

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 23<sup>rd</sup> July 2018

### CONGRATULATIONS

**CONGRATULATIONS** to **Matthew Joyce, Elizabeth Jones** and **Hugh Hunt** on their performances at the **Gold Coast Marathon Championships** in June. Matt's marathon time and Elizabeth's half marathon time were new **Cherrybrook Bests**.

**CONGRATULATIONS** to **Nicholas Dang** (U18 110m Hurdles) and **Samantha Dale** (U18 Long Jump) on winning silver medals at the **Melanesian Regional Championships** held in Port Vila, Vanuatu in May.

**CONGRATULATIONS** to our Masters Athletes (**Sally Stagles, Jill Taylor & Robert Clark**) on their 20 medals (9 Gold, 7 Silver and 4 Bronze) at the Australian Masters in Perth in April. Sally broke the **Australian Record** in the 80m Hurdles as well as setting a new **Cherrybrook Best** in the Pentathlon.

**CONGRATULATIONS** to **Sara Kely** who has been selected to represent Australia at the **Special Olympics World Games** to be held in Abu Dhabi in March 2019.

### 2017/2018 CHERRYBROOK AWARD WINNERS

**Congratulations** to all our 2017/2018 Cherrybrook Award winners (These were announced at the Club Presentation night in May):

**Daniel Berry Award: Eleanor Lamperts**

DIVISION	CLUB ATHLETE	MOST CONSISTENT
PARA Male	James Gladman	No award
PARA Female	Kailyn Joseph	Holly Saunders
Under 18 Male	Nicholas Dang	Ryan Jones
Under 18 Female	Samantha Dale	Emily Britton
Under 20 Male	Nicholas Thomson	Joel Davidson
Under 20 Female	Lauren Clark	No award
Open Male	Jacob McCorry and Nick Andrews	Matthew Joyce
Open Female	Alysha Burnett	Daisy Bryant
Masters Male	Robert Clark	No award
Masters Female	Jill Taylor	Jenny Bishop

**Dual Participation Award: Francesca Sugiaman and Morgan Little**

In addition to the main awards, trophies and gifts were also made to all athletes setting new Cherrybrook records during the season or who were eligible for a representative gift. If you missed out on collecting an award or gift please contact Nicky Jenneke to arrange a collection time.

## 2018/2019 REGISTRATION PROCESS

- Registrations open 1<sup>st</sup> August. ANSW season likely to open 14<sup>th</sup> September with the Treloar starting in October.
- All athletes need to register online.
- Competition numbers will no longer be issued by the Cherrybrook Registrar but instead will be generated by the ANSW computer system. ANSW will then issue individual numbers at the athletes first competition upon check-in.
- RunNSW and Waratah Series athletes will not be issued numbers this season. They will be issued with one-off temporary bibs.
- As with last season, Dual athletes are to nominate their preferred senior club when registering online for Little Athletics.
- Club Athletes (\$100 rego fee) are now able to compete at 2 ANSW events (previously it was 1) from the following 4 - Country Championships, NSW State Relays, NSW Masters Championships or Club Championships.
- Concession Members must now hold a govt concession card and not merely be aged over 60.
- Pic2Go has been replaced by Race Atlas. It is the same system just a different web address to access the pictures.

## FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics Friday nights will resume with an orientation and coaching night on 7<sup>th</sup> September and the first night of competition on 14<sup>th</sup> September.

## 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 2017-2018 Red Book and on the Club website under Centre Records.

## 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.*

### Gold Coast Marathon, Carrara 30<sup>th</sup> June – 1<sup>st</sup> July 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Matthew Joyce		Marathon	3:20:48s		CB
Hugh Hunt		Half Marathon	1:33:14s		
Elizabeth Jones		Half Marathon	1:54:57s		CB

### Melanesian Area Regional Championships Vanuatu 7<sup>th</sup> - 9<sup>th</sup> May 2018

ATHLETE	AGE	EVENT	RESULT	PLACE
Nicholas Dang	U18	110m Hurdles	14.66s	SILVER
Samantha Dale	U18	Long Jump	5.90m	SILVER

**Mingara Winter Track & Field 27<sup>th</sup> May 2018**

ATHLETE	AGE	EVENT	RESULT	PLACE
Lara Stevens	Open	100m	15.04s	4 <sup>th</sup>

**ANSW Short Walks + LANSW Walks Championships Penrith 17<sup>th</sup> June 2018**

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Natasha Flahey	U9	1200m Walk	6m 37s	1st	
Mia Stewart	U9	1200m Walk	6m 49s	2nd	
Jethro Penn	U10	1200m Walk	7m 49s	8th	

**Australian Masters Championships Perth 26<sup>th</sup> - 29<sup>th</sup> April 2018**

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Robert Clark	55-59	Long Jump	3.83m	Silver	SB
		Hammer	37.59m	Gold	
		Discus	32.25m	Silver	
		Shot	9.18m	Gold	
		Weight	14.76m	Gold	
		Javelin	29.16m	4th	
		200m	36.38s	n/a	
		1500m	6:28.28s	n/a	
		Throws			
		Pentathlon	2941pts	Gold	
Sally Stagles	55-59	Shot	9.20m	n/a	Aus Rec CB
		High Jump	1.30m	Gold	
		Long Jump	3.83m	n/a	
		Discus	19.50m	n/a	
		60m	8.83s	Silver	
		100m	14.34s	Silver	
		800m	3:22.62s	n/a	
	80m Hurdles	12.94s	Gold		
	Outdoor Pentathlon	3083pts	Gold		
	220+	4x100m	59.59s	Gold	
Jill Taylor	60-64	Hammer	34.84m	Bronze	
		Discus	23.85m	Silver	
		Shot	8.07m	Bronze	
		Weight	13.54m	Silver	
		Javelin	17.04m	Bronze	
		Triple Jump	6.94m	Gold	
		Throws			
		Pentathlon	3501pts	Bronze	

