

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 8<sup>th</sup> January 2019

**HAPPY NEW YEAR!!!!**

### **CONGRATULATIONS**

**CONGRATULATIONS** to Cherrybrook's 10 NSW All School representatives who competed at the Australian All School Championships in December. Our athletes won 11 medals (5 **Gold**, 5 **Silver** and 1 **Bronze**).

**CONGRATULATIONS** to our new Australian Schools Champions **James Gladman** (U16 Para: 100m, 200m, Long Jump), **Holly Saunders** (U16 Para: Discus) and **Donovan Bradshaw** (U16: 4 x 100m). **James** set new Oceania Records in both the 100m and Long Jump.

**CONGRATULATIONS** to the 47 Senior Athletes who competed in 75 individual plus 5 relay events at the revamped NSW Club Championships. Before competition was abandoned due to the weather, our athletes performed with distinction.

**CONGRATULATIONS** to the Cherrybrook Women's U20 team on securing the **Gold** medal, and to the Men's U14 & U20 teams on winning **Bronze**. Our Women's U14 team placed a creditable 5<sup>th</sup>. Unfortunately the open and U17 age groups were unable to be completed before the weather intervened so no medals/placings could be determined for these age groups or for the overall club championship.

### **GOOD LUCK**

**Good luck** to Cherrybrook athletes competing at the Illawarra Track Classic, Newcastle All Comers or ACT Combined Championships this weekend.

### **UPCOMING EVENTS**

#### **CHERRYBROOK SENIOR CLUB SUMMER GATHERING**

All Cherrybrook Senior Athletes fourteen years and older are invited to this seasons Summer Gathering.

**When** – Sunday the 20<sup>th</sup> January from Midday to 4pm

**Where** – Nicky Jenneke's house in Dural, address will be given when rsvp received

**What to bring** – A drink to share, plus all Male guests to bring something savoury eg, Dip, chips, crackers etc and all female guest to bring something sweet eg lollies, chocolates, biscuits etc

Swimming costumes and a towel

**What's Happening** – There will be plenty of time in the pool with a water slide, lunch provided and activities and games to keep everyone entertained.

**RSVP** - Please rsvp to Nicky Jenneke via text 0448407716 by 6pm Thursday the 17<sup>th</sup> January.

## **Illawarra Track Classic - Saturday 12<sup>th</sup> January Wollongong**

The Illawarra Track Classic will be held at the Kerryn McCann Athletic Centre (Beaton Park), 37 Foley St, Gwynneville, NSW, 2500 on Saturday 12<sup>th</sup> January.

The classic will include the NSW 60m Championships - State medals will be awarded in the open and U20, U18, U16 and U14 age groups and the NSW 1 Mile Championships - State medals will be awarded in the open, U20, and 35+ age groups.

Other events on offer are 100m, 400m, 3000m, Pole Vault, Long Jump, Shot Put and Hammer Throw.

The timetable is available from

<http://www.nswathletics.org.au/Portals/18/Competition/Summer/Summer%202018-19/ITC/2019%20ITC%20Draft%20Timetable.pdf>

Athletics NSW is currently experiencing technical issues with their online entry portal. As such, all participants will be able to enter on the day for the same price as an online entry:

To do so, please arrive more than one (1) hour before your event is scheduled to start and complete an on the day entry form at the 'check in' area.

### **Entry Fees:**

IBS Masters 60m Races - **\$10 on the day**, Classic Events - **\$10 on the day**

NSW 60m and 1 Mile Championship events - **\$20 on the day** (at ANSW Competition Manager's discretion)

## **All-Comers - Saturday 12<sup>th</sup> January Newcastle**

An All-Comers meeting will be held at Newcastle (25 National Park St, Newcastle West, NSW 2302). Events on offer are 100m, 200m, 800m, 5000m, Sprint Hurdles, Triple Jump, High Jump, Javelin Throw and Discus Throw.

Athletics NSW is currently experiencing technical issues with their online entry portal. As such, all participants will be able to enter on the day for the same price as an online entry:

To do so, please arrive more than one (1) hour before your event is scheduled to start and complete an on the day entry form at the 'check in' area.

Further details: <http://www.nswathletics.org.au/Events/Calendar/ArtMID/5316/ArticleID/2060010/All-Comers-Newcastle>

Draft timetable: <http://www.nswathletics.org.au/Portals/18/Competition/Summer/Summer%202018-19/All-Comers/20190112%20NEW/newcastle%20all-comers%20draft%20timetable%20-%2020190112.pdf>

## **ACT Combined Events Championships January 12<sup>th</sup>-13<sup>th</sup> 2019**

The 2018-19 Athletics ACT Combined Events Championships is on this weekend Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> January 2019. These Championships will held at the AIS Athletics Field.

**The on-line entries close at 9:00pm tomorrow, Thursday. No late entries will be permitted.**

The Combined Events offered are:

Open, Under 20, Under 18 and Masters Mens Decathlon;  
Open, Under 20, Under 18 and Under 16 Womens Heptathlon;  
Under 16 Boys Heptathlon;  
Under 14 Boys and Girls Pentathlon;  
Masters Mens and Womens Pentathlon; and  
Little Athletics Under 15 Heptathlon

Further details: <http://www.athleticsact.org.au/Compete/Events/ArtMID/6610/ArticleID/2060827/2018-19-Athletics-ACT-Combined-Events-Championships-Athletics-ACT-AllcomersInvitational>

### **Treloar Shield 7 Sopac January 19<sup>th</sup> 2019**

The final Treloar event of the season will be held on January 19<sup>th</sup> at Sopac.

Treloar 7 will be a bumper competition with events being held simultaneously on both the main and warm up competition areas.

Events on the main competition area are:

100m, 200m, Steeplechase, Sprint Hurdles, Long Hurdles, Long Jump, Pole Vault, Hammer Throw and Shot Put

Events on the warm up competition area are:

400m, 800m, 1500m, 3000m, 1500m/3000m/5000m Walk, High Jump, Triple Jump, Discus Throw and Javelin Throw.

So we are encouraging all athletes to make the most of the extensive program by entering lots of events. This will be fun and will hopefully help the club improve the current positions of:

- 5<sup>th</sup> overall.
- 5<sup>th</sup> in the Juniors
- 5<sup>th</sup> in the Masters
- 6<sup>th</sup> in the Open section.

It's also your last chance to **take the Cherrybrook Challenge** - 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!

Online entries are now open! <https://ts720182019.eventdesq.com/>

Entry fees are \$10 online for members (both ANSW and Dual Members) and \$20 for non-members.

**Entry is free to** athletes who choose to volunteer their time at the event, for at least one event/one hour (depending on the area you are volunteering in). This must be nominated at the time of entry.

Entries will close at 9am, Wednesday 16th January, 2019.

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 on Treloar 7

<http://nswathletics.org.au/Events/Events/ArtMID/1755/ArticleID/2060012/Treloar-Shield-7-SOPAC>

## **Nominations/ Entry Open for**

**Hunter Track Classic** – Hunter Sports Centre 25<sup>th</sup> January

<http://nswathletics.org.au/Events/Calendar/ArtMID/5316/ArticleID/2060014/Hunter-Track-Classic>

**CANBERRA Festival of Athletics** 27<sup>th</sup> – 28<sup>th</sup> January, nominations for track Classic are open and details on all ability 12yr + events are available

<http://athleticsact.org.au/Compete/Events/ArtMID/6610/ArticleID/2060875/Canberra-Track-Classic>

**ACT Championship** entries for the 9<sup>th</sup> + 10<sup>th</sup> Feb are now open. Championship details at:

<http://athleticsact.org.au/Compete/Events/ArtMID/6610/ArticleID/2060910/2019-Athletics-ACT-Championships>

## **Early heads up for:**

NSW Combined Events Championships Feb 2<sup>nd</sup>/3<sup>rd</sup>

NSW All Schools Multi Feb 2<sup>nd</sup>/3<sup>rd</sup>

NSW 5000m Championships Feb 2<sup>nd</sup>

NSW Masters Championships Feb 8<sup>th</sup> - Feb 10<sup>th</sup>

NSW Junior & Para Junior Championships Feb 22<sup>nd</sup> – 24<sup>th</sup>

Sydney Track Classice Feb 23<sup>rd</sup>

Details will be added to the newsletter as these become available on NSW Athletics website.

## **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](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 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**

Competition will resume on Friday 11<sup>th</sup> January at 5:45. 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](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.

### Australian All Schools Cairns – 7<sup>th</sup> – 9<sup>th</sup> December 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robbie Cullen	U16	Hammer 4kg	30.09m	12th	
Donovan Bradshaw	U16	100m	11.69s	10th	
		200m	23.14s	10th	
		4 x 100m	42.79s	<b>GOLD</b>	
		Long Jump	ND	-	
James Gladman (Para)	U16	100m	16.55s	<b>GOLD</b>	<b>OR PB</b>
		200m	36.89s	<b>GOLD</b>	
		Long Jump	2.84m	<b>GOLD</b>	<b>OR PB</b>
		Shot Put	6.47m	4th	<b>PB</b>
Scott Chapman	U18	Javelin 700g	52.80m	<b>BRONZE</b>	
Brianna Worsfold	U14	Shot Put 3kg	13.20m	<b>SILVER</b>	
Emilia Duncan	U16	90m Hurdles	12.96s	<b>SILVER</b>	<b>PB</b>
Holly Saunders (Para)	U16	Long Jump	2.51m	<b>SILVER</b>	
		Discus	17.49m	<b>GOLD</b>	
Annabelle Rodgers (Para)	U16	Shot Put	9.71m	<b>SILVER</b>	<b>PB</b>
		Discus	25.94m	<b>SILVER</b>	<b>PB</b>
Emily Britton	U18	100m Hurdles	14.64s	8th	
Tamara Kowcz Rosinke	U18	Long Jump	4.96m	18th	
		Triple Jump	11.66m	5th	<b>PB</b>

### Club Championships Sopac – 15<sup>th</sup> December 2018

ATHLETE	AGE	EVENT	RESULT	DETAIL
Daisy Bryant	Open	100m	13.15s	
Eleanor Lamperts	Open	100m	13.21s	
	U20	200m	27.60s	
Charlotte Blair	Open	100m	14.21s	<b>PB</b>
	U14	100m	14.21s	<b>PB</b>
		200m	30.89s	<b>PB</b>
		High Jump	1.45m	<b>PB</b>
		Triple Jump	9.01m	<b>PB</b>

**Club Championships Sopac – 15<sup>th</sup> December 2018 (Continued)**

<b>ATHLETE</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAIL</b>
<b>Alysha Burnett</b>	Open	High Jump	1.85m	
<b>Sara Kely</b>	Open	Discus 1kg	13.66m	
	U20	Discus 1kg	15.21m	
<b>Anna Kely</b>	Open	Javelin 600g	27.60m	
	U17	Javelin 500g	29.30m	
<b>Emily Britton</b>	U20	100m Hurdles	14.79s	
		100m	13.03s	
<b>Francesca Sugiaman</b>	U20	100m	13.08s	<b>PB</b>
		High Jump	1.45m	<b>PB</b>
<b>Emily Hornby</b>	U20	200m	31.65s	<b>PB</b>
	U17	100m	14.92s	<b>PB</b>
<b>Milly Visser</b>	U20	800m	2:25.79s	<b>PB</b>
<b>Tamara Kowcz Rosinke</b>	U20	Triple Jump	11.54m	
		Javelin 600g	25.27m	<b>PB</b>
<b>Lauren Goodacre</b>	U17	Triple Jump	10.85m	<b>PB</b>
		100m	13.12s	<b>PB</b>
<b>Lara Stevens</b>	U17	100m Hurdles	18.62s	<b>PB</b>
<b>Tara Webb</b>	U14	100m	13.61s	<b>PB</b>
		200m	27.28s	
		80m Hurdles	15.27s	<b>PB</b>
		Triple Jump	10.07m	<b>PB</b>
<b>Abigail Omage</b>	U14	100m	13.66s	<b>PB</b>
<b>Sarah-anne Koot</b>	U14	100m	14.39s	<b>PB</b>
		200m	30.14s	<b>PB</b>
<b>Isabella Fisher</b>	U14	200m	28.41s	<b>PB</b>
		800m	2:33.58s	<b>PB</b>
<b>Ava Barroccu</b>	U14	800m	2:47.39s	<b>PB</b>
<b>Rani Sharma</b>	U14	800m	2:50.31s	<b>PB</b>
<b>Nicole McCrostie</b>	U14	800m	2:54.09s	<b>PB</b>
<b>Viktorija Calusic</b>	U14	High Jump	1.55m	
<b>Jessica Coppoletti</b>	U14	Discus 1kg	29.86m	<b>PB</b>
<b>Paige Furzer</b>	U14	Discus 1kg	13.26m	<b>PB</b>
<b>Harrison Andrews</b>	Open	100m	10.81s	
<b>Evan Clothier</b>	Open	100m	11.11s	
<b>Beau Ingram</b>	Open	100m	11.52s	<b>PB</b>
<b>Jacob McCorry</b>	Open	110m Hurdles	14.15s	
<b>Devan Senasinghe</b>	Open	100m	12.11s	
	U20	Triple Jump	11.99m	
<b>Zachary Hayward</b>	Open	High Jump	1.95m	
	U20	High Jump	2.10m	<b>PB</b>
<b>Campbell Johnson</b>	Open	High Jump	1.90m	<b>PB</b>

**Club Championships Sopac – 15<sup>th</sup> December 2018 (Continued)**

<b>ATHLETE</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAIL</b>
<b>Scott Chapman</b>	Open	Discus 2kg	26.24m	<b>PB</b>
		Javelin 800g	44.63m	<b>PB</b>
<b>Ryan Jones</b>	Open	Discus 2kg	20.26m	<b>PB</b>
		Javelin 800g	30.29m	<b>PB</b>
<b>Donovan Bradshaw</b>	U20	100m	11.58s	
		200m	23.04s	
<b>Aum Deshpande</b>	U20	100m	11.89s	<b>PB</b>
<b>Isaac Cheng</b>	U20	200m	25.27s	<b>PB</b>
		800m	2:13.76s	<b>PB</b>
<b>Eraga Magotti</b>	U20	800m	2:10.51s	<b>PB</b>
<b>Noah Liu</b>	U17	100m	11.79s	<b>PB</b>
<b>Robbie Cullen</b>	U20	Discus 1.75kg	26.70m	<b>PB</b>
<b>Ajaiy Mohanraja</b>	U17	100m	11.84s	<b>PB</b>
<b>Jonathon Reid</b>	U17	110m Hurdles	16.59s	<b>PB</b>
		Triple Jump	13.39m	<b>PB</b>
<b>Bayden Little</b>	U17	Javelin 700g	42.84m	
<b>Thumuthu Weerasekara</b>	U14	100m	13.65s	<b>PB</b>
<b>Julian Mendria</b>	U14	100m	13.97s	<b>PB</b>
		200m	28.43s	<b>PB</b>
<b>Alex Mills</b>	U14	200m	27.26s	<b>PB</b>
		90m Hurdles	15.59s	<b>PB</b>
<b>Idris Burkhardt</b>	U14	800m	2:30.91s	<b>PB</b>
<b>Lance Haffenden</b>	U14	High Jump	1.45m	
		Triple Jump	10.19m	
<b>William Austin</b>	U14	800m	2:44.93s	<b>PB</b>
		Discus	29.43m	<b>PB</b>
<b>Cherrybrook</b>	W U20	1000m Medley Relay	2:36.09s	
	W U14 A	1000m Medley Relay	2:36.96s	
	W U14 B	1000m Medley Relay	2:50.57s	
	M U20	1000m Medley Relay	2:10.17s	
	M U14	1000m Medley Relay	2:38.75s	



**Bankstown All Comers – 22<sup>nd</sup> December 2018**

ATHLETE	AGE	EVENT	RESULT	DETAIL
Scarlett Prowse	15	100m	13.87s	
		200m	28.09s	<b>PB</b>
		Discus 1kg	20.58m	<b>PB</b>
Julia Baxter	16	100m	14.31s	
		100m Hurdles	15.79s	
Alysha Burnett	21	100m Hurdles	15.18s	
Lara Stevens	14	90m Hurdles	17.00s	
Francesca Sugiaman	16	100m	13.28s	
		Long Jump	5.19m	
Emily Hornby	14	100m	15.40s	
		200m	33.35s	
Aum Deshpande	16	100m	12.61s	
Jonathon Reid	14	100m	12.42s	<b>PB</b>
		Long Jump	6.22m	

**Albie Thomas Mile Bankstown – 22<sup>nd</sup> December 2018**

ATHLETE	AGE	EVENT	RESULT	DETAIL
Ben Graham	16	800m	2:02.89s	<b>PB</b>

**Treloar 6 Sopac – 5<sup>th</sup> January 2019**

ATHLETE	AGE	EVENT	RESULT	DETAIL
Alysha Burnett	22	Javelin 600g	42.67m	

PB = Personal Best, AR = Australian Record, OR = Oceania Record