

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

5th December 2018

CONGRATULATIONS

CONGRATULATIONS to our Treloar Shield Athletes. After 5 events the club is 5th overall. In the age categories the club is 5th in the Juniors, 5th in the Masters and 6th in the Open section.

CONGRATULATIONS to the 20 Senior Athletes who competed in 36 events at Treloar 4. On a fabulous day our athletes PBed in over half of their events. The stand our performance was **Nick Andrews** blistering to 6.74s in the 60m dash and smashing his old club record. **Ryan Jones** took the honour of busiest athlete with four events.

CONGRATULATIONS to the 46 Senior Athletes who competed in 35 teams at the **NSW State Relays** on 23rd and 24th November. Cherrybrook won 8 medals (2 **Gold**, 3 **Silver** and 2 **Bronze**. Congratulations to our State Relay Champions in the **u20 Male 4 x 200m (Nick Thomson, John Ballard, Ryan Jones and Donovan Bradshaw)** and in the **Open Women Long Jump (Alysha Burnett, Tamara Kowcz Rosinke, Francesca Sugiaman and Daisy Bryant)**. Congratulations also to **Anna Kely, Laura Quinn, Tamara Kowcz Rosinke, Donovan Bradshaw and Robbie Cullen** who all nominated for 7 or more events – an amazing commitment over the weekend.

CONGRATULATIONS to the 13 Senior Athletes who competed in 26 events at Treloar 5 at Sopac last Saturday. In challengingly hot and windy conditions, our athletes performed well again consolidating our Treloar Shield positions in the top 6 both overall and in all age categories. **Robert Clark** and **Ryan Jones** took the honour of busiest athletes with four events, whilst **Martin Bradshaw** and **Daisy Bryant** managed a highly commendable three events.

GOOD LUCK

Good luck to the eleven Cherrybrook athletes competing at the **Australian All Schools Championships** in Cairns this weekend. Good luck to **Robbie Cullen, Donovan Bradshaw, James Gladman, Scott Chapman, Brianna Worsfold, Eva Bates, Emilia Duncan, Holly Saunders, Annabelle Rodgers, Emily Britton and Samantha Dale**.

UPCOMING EVENTS

Grass Games - Saturday 8th December Rotary Field, Chatswood

The Grass Games is a meet where athletes will be competing in non-traditional events on a grass track at Rotary Field in Chatswood. The emphasis of this meet is participation and enjoyment, aiming to give athletes a competitive environment whilst removing the pressure of Olympic distances. Events on offer are 60m, 150m, 300m, 600m, 3200m, Eliminator (1 Mile), Combined 2km Walk (no judges), Aggregate Long Jump, Backward Overhead Shot Put and Scissor's only High Jump.

A draft timetable is available on

<http://www.nswathletics.org.au/Portals/18/Competition/Summer/Summer%202018-19/Club%20Events/Grass%20Games/Grass%20Games%20Draft%20Timetable%2020181109.pdf>

Online entries close on Thursday 6 December at 9am and can be made using the following link:
<https://grassgames1819.eventdesq.com/>

Club Championship - Saturday 15th December SOPAC

This season the Club Championships has been re-vamped into a teams based competition that will match clubs head to head against one another. Clubs will form teams of a set number of athletes that will have to cover all the event positions on offer. Athletes will be award team points based on the finishing place in each event. Points will be added up across the whole team to determine who is the best club on the day.

Further details are available from <http://nswathletics.org.au/Events/Calendar/nsw-club-championships-34>.

This is a selection event for Cherrybrook and athletes who have been contacted by our Championship Officer, Matt Joyce, should confirm their availability as soon as possible.

A draft timetable is available from:

<http://nswathletics.org.au/Portals/18/Competition/Summer/Summer%202018-19/Club%20Champs/20181127%20nsw%20club%20champs%20draft%20timetable.pdf>

RUNNING OUT OF TIME TO TAKE THE CHERRYBROOK CHALLENGE

Fear not. There are still two Treloar rounds left for you to **take the Cherrybrook Challenge** on 5th January and the 19th January (both at SOPAC)

The Cherrybrook Challenge consists of competing at the Club Championships or any Treloar Shield in four events or more. Those athletes that achieve this challenge will be rewarded at our Annual Presentation Night. The athlete that achieves the most number of Challenges this season will receive an extra special reward!

UNIFORM

A reminder that the new uniform introduced last season is now compulsory for all competition. The Cherrybrook Uniform Shop is Open every Friday Evening from 5.30pm to approx. 7pm in the Club Room at Greenway Oval. Alternatively uniform can be purchased through the canteen on some Monday and Wednesday afternoons by appointment. Please contact Nicky Jenneke on 0448407716 for any Monday or Wednesday purchases.

CANTEEN ASSISTANCE REQUIRED – APPEAL TO ALL ATHLETES/PARENTS

Our canteen is our major fundraiser. The money raised each season helps support our senior Club and provide Athlete Funding.

This season we do not have a canteen coordinator. Currently our Treasurer, Sandra Moore (who no longer has an athlete at the club) has kindly been acting as Canteen Purchasing Officer and Supervisor.

Whilst the club is committed to keep supporting our senior club (without heavy rego increases) and keeping Athlete Funding in place, we are asking a commitment from our seniors (18yrs plus) to please volunteer their time (or their parents time) once this season to either assist with Friday Night BBQ purchases or one Friday Night's operation in either the canteen or on the BBQ. Nicky Jenneke will organise the roster for this so please contact her on 0448407716 to be added to the roster.

Please lend us a hand, as many hands make light work and ensure that the BBQ/Canteen continues to function.

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.

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

The Athletics Australia calendar for the 2018/19 summer season can be accessed from:

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

FRIDAY NIGHT CLUB COMPETITION

The last Friday night Club Competition of the year will be held on Friday 14th December. Competition will resume on Friday 11th January. Full details can be found on the Club website.

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.

Treloar 4 Campbelltown – 3rd November 2018

ATHLETE	AGE	EVENT	RESULT	DETAIL
Jonathan Reid	15	60m	7.99s	PB
		Triple Jump	12.87m	PB
Zachary Hayward	18	High Jump	2.00m	PB
Ryan Jones	17	60m	8.17s	
		High Jump	1.25m	
		Triple Jump	11.84m	
		Javelin	33.25m	
Francesca Sugiaman	16	60m	8.49s	PB
		200m	27.62s	
Evan Clothier	24	200m	22.32s	
Nick Andrews	21	60m	6.74s	PB CB
		200m	21.37s	PB
Harrison Andrews	23	60m	6.95s	PB
		200m	22.03s	
Jacob McCorry	20	60m	7.20s	PB
		200m	22.52s	PB
Matt Joyce	29	800m	2:06.80s	
Robbie Cullen	14	High Jump	1.70m	
		Javelin	30.14m	
Jen Bishop	48	Hammer	22.14m	
		Javelin	19.61m	
Laura Quinn	16	Triple Jump	10.34m	PB
		High Jump	1.55m	PB
Tara Webb	12	Triple Jump	9.77m	PB
		60m	8.99s	
		200m	28.59s	
Emily Jones	20	Triple Jump	9.59m	
Scott Chapman	17	High Jump	1.65m	PB
		Javelin	53.72m	
Anna Cahill	15	High Jump	1.50m	PB
Brianna Phillips	21	60m	8.26s	PB
Sara Kely	17	60m Para	9.74s	PB
		200m Para	33.62s	PB
Anna Kely	14	Javelin	30.25m	
		60m	9.50s	PB
Viktorija Calusic	12	High Jump	1.63m	PB

NSW State Relays SOPAC 23rd / 24th November 2018

DIV	SEX	EVENT	PLACE	RESULT(S)	ATHLETES
U14	Male	4x200m	7th	1.55.74	Nick Bradshaw, Corey Dewar, Lachlan Dewar, Zach Semaganda
U14	Female	4x800m	4th	10.55.46	Kaylah Bennett, Isabelle Fisher, Rani Sharma, Claudia Wilson
U14	Male	4x800m	SILVER	10.06.05	Zach Semaganda, Corey Dewar, Lachlan Dewar, Ryan Frykberg
U14	Male	Long Jump	BRONZE	17.64m	Zach Semaganda, Nick Bradshaw, Lachlan Dewar, Corey Dewar
U14	Female	Long Jump	6th	15.02m	Kaylah Bennett, Isabelle Fisher, Rani Sharma, Nicole McCrostie
U14	Male	4x100m	7th	53.07	Julian Mendria, Nick Bradshaw, Thimuthu Weerasekara, Tara Webb
U16	Male	4x100m	BRONZE	45.96	Robbie Cullen, Donovan Bradshaw, Ajaiy Mohanraja, Jonathan Reid
U18	Female	4x200m	7th	1.48.94	Georgia Duncan, Tamara Kowcz Rosinke, Francesca Sugiaman, Emilia Duncan
U18	Male	4x200m	6th	1.36.34	Morgan Little, Ryan Jones, Donovan Bradshaw, Robbie Cullen
U18	Male	Long Jump	5th	22.64m	Robbie Cullen, Donovan Bradshaw, Ajaiy Mohanraja, Jonathan Reid
U18	Female	Javelin	5th	107.98m	Anna Kely, Georgia Duncan, Emilia Duncan, Tamara Kowcz Rosinke
U18	Male	Javelin	SILVER	160.84m	Scott Chapman, Ryan Jones, Morgan Little, Robbie Cullen
U18	Male	4x100m	9th	45.91 & 45.76 (H)	Noah Liu, Devan Senasinghe, Ajaiy Mohanraja, Jonathan Reid
U18	Female	4x100m	9th	52.46	Tara Webb, Tamara Kowcz Rosinke, Francesca Sugiaman, Laura Quinn
U18	Female	Shot Put	6th	34.00m	Anna Kely, Sara Kely, Laura Quinn, Tamara Kowcz Rosinke
U18	Female	High Jump	4th	6.10m	Anna Cahill, Tamara Kowcz Rosinke, Laura Quinn, Viktorija Calusic
U18	Female	Discus	6th	65.98m	Anna Kely, Sara Kely, Laura Quinn, Francesca Sugiaman
U18 (A)	Female	Long Jump	BRONZE	19.81m	Georgia Duncan, Tamara Kowcz Rosinke, Francesca Sugiaman, Emilia Duncan
U18 (B)	Female	Long Jump	10th	15.78m	Scarlett Prowse, Laura Quinn, Anna Kely, Sara Kely
U20	Male	4x200m	GOLD	1.31.55	Nick Thomson, John Ballard, Ryan Jones, Donovan Bradshaw
U20	Female	4x200m	6th	1.50.55	Tara Webb, Tamara Kowcz Rosinke, Francesca Sugiaman, Laura Quinn
U20 (A)	Female	4x100m	5th	51.85	Georgia Duncan, Tamara Kowcz Rosinke, Francesca Sugiaman, Emilia Duncan
U20 (B)	Female	4x100m	7th	57.25	Scarlett Prowse, Laura Quinn, Anna Kely, Sara Kely
Open	Male	4x100m	4th	42.43 & 42.29 (H)	John Ballard, Donovan Bradshaw, Nick Thomson, Evan Clothier
Open	Female	4x100m	9th	56.23 & 53.31 (H)	Anna Kely, Laura Quinn, Brianna Phillips, Daisy Bryant, Sara Kely
Open	Men	4x400m	8th	3.38.06	Matthew Joyce, Robbie Cullen, Ryan Jones, Evan Clothier
Open	Female	Discus	6th	112.07m	Jill Taylor, Jenny Bishop, Daisy Bryant, Alysha Burnett
Open	Male	High Jump	SILVER	7.60m	Robbie Cullen, Zachary Hayward, Campbell Johnson, Alysha Burnett
Open	Female	Shot Put	4th	37.43m	Jill Taylor, Jenny Bishop, Daisy Bryant, Alysha Burnett
Open	Female	4x200m	9th	2.09.57	Anna Kely, Elizabeth Jones, Daisy Bryant, Sara Kely
Open	Male	4x200m	7th	1.33.73	Ryan Jones, Donovan Bradshaw, Nick Thomson, Evan Clothier, Beau Ingram
Open	Male	Long Jump	4th	22.11m	Ryan Jones, Devan Senasinghe, Nick Thomson, Evan Clothier
Open	Female	Javelin	4th	103.67m	Jill Taylor, Jenny Bishop, Anna Kely, Alysha Burnett
Open (A)	Female	Long Jump	GOLD	21.01m	Alysha Burnett, Tamara Kowcz Rosinke, Francesca Sugiaman, Daisy Bryant
Open (B)	Female	Long Jump	7th	13.84m	Sara Kely, Elizabeth Jones, Jill Taylor, Emily Jones

NSW State Relays - Individual Field Events Results

ATHLETE	AGE	EVENT	RESULT	DETAIL
Jonathan Reid	15	Long Jump	5.94m	
Campbell Johnson	16	High Jump	1.95m	PB
Zachary Hayward	18	High Jump	2.05m	PB
Ryan Jones	17	Long Jump 700g Javelin	5.47m 33.51m	
Devan Senasinghe	15	Long Jump	5.83m	
Lachlan Dewar	13	Long Jump	4.74m	PB
Corey Dewar	13	Long Jump	3.97m	PB
Nick Bradshaw	12	Long Jump	4.43m	
Donovan Bradshaw	14	Long Jump	6.03m	
Ajaiy Mohanraja	14	Long Jump	5.37m	PB
Morgan Little	15	700g Javelin	35.24m	
Nick Thomson	19	Long Jump	6.30m	PB
Beau Ingram	17	Long Jump	4.51m	
Scott Chapman	17	700g Javelin	51.09m	
Zachary Semaganda	13	Long Jump	4.53m	
Robbie Cullen	14	High Jump Long Jump 700g Javelin	1.80m 5.30m 41.00m	PB PB PB
Jen Bishop	48	4kg Shot Put Discus 600g Javelin	8.78m 29.18m 18.47m	
Laura Quinn	16	High Jump 3kg Shot Put Long Jump Discus	1.55m 8.06m 4.33m ND	PB PB PB
Daisy Bryant	21	Long Jump 4kg Shot Put Discus	4.89m 8.69m 22.23m	PB PB PB
Emily Jones	20	Long Jump	4.24m	
Nicole McCrostie	12	Long Jump	4.11m	PB
Anna Cahill	15	High Jump	1.50m	PB
Isabella Fisher	11	60m	8.26s	PB
Sara Kely	17	Long Jump 3kg Shot Put Discus	3.62m 6.77m 15.81m	PB PB

NSW State Relays - Individual Field Events Results (continued)

ATHLETE	AGE	EVENT	RESULT	DETAIL
Anna Kely	14	Long Jump	3.84m	PB
		3kg Shot Put	10.26m	
		Discus	30.40m	PB
		500g Javelin	29.68m	PB
		600g Javelin	28.72m	PB
Viktorija Calusic	12	High Jump	1.60m	
Francesca Sugiaman	16	Long Jump	5.28m	PB
		Discus	19.77m	PB
Alysha Burnett	21	Long Jump	5.75m	
		4kg Shot Put	12.38m	
		Discus	36.78m	PB
		600g Javelin	41.48m	
		High Jump	1.80m	
Tamara Kowcz Rosiake	17	Long Jump	5.13m	PB
		3kg Shot Put	8.91m	PB
		600g Javelin	26.78m	PB
		High Jump	1.45m	PB
Jill Taylor	63	Long Jump	2.91m	
		4kg Shot Put	7.58m	PB
		Discus	23.88m	
		600g Javelin	15.00m	PB
Emilia Duncan	14	Long Jump	4.83m	PB
		600g Javelin	22.32m	PB
Georgia Duncan	16	Long Jump	4.71m	
		600g Javelin	29.20m	PB
Scarlett Prowse	15	Long Jump	4.18m	PB
Elizabeth Jones	49	Long Jump	3.07m	
Rani Sharma	11	Long Jump	3.73m	PB
Kaylah Bennett	11	Long Jump	3.32m	PB

Treloar 5 SOPAC – 1st December 2018

ATHLETE	AGE	EVENT	RESULT	DETAIL
Ryan Jones	17	100m	12.42s	PB
		400m	57.14s	
		Long Jump	5.82m	PB
		Shot Put 5kg	7.66m	PB
Emily Britton	17	100m Hurdles	13.99s	
		100m	12.74s	
Harrison Andrews	23	100m	10.83s	
Jacob McCorry	20	110m Hurdles	14.40s	
		100m	10.94s	PB
Matt Joyce	29	1500m	4:24.46s	
Lauren Goodacre	16	100m	13.12s	
		Long Jump	4.89m	
Lara Stevens	14	90m Hurdles	14.89s	PB
Daisy Bryant	21	100m	12.95s	PB
		400m	62.55s	
		Long Jump	4.59m	
Kailyn Joseph	16	Long Jump	4.11m	
Tamara Kowcz Rosinke	17	Long Jump	5.24m	PB
Alysha Burnett	21	Long Jump	5.77m	
Robert Clark	57	1500m	6:36.82s	
		Long Jump	3.40m	
		Hammer 6kg	33.99m	
		Shot 6kg	8.69m	
Martin Bradshaw	50	100m	13.80s	
		400m	66.95s	
		Long Jump	3.57m	

PB = personal best, CB = Cherrybrook best.