

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

6th OCTOBER 2017

2017/2018 REGISTRATIONS DUE

2017/18 Registrations are now due.

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). A fee is charged for Senior Registration for Little Athletes from other clubs.

With the season's first Athletics NSW events having now commenced, **athletes are encouraged to register as soon as possible**. We will be **using the 2017/18 distribution list** for the newsletter so if you want to keep receiving it **you need to renew your membership!**

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 next club night or returned to Karin Webb. Thank you to all those members who have already returned tags.

CONGRATULATIONS

CONGRATULATIONS to the four Cherrybrook Athletes who competed so well at the Australian University Games. **CONGRATULATIONS** to our **Gold Medalists, Nick Andrews** (100m) and **Jacob McCorry** (110m Hurdles). **Nick & Jacob** also won **Silver** together as part of the NSW 4 x 100m relay team.

CONGRATULATIONS to those athletes who competed so well at the NSW CCC Carnival. Particular **Congratulations** to **Kailyn Joseph** for being named **CCC Multi-Class Champion** for the 12-15 age group.

CONGRATULATIONS to the ten Cherrybrook Athletes who competed at the NSW All Schools Warm Up Meet recording thirteen PBs between them. Particular **CONGRATULATIONS** to **Donovan Bradshaw** who set a new **Cherrybrook Best** in the 400m.

CONGRATULATIONS to **Jill Taylor** (Heavy Weight Pentathlon, 56lb Weight, 100lb Weight, Weight for Distance) and **Robert Clark** (Throws Pentathlon, Heavy Weight Pentathlon, 56lb Weight, 100lb Weight) who were both victorious at the Australian Masters Winter Throws Championships over the long weekend. **Jill** also placed 2nd in the Throws Pentathlon, whilst **Robert** broke the State record for the 100lb Weight in the M55 age group.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics competition night is on every Friday.

UPCOMING EVENTS

The first round of the **Treloar Shield** will be held on **Saturday 7 October** at ES Marks. Online Entries have closed however on the day entries will be accepted up to 60 minutes before your event.

The **NSW All Schools Championships** will be held at SOPAC from 12th October - 15th October. Entries for these Championships are now closed.

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)**.

All Athletes wishing to compete in a relay team for Cherrybrook Athletics at this championship event must first complete and submit a Cherrybrook State Relay Online Nomination Form. **One survey per athlete – if you have multiple children/siblings please complete the form again for that athlete.**

The Online form can be found by accessing the link below:

<https://www.surveymonkey.com/r/RQSD287>

Nominations close at midnight on **Monday 16th October** and **team selections** will be announced by **Friday 27th October**.

Whilst no guarantee can be given that all nominating athletes will gain selection in a relay team (but very likely) ***we encourage ALL our Athletes to Nominate to compete at this team event.***

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>

Any problems with completing the nomination form or 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>

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.

Upcoming Coaches Courses

Level 1 Recreational Running Leader	Saturday October 7	SOPAC
Level 2 Intermediate Recreational Running	Sunday October 8	SOPAC
Level 1 Community Athletics	Sunday October 8	Bankstown
Level 2 Intermediate Club Coach	Sunday October 22 & 29	SOPAC & Bankstown
Level 2 Advanced, Part B: Sprints, Hurdles, Relays	Sunday October 29	The Scots College
Level 2 Advanced: Throws	Sunday October 29	The Scots College

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.

<u>Classification Opportunities</u>	<u>Event</u>	<u>Entries Open</u>	<u>Entries Close</u>
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.*

Australian University Games, Gold Coast. 25th- 28th September 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Natalie Setiadji		100m	13.77s	28th	
		100m Hurdles	15.10s	9th	
Nick Andrews		100m	10.55s	GOLD	
		4 x 100m	43.02s	SILVER	
Jacob McCorry		100m	11.41s	23rd	
		110m Hurdles	14.61s	GOLD	
		4 x 100m	43.02s	SILVER	
Declan Pluim		High Jump	2.00m	7th	
		Javelin	ND		

NSW All Schools Warm Up. 30 September 2017

Athlete	Age	Event	Result	Place	Details
Zachary Semaganda	12	80m Hurdles	14.29s	1st	PB
		Long Jump	4.48m	7th	PB
		400m	65.93s	19th	PB
Georgia Duncan	15	100m Hurdles	15.02s	3rd	PB
		Long Jump	4.89m	4th	PB
Imogen Breslin	16	100m Hurdles	14.68s	2nd	
Emilia Duncan	13	Long Jump	4.52m	8th	PB
		80m Hurdles	12.83s	1st	
Sam Bates	13	90m Hurdles	15.64s	2nd	PB
Isabella Rudolph	16	High Jump	1.60m	5th	
Donovan Bradshaw	13	100m	11.88s	17th	
		400m	51.84s	6th	PB, CB
Jonathon Reid	14	Long Jump	5.74m	5th	PB
		Triple Jump	12.09m	1st	PB
Anna Kely	13	Shot	10.13m	4th	PB
		Discus	23.35m	7th	PB
		Javelin	26.99m	2nd	PB
Joel Davidson	18	100m	11.84s	11th	
		Triple Jump	12.22m	1st	

NSW CCC SOPAC 15 September 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Kailyn Joseph	U16	100m	17.22s	2nd	
		200m	36.29s	2nd	
		Long jump	3.47m	2nd	
		Shot Put	8.16m	1st	
		Discus	22.03m	1st	PB

Please note that individual results for CIS, CHS and CCC have only been included in this and the last newsletter where the athlete has either broken a Cherrybrook record or received an "athlete of the meet" or equivalent recognition. This is due to the difficulty of identifying Cherrybrook athletes when they compete under a school banner. It is clear from skimming through the results that there were many outstanding performances by our athletes and we congratulate them all and look forward to reporting their performances at the NSW All Schools Championships later this month.

AMA Winter Throws Championships, Wollongong. 30 September – 2 October 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robert Clark	55-59	Weight Throw 11.34kg	14.03m	1st	PB, CB PB, CB, SR
		Shot Put	9.70m	2nd	
		Hammer	36.58m	1st	
		Discus	29.01m	2nd	
		Javelin	30.24m	2nd	
		Weight Throw 7.26kg	18.63m	1st	
		Weight Throw 9.08kg	16.30m	1st	
		Weight Throw 15.88kg	10.54m	1st	
		Weight Throw 20kg	7.90m	1st	
		Weight Throw 25.4kg	6.62m	1st	
		Weight Throw 45.36kg	2.94m	1st	
		Throws Pentathlon	2,948pts	1st	
Heavy Weight Pentathlon	3,676pts	1st			
Jill Taylor	60-64	Weight Throw 5.45kg	12.23m	1st	
		Shot Put	7.95m	2nd	
		Hammer	32.64m	2nd	
		Discus	21.09m	2nd	
		Javelin	13.51m	3rd	
		Weight 3kg	14.89m	1st	
		Weight 4kg	13.76m	1st	
		Weight 7.26kg	9.19m	1st	
		Weight 9.08kg	8.12m	1st	
		Weight for Distance	17.48m	1st	
		Weight Throw 25.4kg	2.71m	1st	
		Weight Throw 45.36kg	1.52m	1st	
		Throws Pentathlon	3,235pts	1st	
		Heavy Weight Pentathlon	3,595pts	1st	

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.