

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

11th October 2018

CONGRATULATIONS

Belated CONGRATULATIONS to **Kailyn Joseph** on breaking the State Record for her classification in the Long Jump at the NSW All Schools Championships earlier this month.

Belated CONGRATULATIONS to **Grace Pellarini** on winning Gold in the 800m at the NSW All Schools Championships earlier this month. Grace also set new **Cherrybrook Bests** in both the 800m and 1500m.

CONGRATULATIONS to the 14 Senior Athletes who competed in 25 events at Treloar 1 at the weekend. Worthy of particular commendations were **Ryan Jones & William Austen** who competed in four events and **Jen Bishop** who still managed to compete in the Shot Put despite injury.

GOOD LUCK

Good luck to our athletes starting their HSC exams this week.

Good luck to all the Cherrybrook Athletes competing at Treloar 2 at SOPAC this weekend. On line entries close at **9am, tomorrow (Wednesday 17th October)** it would be fabulous to see some more athletes turn up this weekend to really boost our Treloar Shield campaign.

2018/2019 REGISTRATION PROCESS

- Registrations opened 1st August.
- Athletes need to register online. Information on the process can be found on the Cherrybrook website.
- 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 athlete's first competition upon check-in.
- **Athletes who have registered as members for the 2018/2019 season, who have not yet collected their bibs, should check to see if their number is listed under <http://nswathletics.org.au/LinkClick.aspx?fileticket= WMGK8iCEoU%3d&portalid=18> If not enter "0" as their competition number in the online entry for their first event.**
- RunNSW and Waratah Series athletes will not be issued numbers this season. They will be issued with one-off temporary bibs.
- As last season, Dual athletes are to nominate their senior club (**Cherrybrook**) 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- Pic2Go has been replaced by Race Atlas.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.

DUAL ATHLETE - LITTLE ATHLETICS STATE RELAYS

Sunday 18th November at SOPAC

Nomination forms for the LA's State Relays are due this coming Friday the 19th October.

If you have not done so already, please complete the fillable PDF(link below):

<https://athleticsclubwebsite.files.wordpress.com/2018/10/2018-state-relays-nomination-form2.pdf>

You can submit your entry via email to naomimoore77@hotmail.com or submit it in person to the canteen on Mondays or Wednesday 5.00pm to 6.30pm or Friday night o the State Relay nomination collection box on the sign in table.

To avoid confusion this is a Little Athletics event, the NSW Senior State Relays are the following weekend the 24th + 25th November.

NSW SENIOR STATE RELAYS (24TH/25TH NOVEMBER)

The NSW Senior State Relays will take place on **Saturday 24th and Sunday 25th 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 separately for each athlete.

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

<https://www.surveymonkey.com/r/JLNXS85>

Nominations close at midnight on **Monday 5th November** and **team selections** will be announced by **Friday 16th November**.

Our Seniors Athletics Championships Officer Matt Joyce will again be coordinating the Cherrybrook Team. Please contact him if you have any further questions.

Whilst no guarantee can be given that all nominating athletes will gain selection in a relay team, every effort will be made to accommodate nominees. ***We encourage ALL our Athletes to Nominate for this team event.***

More information about these championships can be found via the following link (including the draft timetable when this is released: <http://nswathletics.org.au/Events/Calendar/nsw-state-relay-championships-11>

CLUB PHOTOS

This Friday the 19th October, a whole Club photo will be taken at 5.45pm at Greenway Oval before the start of Friday Night competition.

All Senior Athletes who would like to be part of the photo are invited to come along in full Club uniform.

COACHING OPPORTUNITY

If any Cherrybrook Athletes over the age of 14 are interested in coaching for the club on Friday nights could you please contact Valme Kruger at valme.kruger@det.nsw.ed.au

Interested Athletes under 17 must be prepared to obtain their community coach qualification which is a free online course. Athletes over 17 must have or be prepared to obtain their level one

coaching certificate, which does have a cost and practical element. Coaching opportunities are available across all disciplines, both track and field and a small fee is paid by the club to those chosen to coach.

Athletes wishing to volunteer (unpaid) as a coach on Friday nights are not required to obtain any qualifications and should also contact Valme. Volunteering as a coach is a great opportunity for those doing a community service awards eg Duke of Edinburgh.

UPCOMING EVENTS

Treloar Shield Round 2 Saturday 20th October SOPAC

The second round of the **Treloar Shield** will be held on **Saturday 20th October** at Sydney Olympic Park. Events on offer are 60m, 200m, 1500m, 5000m, 400m Hurdles, 200m Hurdles, Pole Vault, Triple Jump, Discus Throw and Javelin Throw.

Further details can be found on:

<http://www.nswathletics.org.au/Events/Calendar/treloar-shield-2-sopac-11>

Online Entry is open via:

<https://ts220182019.eventdesq.com/>

Online entries close at 9am on Wednesday

Athletes who have registered as members for the 2018/2019 season, who have not yet collected their bibs, should check to see if their number is listed under

<http://nswathletics.org.au/LinkClick.aspx?fileticket= WMGK8iCEoU%3d&portalid=18>

If not enter "0" as their competition number in the online entry for their first event.

NSW 2018/19 SUMMER SEASON CALENDAR

The calendar can be accessed from:

<http://nswathletics.org.au/Events/Calendar>

ATHLETICS AUSTRALIA 2018/19 SUMMER SEASON CALENDAR

Athletics Australia has released the calendar for the 2018/19 summer season.

The calendar can be accessed from:

<http://athletics.com.au/Compete/Events>

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics Friday nights have now resumed. This Friday night at Greenway Oval the New Program One (please visit the Club's website for details) will be conducted. Events scheduled for our Senior Athletes include 200/300m Hurdles, 100m, 1500m, Shot Put, 60m and Triple Jump. Senior Athletes are asked to follow the U14+ Age Groups Program

Athletes wishing to compete in the 200m, Discus, Long Jump or High Jump are required to contact Nicky before Friday to arrange these events. Nicky 0448407716

Athletes competing on Friday Nights should wear their Club Uniform and where possible where there competition numbers.

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 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. Please notify Robert if your results are missing, incorrect or a PB performance has been missed.

2XU NSW All Schools Championships SOPAC 26th -29th September

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Grace Pellarini	12	200m	29.27s	21st	PB
		800m	2:25.44s	GOLD	PB CB
		1500m	5:04.92s	BRONZE	PB CB

Bankstown Allcomers 6 October 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Matt Joyce	29	1500m	4:34.40s	10th	
Tara Webb	12	200m	29.25s	20th	
		Triple Jump	9.37m	3rd	PB
Ryan Jones	17	100m	12.95s	12th	
		200m	25.64s	10th	
		Triple Jump	12.21m	1st	PB
Jen Bishop	48	100m	15.18s	24th	
		200m Hurdles	36.91s	6th	
		Triple Jump	8.45m	4th	
		High Jump	1.30m	10th	PB
		Discus	27.70m	11th	
		Javelin	20.78m	3rd	

Treloar 1 Blacktown 13 October 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robert Clark	57	Long Jump Hammer Shot Put	3.45m 35.88m 8.50m		
Jonathan Reid	15	100m Long Jump	12.62s 6.28m		PB PB
Robbie Cullen	14	High Jump	1.75m		PB
Zach Hayward	18	High Jump	2.00m		PB
Campbell Johnson	16	High Jump	1.75m		
Eleanor Lamperts	17	100m	13.57s		
Jen Bishop	48	Shot Put	8.09m		
William Austin	12	800m Long Jump High Jump Shot Put	2:41.73s 4.37m 1.35m 8.86m		PB PB PB PB
Grace Pellarini	12	800m	2:31.02s		
Jill Taylor	63	Shot Hammer	8.57m 31.06m		
Ryan Jones	17	100m 400m High Jump Long Jump	12.67s 56.24s 1.45m 5.63m		PB PB
Daisy Bryant	21	100m	13.23s		
Lara Stevens	14	90m Hurdles 100m	15.99s 14.94s		
Matt Joyce	29	800m	2:07.02s		

PB = personal best, CB = Cherrybrook best, MR = meet record, AR = Australian record,