

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 4<sup>th</sup> October 2018

### CONGRATULATIONS

**CONGRATULATIONS** to the 37 Cherrybrook Senior Athletes who competed in 88 events at NSW All Schools Championships winning 26 medals (15 **gold**, 5 **silver** and 6 **bronze**).

**CONGRATULATIONS** to our new state champs **James Gladman** (4 **Gold**s), **Donovan Bradshaw** (2 **Gold**s) , **Robbie Cullen**, **Scott Chapman**, **Zac Hayward**, **Brianna Worsfold**, **Emilia Duncan**, **Holly Saunders**, **Annabelle Rodgers**, **Emily Britton** and **Sam Dale**.

**CONGRATULATIONS** to the following athletes who have qualified for the NSW team to compete at Australian All Schools in December: **James**, **Donovan**, **Robbie**, **Scott**, **Brianna**, **Emilia**, **Holly**, **Annabelle**, **Emily**, **Sam** and **Eva Bates**.

**CONGRATULATIONS** to **James Gladman** on breaking **Australian Records** in the 100m, 200m and Long Jump. **Congratulations** to **Donovan Bradshaw** on breaking the **NSW All Schools Meet record** in the 14 years 100m. **Congratulations** to **Scott Chapman** (Javelin) and **Brianna Worsfold** (shot Put) on setting new **Cherrybrook Bests**.

**CONGRATULATIONS** to **Elizabeth Jones** on her selection as an official for the Invictus Games which will be held in Sydney October 20<sup>th</sup> – October 27<sup>th</sup>. Tickets are available from <https://www.invictusgames2018.org/the-games/tickets/>

### 2018/2019 REGISTRATION PROCESS

- Registrations opened 1<sup>st</sup> 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, will 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.

### 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](mailto: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 Edenborough.

### **THANK YOU**

Thank you to the parents and Athletes that helped out at the Cherrybrook Stall at the NSW All Schools Championships including Wendy Fleming, Debra Joseph, Anna Kelly, Valme Kruger, Jenny Prowse, Kate Tong, Holly Saunders, Leonnie Saunders and Tara Webb.

### **GOOD LUCK**

Good luck to all the Cherrybrook Athletes competing at the Bankstown All-Comers this weekend.

### **UPCOMING EVENTS**

#### **Bankstown All-Comers 6<sup>th</sup> October**

The first event of the Athletics NSW season will be an All-Comers competition at Bankstown on Saturday 6<sup>th</sup> October. Events on offer are Track - 100m, 200m, 1500m Walk, 5000m Walk, 400m Hurdles, 200m Hurdles, Triple Jump, High Jump, Javelin Throw and Discus Throw

Online entries have now closed. However on-the-day entries will be available for \$20 cash (members) or \$30 cash (non-members) at Athlete Check-In. On the day entry must be completed one (1) hour prior to the athlete's first event.

Further details available from:

<http://www.nswathletics.org.au/Events/Calendar/all-comers-bankstown-11>

#### **NSW 10,000m Championships, Sydney Milers Club 800m & 1500m**

The NSW 10,000m Championships, as well as the Sydney Milers Club 800 and 1500, will follow the conclusion of the Bankstown All-Comers program.

Further details and entry from the following link:

<http://www.nswathletics.org.au/events/Club-Calendar/sydney-milers-club-i>

#### **Treloar Shield Round 1 Saturday 13<sup>th</sup> October Blacktown**

The first round of the **Treloar Shield** will be held on **Saturday 13<sup>th</sup> October** at Blacktown. Events on offer are 100m, 400m, 800m, 3000m, 3000m Walk, Sprint Hurdles, Long Jump, High Jump, Shot Put and Hammer Throw.

Further details can be found on:

<http://www.nswathletics.org.au/Events/Calendar/treloar-shield-1-blacktown>

**Online Entry is open via:**

<https://ts120182019.eventdesq.com/>

**It would be fabulous to see a large Cherrybrook turnout to ensure the club gets off to a great start in this competition.**

**Athletes who have registered as members for the 2018/2019 season, who have not yet collected their bibs, will enter “0” as their competition number in the online entry for their first event.**

### **Treloar Shield Round 2 Saturday 20<sup>th</sup> October SOPAC**

The second round of the **Treloar Shield** will be held on **Saturday 20<sup>th</sup> 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/>

**Athletes who have registered as members for the 2018/2019 season, who have not yet collected their bibs, will 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.

### **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.

### 2XU NSW All Schools, SOPAC 27<sup>th</sup> – 30<sup>th</sup> September 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Nick Bradshaw	12	100m	14.34s	6th	PB
		200m	27.75s	7th	PB
		80m Hurdles	14.05s	<b>SILVER</b>	PB
		Long Jump	4.56m	14th	PB
Lance Haffenden	13	90m Hurdles	16.03s	13th	PB
		400m Hurdles	64.72s	11th	PB
		Triple Jump	10.37m	10th	PB
		Long Jump	4.81m	12th	PB
		High Jump	1.55m	9th	PB
Declan Garufi	14	800m	2:27.53s	14th	
		1500m	4:55.07s	19th	PB
Sam Bates	14	100m Hurdles	17.08s	9th	PB
Robbie Cullen	14	Hammer	31.43m	<b>GOLD</b>	PB AAS
		High Jump	1.75m	6th	PB
		100m Hurdles	15.90s	7th	PB
		Javelin	35.76m	8th	PB
		Discus	35.15m	8th	PB
Kaylan Clark	14	High Jump	1.55m	11th	PB
Donovan Bradshaw	14	100m	11.62s	<b>GOLD</b>	AAS
		200m	22.49s	<b>GOLD</b>	PB MR AAS
		Long Jump	6.04s	<b>SILVER</b>	AAS
Noah Liu	15	100m	12.21s	4th	
Bayden Little	15	Javelin	46.29m	6th	PB
Devan Senasinghe	15	100m	12.61s	20th	PB
		Long Jump	6.07m	6th	PB
		Triple Jump	12.10m	7th	PB
James Gladman (Para)	12-15	100m	17.32s	<b>GOLD</b>	PB AR AAS
		200m	36.47s	<b>GOLD</b>	PB AR AAS
		Long Jump	3.07m	<b>GOLD</b>	PB AR AAS
		Shot Put	7.39m	<b>GOLD</b>	AAS

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Ben Graham	16	3000m	9:09.40s	4th	
Jonathan Friend	16	800m 1500m	2:09.03s 4:26.03s	8th 13th	
Max Perry	16	Discus	38.05m	8th	
Campbell Johnson	16	High Jump	1.90m	<b>BRONZE</b>	<b>PB</b>
Joshua Coppolelli	17	Triple Jump	12.69m	6th	<b>PB</b>
Ryan Jones	17	400m 400m Hurdles	55.41s 61.96s	16th 9th	
Scott Chapman	17	Javelin	57.65m	<b>GOLD</b>	<b>CB PB AAS</b>
Zac Hayward	19	High Jump	1.98m	<b>GOLD</b>	
Viktorija Calusic	12	High Jump	1.51m	<b>BRONZE</b>	<b>PB</b>
Tara Webb	12	100m Long Jump	13.74s 4.64m	8th 6th	<b>PB</b> <b>PB</b>
Brianna Worsfold	13	200m Long Jump Shot Put Discus	27.28s 4.93m 13.36m 34.37m	21st 6th <b>GOLD</b> <b>BRONZE</b>	<b>PB</b> <b>PB CB AAS</b>
Eva Bates	13	200m 400m 80m Hurdles	26.78s 60.95s 13.24s	16th 5th <b>SILVER</b>	<b>PB</b> <b>PB</b> <b>PB AAS</b>
Emily Crawford	13	100m 200m	13.53s 25.13s	5th 5th	<b>PB</b> <b>PB</b>
Anna Kely	14	Javelin Discus Shot Put	33.62m 27.53m 11.14m	<b>BRONZE</b> 9th 4th	<b>PB</b> <b>PB</b> <b>PB</b>
Emilia Duncan	14	90m Hurdles	13.20s	<b>GOLD</b>	<b>AAS</b>
Lara Stevens	14	90m Hurdles	16.19s	22nd	
Skye Grosvenor	14	3000m	11:45.89s	19th	<b>PB</b>
Kelly Chapman	15	High Jump	1.35m	18th	<b>PB</b>
Scarlett Prowse	15	100m	13.50s	23rd	
Amy McFadden	15	Triple Jump	10.58m	7th	<b>PB</b>
Anna Cahill	15	High Jump	1.50m	13th	<b>PB</b>
Holly Saunders (Para)	12-15	100m 200m Long Jump Discus	18.39s 40.19s 2.67m 18.92m	9th 7th <b>SILVER</b> <b>GOLD</b>	<b>PB AAS</b> <b>PB AAS</b>
Kailyn Joseph (Para)	12-15	100m Long Jump Discus	16.91s 4.17m 18.51m	6th <b>BRONZE</b> 4th	<b>PB</b>

<b>ATHLETE</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>PLACE</b>	<b>Detail</b>
<b>Annabelle Rodgers (Para)</b>	<b>12-15</b>	100m	17.42s	11th	<b>PB AAS AAS</b>
		Long Jump	3.29m	5th	
		Shot Put	9.60m	<b>GOLD</b>	
		Discus	25.76m	<b>SILVER</b>	
<b>Georgia Duncan</b>	<b>16</b>	200m	27.11s	19th	<b>PB PB</b>
		Shot Put	13.30m	4th	
		Discus	36.02m	5th	
		100m Hurdles	15.51s	6th	
<b>Francesca Sugiaman</b>	<b>16</b>	100m	13.36s	11th	<b>PB</b>
		200m	26.90s	15th	
		Long Jump	5.03m	<b>BRONZE</b>	
<b>Charlotte Banks</b>	<b>17</b>	100m Hurdles	15.61s	7th	<b>PB PB</b>
		Long Jump	5.23m	4th	
<b>Isabella Rudolph</b>	<b>17</b>	High Jump	1.65m	4th	
<b>Emily Britton</b>	<b>17</b>	100m Hurdles	13.91s	<b>GOLD</b>	<b>AAS</b>
<b>Samantha Dale</b>	<b>17</b>	Long Jump	5.94m	<b>GOLD</b>	<b>AAS</b>
<b>Sara Kely (Para)</b>	<b>16-19</b>	100m	15.52s	7th	<b>PB PB PB</b>
		Long Jump	3.80m	5th	
		Shot Put	6.13m	6th	

PB = personal best, CB = Cherrybrook best, MR = meet record, AR = Australian record,  
AAS = NSW All Schools Team