

## CHERRYBROOK LITTLE ATHLETICS

### NEWSLETTER NO 17

12 December 2018/19 season

## ZONE CHAMPIONSHIPS

Congratulations to all our athletes who competed at the North Metropolitan Zone Championships at Barton Park, North Parramatta last weekend. Despite very warm conditions our athletes ran, jumped, threw, hurdled and walked their way to many finals, and personal bests. 111 athletes out of a possible 139 have qualified for the Regional Championships on 9<sup>th</sup> and 10<sup>th</sup> February at Narrabeen Sports Academy which is very impressive.

Congratulations to **Viktorija Calusic** who jumped a personal best of 1.64m in the U13 Girls High Jump to break a 29-year-old record, and **Natasha Flahey** who broke the U10 Girls 1100m walk record by 5 seconds.

Thank you to Karim Burkhardt and Nicky Jenneke for organising our athletes' entries for this Carnival and to Nicky Jenneke for the enormous amount of time and energy she invested as Team Manager on the weekend – the Club is very fortunate to have such a passionate and dedicated Committee member.

A huge thank you to our Cherrybrook Officials on the weekend – **Anthony Booth, Jeanette Boyton, Carlie Deppeller, Jill Ingram, Elizabeth Jones, Craig Little, Jun Liu, Robb McCrostie, Chandra Rajapaksha Mudyanselange, Colleen Reid, Elizabeth Ryan, Sonia Wiberg** - for giving up their time to ensure a smooth and successful Carnival.

## ATTENTION ALL PARENTS – NEW FRIDAY NIGHT COMPETITION SET UP

From this Friday, a new set up system will be in place to support our equipment officer and ensure the oval is set up ready for the start of the night.

Parents and athletes of each age group are asked to cooperate in setting up one event area as tabled below for Program 3.

<b>Age</b>	<b>Area</b>	<b>Equipment to Set Up</b>
<b>U 6</b>	Straight Track	Timing Gates – Table – 2 Chairs – Red Box – Starting blocks
<b>U 7</b>	Discus + Javelin	Discus sizes 350g, 500g, 750g Javelin Sizes 400g + 600g Discus equipment trolley
<b>U 8</b>	Outer Track	Timing Gates, Table – 2 Chairs + Red Box
<b>U 9</b>	Shot Put Areas 1 + 2	Shot area 1 - Shot Put Sizes 1.5kg (yellow), 2kg (orange), 3kg (white), 4kg (red), 5kg (green). Shot Put area 2 – Shot Put size 500g (pink) Shot Put equipment trolleys
<b>U 10</b>	Long Jump All Pits	Long Jump Equipment Trolley
<b>U 11</b>	High Jump	2 sets of Junior Scissor Mats 2 sets of senior mats Uprights, cross bars, measuring stick and cones
<b>U 12</b>	Inner Track	Timing Gates – Table – 2 Chairs – Red Box
<b>U13/U14+</b>	Hurdles Track	Hurdles – Timing Gate – Table – 2 Chairs – Red Box

## **PROGRAM 3**

This week all Program 3 rostered parents will be required. Please click on this link to check your duties:

[Sign Up Genius Parent Duty Roster](#)

## **CHERRYBROOK MULTI NIGHT**

Congratulations to all our athletes on some fine performances at our Multi Night on Friday 30th November. Large numbers of athletes attained new personal bests and the scores were very close in several age groups. Congratulations to the following athletes who placed in the top three in their respective age groups:

	<b>1st</b>	<b>2nd</b>	<b>3rd</b>
U6 Girls	<b>Emily Mance</b>	<b>Anna Wegener</b>	<b>Sarah Lettice</b>
U6 Boys	<b>Mason Mikhael</b>	<b>Lachlan Vercoe</b>	<b>Armaan Duggal</b>
U7 Girls	<b>Olivia Daidone</b>	<b>Abigail Wigham</b>	<b>Emily Deverson</b>
U7 Boys	<b>Oliver Penn</b>	<b>Nicholas Bray</b>	<b>Harrison Gray</b>
U8 Girls	<b>Shylah Carre</b>	<b>Sian Stewart</b>	<b>Anna Moresi</b>
U8 Boys	<b>Charithu De Mel</b>	<b>Rohan Sharma</b>	<b>Jett Cuza</b>
U9 Girls	<b>Georgia Vella</b>	<b>Isabella Daidone</b>	<b>Laila Burkhardt</b>
U9 Boys	<b>Harry Wigham</b>	<b>Neil Maini</b>	<b>Isaac Palmer</b>
U10 Girls	<b>Natasha Flahey</b>	<b>Mia Stewart</b>	<b>Eden Wong</b>
U10 Boys	<b>Joel Moresi</b>	<b>Lachlan Booth</b>	<b>Noah Smith</b>
U11 Girls	<b>Tayla Moore</b>	<b>Syesha Anthony</b>	<b>Amy Timms</b>
U11 Boys	<b>Harley Grace</b>	<b>Will Vella</b>	<b>Jamison Carre</b>
U12 Girls	<b>Sarah-anne Koot</b>	<b>Olivia Moresi</b>	<b>Rani Sharma</b>
U12 Boys	<b>Bronsen Brown</b>	<b>Idris Burkhardt</b>	<b>Akith Ekanayake</b>
U13 Girls	<b>Tara Webb</b>	<b>Grace Pellarini</b>	<b>Lana Batar</b>
U13 Boys	<b>Lachlan Lee</b>	<b>James Hanlon</b>	<b>James Elliot</b>
U14 Girls	<b>Tanvi Tallam</b>	<b>Grace Swarzes</b>	
U14 Boys	<b>Thimuthu Weerasekara</b>	<b>Jack Hayes</b>	<b>Vihaan Sahai</b>
U15 Girls	<b>Anna Kely</b>	<b>Xiangying Li</b>	
U15 Boys	<b>Robbie Cullen</b>	<b>Ajaiy Mohanraja</b>	
U17 Girls	<b>Justine Wallis</b>	<b>Victoria Cullen</b>	<b>Mykaela Hayhurst</b>
U17 Boys	<b>Jarrood Li</b>	<b>Noah Liu</b>	<b>Andres Roco</b>

Special congratulations to our overall winners **Joel Moresi** and **Tara Webb**!

## **UNDER 6 RIBBON NIGHT**

A great night was had by our U6 athletes last Friday night at the Inaugural U6 Ribbon night with all athletes achieving a ribbon in either an individual or relay event.

Individual Ribbon winners are tabled below:

<b>Gender</b>	<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
Mixed	Championship Sprint	Mason Mikhael	Hugh Giffin	Lachlan Vercoe
Boys	90m	Lachlan Vercoe	Mason Mikhael	Jayden Eagles
Girls	90m	Isla Passaro	Emily Mance	Ava Dowling
Boys	200m Pack Start	Mason Mikhael	Hugh Giffin	Jayden Eagles
Girls	200m Pack Start	Sarah Lettice	Emily Mance	Isla Passaro
Boys	Long Jump	Lachlan Vercoe	Jayden Eagles	Hayden Howells
Girls	Long Jump	Emily Mance	Anna Wegener	Sarah Lettice
Boys	Shot Put	Mason Mikhael	Hayden Howells	Lachlan Vercoe
Girls	Shot Put	Kristina Calusic	Ava Dowling	Anna Wegener
Mixed	Ping Pong and Spoon race	Jack	Hugh Giffin	Isla Passaro

A big thank you to Nicky Jenneke for all her efforts organising this special event, and to the Kely family and Kailyn Joseph, as well as the parents that helped out, cheered and supported our young athletes.

## **COLOURED PATCH AWARDS**

Great to see so many Cherrybrook athletes with their coloured patches sewn to the back of their uniforms.

Congratulations to the following athletes on achieving their coloured patches:

### **Yellow**

Luke Adams (U7B), Emily Deverson (U7G), Emily Boxshall (U8G), Vanessa Mgbemene (U9G), Will Boxshall (U10B), Layla Tawbe (U10G), Edward Hampton (U11B), Jamison Carre (U11B), Olivia Boxshall (U12G), Max Mgbemene (U12B)

### **Green**

Luke Adams (U7B), Abigail Wigham (U7G), Vanessa Mgbemene (U9G), Heidi Vercoe (U9G), Will Boxshall (U10B), Layla Tawbe (U10G), Jamison Carre (U11B), Olivia Boxshall (U12G), Max Mgbemene (U12B)

### **Red**

Isaac Wegener (8B), Jamison Carre (U11B), Max Mgbemene (U12B)

## **GOOD LUCK**

To our Little Athletics, Dual and Senior athletes that will compete at the Club Championships at Homebush this weekend.

## UPCOMING EVENTS

<b>NSW Club Championships</b>	Saturday 15 <sup>th</sup> December	SOPAC, Homebush
<b>LA's Regional Championships</b>	Sat 9 <sup>th</sup> & Sun 10 <sup>th</sup> February	Narrabeen
<b>Treloar Shield 6 (Dual Athletes U12+)</b>	Saturday 5 <sup>th</sup> January	SOPAC
<b>ACT Combined Event Champ (U12+ multi)</b>	Sat 12 <sup>th</sup> & 13 <sup>th</sup> January	Canberra ACT

### **CLUB CHAMPIONSHIPS - Saturday 15<sup>th</sup> December**

The Club Championships will take place at Sydney Olympic Park, Homebush with a revised time of 11am to 8:00pm this Saturday. As this is a whole Club event and regarded as the Grand Final of the NSW Athletics interclub competition, we invite all members to come and cheer on our Cherrybrook Athletes and watch a great day of athletics, with some of Australia's best athletes competing. Wear club colours and join the cheer squad.

All Cherrybrook athletes taking part in the Club Championships should have received an email this afternoon. Please note, there has been a timetable change since the initial invitations were sent out, so please pay close attention to the changed event times. Athletes in the U11 and U14 teams should contact Nicky Jenneke on 0448407716 with any questions and all U17+ athletes should contact Matt Joyce on 0402485998.

Our Team lists for the U11 and U14 age groups are available to view on the Cherrybrook Athletics website home page: <https://athleticsclubwebsite.files.wordpress.com/2018/12/club-championship-teams-under-11s-u14s.pdf>

## COACHING

A reminder that Cherrybrook offers coaching for most athletics disciplines at Greenway Oval during the week. For those wishing to improve their technique, fitness, results or get ready for Regional, please consider training with one of our Cherrybrook coaches listed below. All coaches charge a fee and must be contacted before joining their training squads. Most training is available on Monday and Wednesday afternoons however, please contact the coaches directly as they may offer other days.

<b>Amie Bowrey</b>	Junior Throws and Jumps	0411 658 332
<b>Valme Kruger</b>	Middle + Distance Running	0402 126 060
<b>Will Mills</b>	Junior Walks	0435 213 275
<b>John Sharpe</b>	Jumps, Throws and Sprints	0407 070 758
<b>Carla Takchi</b>	Junior Hurdles	0447 964 238
<b>Mick Zisti</b>	Sprints and Hurdles	0434 110 872

(Junior Coaches are best suited to athletes in the 14 and under age groups)

## SUMMER HOLIDAY BREAK

This Friday is our last night of competition for this year. Friday night competition returns in the New Year on Friday 11<sup>th</sup> January. Have a lovely Christmas everyone and best wishes for a safe and healthy 2019!