

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

7th DECEMBER 2017

CONGRATULATIONS

CONGRATULATIONS to the 38 Cherrybrook Athletes who competed in over 100 events at **the NSW Club Championships** last weekend. What a fantastic turnout and how good were the performances by everyone!

CONGRATULATIONS to **Alysha Burnett** who was the first NSW placed Athlete in a high quality Open Heptathlon. **Alysha's** 5,748 points was another Commonwealth Games "B" Qualifier.

CONGRATULATIONS to **Donovan Bradshaw** (200m), **Jen Bishop** (hammer) and **Robert Clark** (Pentathlon) on setting new Cherrybrook Bests at the Club Championships.

Belated **CONGRATULATIONS** to **Victoria Cullen** (1500m Walk), **Katie Devitt** (200m) and **Jen Bishop** (60m) for setting new Cherrybrook Bests recently which have not previously been reported in the newsletter.

CONGRATULATIONS to **Jen** (9 events) for once again winning the most individual events award.

CONGRATULATIONS to all our **Treloar** athletes. After 5 rounds, Cherrybrook was 4th in the Shield (6th last year), 5th in the Juniors (7th last year), 4th (7th last year) in the Open and 8th in the Masters (9th last year). Let's go for a really big finish with a big turnout and high event participation rates at the last two rounds (December 16th & January 6th)!

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics Friday night competition is now on a summer break resuming Friday 12th January 2018.

UPCOMING EVENTS

Campbelltown All-Comers - 9th December 2017

An All-comers will be held at Campbelltown Athletics Centre, Pembroke Rd & Rose Payten Dr, Leumeah NSW 2566 on Saturday 9th December.

Events on offer are: 100m, 200m, 800m, 3000m, Long Jump, Shot Put and Hammer Throw.

Online entry has closed, however on the day entry is available. On the day entry will incur a fee of \$20 for members and **must be completed one (1) hour prior to the athlete's first event.**

Treloar Shield Round 6 – SOPAC 16 December 2017

The 6th round of the Treloar Shield will be held on 16th December at SOPAC. This meet will utilise both the main track and the warm up track with events on offer running simultaneously.

Free entry is available to any athlete who volunteers their time at the event, for at least one event/one hour. You also have the ability to nominate a family member or friend to volunteer for you. If you are unable to volunteer, that is ok, however you will be subject to the normal member fee of \$10 for the Treloar Shield event.

Events on offer are 100m, 200m, 400m, 800m, 1500m, 5000m, Sprint Hurdles, 2000/3000m Steeple, 1500/3000/5000m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Hammer and Javelin. So come and improve your 2017 Bests & score **MEGA TRELOAR POINTS FOR CHERRYBROOK!**

GOOD LUCK

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>

Good Luck also to all our Dual Athletes competing at Zone this weekend.

“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%2027.11.2017.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

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. 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 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.

Club Championships – SOPAC 2-3 December 2017 (* indicates an all ages place)

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Robbie Cullen	u14	100m	12.95s	5	PB
		Javelin	26.81s	6	PB
		Discus	25.41m	3	
		High Jump	1.63m	2*	PB
Donovan Bradshaw	u14	100m	11.67s	1	PB
		200m	23.22s	1	PB, CB
		Long Jump	6.00m	3*	
Marco Bocaletti	u14	100m	14.82s	13	PB
Anna Cahill	u14	High Jump	1.45m	4*	PB
Emilia Duncan	u14	Shot	9.42m	2	SB
		100m	13.64s	8	PB
		80m Hurdles	12.56s	1	PB
Jessica Coppolelli	u14	Discus	25.92m	1	PB
		Shot	8.51m	4	PB
Lara Stevens	u14	100m	14.92s	15	PB
	u16	90m Hurdles	15.91s	7	
Ben Graham	u16	1500m	4:29.96s	2	
		3000m	9:59.85s	3	SB
Bayden Little	u16	Hammer	26.51m	3	PB
		Javelin	35.51m	8	PB
Morgan Little	u16	200m	25.18s	11	
Kailyn Joseph	u16	100m	17.08s	23	
		Long Jump	3.91m	8*	
Victoria Cullen	u16	Discus	27.96m	4	PB
		Javelin	29.22m	5	PB
Georgia Duncan	u16	90m Hurdles	13.87s	3	
		200m	26.91s	10	
		Shot 3kg	11.46m	1	
Francesca Sugiaman	u16	100m	13.76s	19	
		200m	27.73s	12	PB
		400m	67.26s	16	
Nick Dang	u18	100m	11.44s	10	PB
		110m Hurdles	14.49s	1	PB
Tahn Henley	u18	100m	12.12s	21	PB
		110m Hurdles	16.84s	5	
Scott Chapman	u18	Javelin	53.45m	2	SB

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Ryan Jones	u18	200m	25.07s	23	PB
		400m	55.33s	13	PB
		Javelin	35.90m	7	PB
		Long Jump	5.24m	8*	PB
Joshua Coppolelli	u18	Long Jump	6.04m	1*	PB
		Triple Jump	11.92m	1*	
Kevin Yang	u18	Shot	13.79m	2	
		Discus	37.18m	3	
Sam Dale	u18	Long Jump	5.61m	2*	PB
Rachel Ingram	u18	100m	13.95s	12	
		200m	28.22s	8	PB
Emily Britton	u18	100m	12.91s	4	
		100m Hurdles	13.95s	1	
Imogen Breslin	u18	100m	13.25s	8	
		100m Hurdles	14.19s	2	PB
Eleanor Lamperts	u18	100m	13.40s	10	
		200m	26.56s	5	
		400m	63.91s	3	PB
Hugh Hunt	u20	Long Jump	4.26m	13*	
	Open	800m	2:03.46s	10*	
Joel Davidson	u20	Long Jump	5.67m	8*	
Emily Jones	u20	200m	28.97s	2	PB
		Long Jump	4.90m	10*	
		Triple Jump	10.78m	5*	
Harrison Andrews	Open	100m	11.08s	4	
		200m	21.94s	7	PB
Nicholas Thompson	Open	100m	11.39s	4	
		110m Hurdles	14.83s	2	
Matthew Joyce	Open	800m	2:03.55s	11*	SB
		1500m	4:19.01s	5	SB
Jordan Shelley	Open	100m	10.88s	2	
		200m	DQ		
Karina Takchi	Open	100m	13.15s	20	
Jen Bishop	40-49	80m Hurdles	12.94s	2	PB
		100m	14.11s	4	
		200m	29.42s	3	SB
		Hammer 4kg	23.59m	2	PB, CB
		Javelin 600g	21.00m	1	
		Shot 4kg	9.10m	2	SB
		Discus	28.60m	2	
		Long Jump	4.30m	5*	
Triple Jump	9.11m	1	SB		

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Robert Clark	50-59	Long Jump	3.47m	5*	
		Hammer 6kg	37.12m	3	
		Javelin 700g	27.38m	3	
		Shot 6kg	8.92m	2	
		Discus 1.5kg	29.37m	2	
Sally Stagles	50-59	80m Hurdles	13.34s	1	
Jill Taylor	60+	Hammer 3kg	30.44m	1	
		Discus	22.83m	1	
Women	Open	4 x 100m	52.57s	2	
Men	Open	4 x 100m	50.30s	3	

NSW Combined Events Championships

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Alysha Burnett	Open	200m	25.51s	5	
		800m	2:29.70s	5	
		100m Hurdles	14.34s	3	SB
		High Jump	1.76m	1	
		Long Jump	6.00m	2	
		Shot put	13.31m	1	
		Javelin	44.98m	1	
		Heptathlon	5,758pts	2	CG "B"
Robert Clark	54-59	Long Jump	3.54m	4	
		Discus	28.91m	1	
		200m	34.55s	4	SB
		Javelin	28.85m	2	
		1500m	6:47.60s	2	
		Pentathlon	1,856pts	2	PB CB

NSW 5000m Championships

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Ryan Hogan	Open	5000m	17:33.47s		SB

PB = Personal Best SB = Season Best SR = State Record CG = Commonwealth Games Qualifier
 CB = Club Best performance (better than the current Club record) records are only validated at the end of the season.