

CHERRYBROOK SENIOR ATHLETICS NOTICES – NOVEMBER 23 2017

Dear Cherrybrook Parents & Athletes,

WELL DONE to all our of 38 athletes who participated in wet, windy and cold conditions in the NSW Senior State Relays on the weekend. Our medal tally for the event was 10 medals out of 31 teams (2 Gold, 3 Silver and 5 Bronze. Major highlights were the U/20W 4 x100m relay team (**Emily Britton, Katie Devitt, Eleanor Lamperts** and **Imogen Breslin**) winning a tight quick race and the U/14M relay team (**Emilia Duncan, Nick Bradshaw, Zach Semaganda** and **Donovan Bradshaw**) combining to win by a second after a barnstorming and thrilling last 200m from Donovan Bradshaw. Our Open Male 4 x100m were also incredible with a club record of 40.31 after narrowly losing to victors Sydney Uni by 0.06sec with an amazing battle throughout the whole race in all legs. Major medal winners were: Eleanor Lamperts, Katie Devitt, Imogen Breslin and Donovan Bradshaw all collecting 3 medals. Full Cherrybrook Athlete results below.

Thank you also to the following people for their time and wonderful efforts to make the NSW Senior State Relay a success for our club:

- **Elizabeth Jones:** Athletics NSW official who was on her feet all weekend officiating a variety of events (always with a big smile on her face)
- **David Britton/Karin Webb:** For helping out as registrar(s) and making sure our athletes had comp numbers in time
- **Simone Duncan:** For helping out raking the LJ pit on Sunday morning for the Open Male event
- **Nicky Jenneke:** Club photographer, loudest supporter, singstar and keeping our energy levels high with countless numbers of Fruccas and lollipops consumed
- **John Sharpe:** Jumps and Sprint Coach for your expertise and support for our athletes
- **Matt Joyce:** Team Manager and Lap scorer for the 4x1500m



FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics competition night is on every Friday.

TRELOAR SHIELD #4 & NSW STATE 3KM

Venue: Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic park, NSW. [Click here](#) to view the location map.

Events: 100m, 200m, 800m, 3000m (Championship), sprint hurdles, 1500/3000m Walks, Pole Vault, Long Jump, Discus Throw, Hammer Throw.

Note that you must enter the 3000m Championships separately to the other Treloar Shield events.

Athletics NSW members must wear their senior club uniform and 2017/18 competition numbers. Non-members will be supplied temporary numbers at athlete check in.

Entry:

Treloar Shield

[Click here to enter online.](#)

Participants are to enter online at an entry cost of \$10 for members and \$20 for non-members. The entry fee is for unlimited events.

Online entry closes 9am, Thursday 9th November, 2017.

On the day entry is available. On the day entry will incur a higher fee of \$20 for members and \$25 for non-members. On the day entry must be completed one (1) hour prior to the athlete's first event.

NSW 3000m Championships (and Community Run)

[Click here to enter online.](#)

Participants are to enter online at an entry cost of \$20. **Online entry closes 9am, Thursday 9th November 2017.**

Late entries will be only accepted if positions exist in the most appropriate race for the athlete. Late entry into the Championship is not guaranteed and if accepted will cost \$35. The decision of the Athletics NSW Competition Manager is final and no correspondence will be entered into. On the day entry will incur a higher fee of \$35. On the day entry must be completed one (1) hour prior to the athlete's first event.

3km Community Run

The 3km Community Run will be for non-club members, and will be contested prior to the start of the 3000m State Championships. Please click the above online entry link to enter.

If you have not already purchased a \$10 Community Athlete Membership for the 2017/18 Season, please select the option that states this.

Timetable:

[Click here for a copy of the draft timetable](#)

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>

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>

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 2 Advanced Coach, Part B - Middle / Long Distance The Scots College, Sunday November 19th, 2017
- ☛ Level 2 Advanced Coach Part B - Jumps. The Crest Athletics Centre, Bankstown. Sunday November 26, 2017.
- ☛ 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 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.

OTHER COMPETITIONS

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2016 please click the following link: [ANSW Online Calendar of Events](#)

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.

EVENT	DIV	SEX	PLACE	RESULT	ATHLETES
4x100m	U/16	Female	16th	54.8	Francesca Sugiaman, Tara Webb, Emilia Duncan, Amy McFadden
4x100m	U/18	Female	4th	49.52	Katie Devitt, Emily Britton, Eleanor Lamperts, Georgia Duncan
4x200m	U/18 (A)	Female	BRONZE	1.44.43	Katie Devitt, Imogen Breslin, Georgia Duncan, Eleanor Lamperts
4x200m	U/18 (B)	Female	8 th	1.53.16	Isabella Rudolph, Emilia Duncan, Samantha Dale, Tara Webb
Long Jump	U/18	Female	5 th	19.23m	Georgia Duncan, Emilia Duncan, Samantha Dale, Tara Webb
Shot Put	U/18	Female	6th	37.09m	Victoria Cullen, Emelia Duncan, Georgia Duncan, Emily Britton
Discus	U/18	Female	6th	102.03m	Victoria Cullen, Emilia Duncan, Georgia Duncan, Emily Britton
4x100m	U/20 (A)	Female	GOLD	49.67	Katie Devitt, Imogen Breslin, Eleanor Lamperts, Emily Britton
4x100m	U/20 (B)	Female	8th	53.72	Samantha Dale, Rachel Ingram, Emily Jones, Francesca Sugiaman
4x200m	U/20	Female	SILVER	1.44.81	Katie Devitt, Georgia Duncan, Emily Britton, Eleanor Lamperts
4x100m	Open (A)	Female	12th	51.73	Daisy Bryant, Natalie Setiadji, Georgia Duncan, Brianna Philips
4x100m	Open (B)	Female	13th	52.21	Jenny Bishop, Emily Britton, Francesca Sugiaman, Emilia Duncan
4x200m	Open	Female	7th	1.57.94	Emily Jones, Rachel Ingram, Daisy Bryant, Jenny Bishop
Long Jump	Open	Female	5th	18.30m	Jenny Bishop, Daisy Bryant, Emily Jones, Eleanor Lamperts
High Jump	Open	Female	BRONZE	4.75m	Imogen Breslin, Isabella Rudolph, Francesca Sugiaman, Amy McFadden
Shot Put	Open	Female	6th	30.71m	Francesca Sugiaman, Brianna Phillips, Daisy Bryant, Jenny Bishop
Discus	Open	Female	7th	79.81m	Katie Devitt, Eleanor Lamperts, Daisy Bryant, Jenny Bishop
4x200m	U/14	Male	GOLD	1.47.08	Zach Semaganda, Donovan Bradshaw, Nick Bradshaw, Emilia Duncan
Discus	U/14	Male	SILVER	81.84m	Robbie Cullen, Zach Semaganda, Donovan Bradshaw, Nick Bradshaw
4x100m	U/16	Male	7th	52.75	Zach Semaganda, Andres Roco, Nick Bradshaw, Donovan Bradshaw
Long Jump	U/18	Male	8th	17.26m	Ryan Jones, Andres Roco, Nick Bradshaw, Zach Semaganda
High Jump	U/18	Male	5th	4.60m	Andres Roco, Ryan Jones, Jamie Haste, Kaylan Clark
4x100m	U/20	Male	4th	45.53	Nick Thomson, Donovan Bradshaw, Sam Coburn, Adam Ayad
4x200m	U/20	Male	BRONZE	1.36.02	Sam Coburn, Nick Thomson, Ryan Jones, Donovan Bradshaw

4x1500m	U/20	Male	BRONZE	18.15.26	Ryan Hogan, Sam Coburn, Benjamin Playford, Cameron Luksich
4x100m	Open (A)	Male	SILVER	40.31	Harry Andrews, Nick Andrews, Evan Clothier, Jordan Shelley
4x100m	Open (B)	Male	11th	46.97	Nick Thomson, Matthew Joyce, Sam Coburn, Ryan Jones
4x200m	Open	Male	9th	DNF	Evan Clothier, Matthew Joyce, Sam Coburn, Nick Thomson
4x400m	Open	Male	6th	3.32.02	Evan Clothier, Sam Coburn, Ryan Jones, Matthew Joyce
4x800m	Open	Male	6th	8.58.54	Matthew Joyce, Ryan Hogan, Benjamin Playford, Cameron Luksich
Long Jump	Open	Male	BRONZE	6.84m	Evan Clothier, Joel Davidson, Jamie Haste, Adam Ayad

For all individual field events and summary of all weekend results please click the following link -
<http://www.nswathletics.org.au/Results/nsw-state-relay-championships>

Kind Regards,
Cherrybrook Seniors Athletics
Seniors Championship Manager
Matthew Joyce – 0402 485 998