETICS PRESENTATION & AGM

Cherrybrook Athletics Club invites all members to attend this year's Annual General Meeting and Presentation Day to celebrate another successful athletics season.

The **Cherrybrook Athletics Presentation** and **AGM** will be held on:

**Sunday 20<sup>th</sup> May 2018**

**Dural Country Club**

662 Old Northern Road Dural.

Little Athletes - 4.00 - 6.10pm (arrive from 3.30pm)

Senior Cherrybrook Athletes 6.00-7.30pm

Senior awards will be presented to athletes with Cherrybrook Senior Records, Dual Participation Awards, Most Consistent and Club Athlete Awards, The Daniel Berry Award and Special Awards. There will also be a fun quiz for seniors on the year's activities with prizes for the most successful participants.

The club's Annual Report, which includes extensive results from the season, reports and photographs, will be available for collection at the end of the evening.

We hope that your family will be able to join us for our annual presentation.

## **NOMINATIONS FOR THE CHERRYBROOK ATHLETICS CLUB COMMITTEE**

Nomination forms are now available on the Cherrybrook Athletics website.

<http://www.cherrybrookathletics.org.au>

We welcome all nominations, as we are all volunteers, and would love to accept the time anyone is able to offer. There are a lot of jobs available so there is bound to be something to suit.

The commitment is manageable, your kids will love it and you will be contributing to the development of lots of kids which is personally very satisfying. Contact **Nicky Jenneke** at [mjellybeans@bigpond.com](mailto:mjellybeans@bigpond.com) or 0448 407 716 or **Karin Webb** at [karinswebb@yahoo.com.au](mailto:karinswebb@yahoo.com.au) or 0408 622 144 to chat about what is involved and see how you can help.

## **FRIDAY NIGHT CLUB COMPETITION**

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

## **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 NSW 2018 WINTER SEASON EVENTS**

The **Waratah Run Series** is the rebranded and remodelled winter series hosted and supported by Athletics NSW. The events are for participants of all ages and abilities, and focus on participant enjoyment and on the days entertainment. Formally known as the 'Athletics NSW Winter Series', the Waratah Run Series is a set of community based social events which also incorporate a championship component.

With 11 events names, participation opportunities range from XC Festivals at Horsley through to Street Relays in Ourimbah. And with distances from 1km to 30km, there is an event and challenge for everyone.

**ANSW Members (open, junior, youth, age concession, dual, family, runNSW) will receive half price entry** into Waratah Run Series Events.

## **ST GEORGE CLASSIC (21<sup>ST</sup> APRIL 2018)**

The St George Classic encompasses a range of events from 2km to 10km distances. The event is held on the beautiful trails of Scarborough Park, Ramsgate. The 2018 St George Classic incorporates the 2018 NSW Cross Country Novice Championship as part of the event.

<http://www.nswathletics.org.au/Events/Calendar/2018-st-george-classic>

**Entries close 9am, Wednesday 18th April**

## **THE SYDNEY 10 (5<sup>TH</sup> MAY 2018)**

The Sydney 10 on May 5<sup>th</sup> is a race for everyone and will be the same flat fast course as previous years, finishing in on the athletics track at the iconic Sydney Olympic Park Athletics Centre.

Races offered are 2.5km, 5km and 10km and all races will feature NSW Championship categories and are open to anyone to compete.

<https://www.runnsw.com.au/event/2018-sydney-10/>

**Entries close 9am, Wednesday 18th April**

## RUN NSW

Be part of Australia's best Fun Run series with a **2018 RunNSW Membership!** This year memberships come with even more benefits, including **free entry** to events like the Sydney10, the Sydney Half, the Fernleigh15 and the Greater Banks Regional Fun Run Series. When you join RunNSW you also receive discounts on traditional cross country events and races like the Western Sydney Marathon and the Walka Water Works Ultra.

For more information about the membership and the events being held this year, go to [www.runnsw.com.au/membership/](http://www.runnsw.com.au/membership/)

## 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.*

### Bankstown All Comers 24th March 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Alysha Burnett	21	100m Hurdles	14.31s	1st	
		Shot Put 4kg	12.74m	1st	
Sally Stagles	57	80m Hurdles	13.13s	2nd	
Hugh Hunt	19	400m	53.33s	12th	<b>SB</b>
Sam Coburn	19	400m	53.58s	14th	
Marco Boccaletti	10	100m	14.62s	30th	<b>PB</b>
Matt Joyce	28	1500m	4:17.44s	5th	

### Tasmania Open & Masters Championships Hobart 23th - 25th March 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Lauren Clark	Open	Shot Put	9.46m	7th	
		Discus	35.16m	<b>Gold</b>	
		Hammer	45.02m	<b>Silver</b>	
Robert Clark	55-59	Shot Put	8.87m	<b>Gold</b>	
		Long Jump	3.56m	<b>Gold</b>	
		Discus	26.03m	<b>Gold</b>	
		Hammer	35.66m	<b>Gold</b>	
		Javelin	27.65m	<b>Gold</b>	
		Weight (11.34kg)	13.62m	<b>Gold</b>	