

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

12th February 2019

CONGRATULATIONS

CONGRATULATIONS to our **Treloar Shield** Athletes on their performances over the season. The final scores have now been announced and the Club finished a very commendable **5th overall**, **5th** in the **Juniors**, **5th** in the **Open** and, yes you've guessed it, **5th** in the **Masters**. Congratulations to everyone and well done on another great season.

CONGRATULATIONS to **Robbie Cullen** on smashing the club's U16 Heptathlon record at the **NSW Combined Championships**. **Robbie** improved the old record by over 1300 points in setting a new mark of 3664 points and finished in **Silver** missing out on Gold by just 15 points.

CONGRATULATIONS to **Alysha Burnett** on winning Gold at the **NSW Combined Championships**. **Alysha** recorded **World University Qualifiers** in the Heptathlon (her 4th Heptathlon WUQ) and High Jump (her 3rd WUQ). The high jump mark was also an **Oceania Area Championships Qualifier** (her 2nd).

CONGRATULATIONS to **Victoria Cullen** on setting PBs in all seven of her Heptathlon events at the NSW Combined Championships and also, obviously, setting a PB for her overall heptathlon points score.

CONGRATULATIONS to the three athletes who competed at the NSW Masters Championships last weekend winning **6 Gold**, **7 Silver** and **7 Bronze** medals from their 24 events. **CONGRATULATIONS** to our new Master State Champions **Jill Taylor** (W60 Discus, Weight and Triple Jump), Robert Clark (M55 Hammer and Weight) and **Jen Bishop** (W45 High Jump).

ENTRY CLOSING DATES

There are two important **entry closing dates** coming up:

NSW Junior & Youth - Wed 13th February 9am

NSW Open – Wed 27th February 9am

Remember athletes **must compete at the NSW JYC** if they want to compete in **any age group events** at the **Australian Athletics Championships** and **must compete at the NSW Open** if they want to compete in any **Open events** at the **Australian Athletics Championships**.

UPCOMING EVENTS

Illawong All Comers

4:00pm - 9:00pm Saturday 16th February at Recreation Dr, Barden Ridge, NSW 2234.

Events on offer are 100m, 200m, 800m, 3000m, Long Hurdles, Long Jump, High Jump, Hammer Throw and Shot Put.

The 100m events will be run as heats, with the top 8 times progressing to the 100m finals held later in the program. The 100m events will also be run with **tailwinds**, which will be on the back straight if necessary.

Full details available on:

<http://nswathletics.org.au/Events/Events/ArtMID/1755/ArticleID/2060021/All-Comers-Illawong>

Online entries are open and close **9am, Wednesday 13th February, 2019**.

NSW Junior and Para Junior Championship

The **NSW Junior and Para Junior Championships** will be held at Sopac on Feb 22nd - 24th. Entries close at **9am Wednesday, 13th February**.

Championship details at:

<http://nswathletics.org.au/Events/Calendar/ArtMID/5316/ArticleID/2060022/NSW-Junior-and-Para-Junior-Championships>

NSW Open, U23 and Para Championships

The NSW Open, U23 & Para Championships is the premier track and field Championship in NSW. It will be held at Sopac on Friday 8th March - Sunday 10th March, 2019. Entries close **9am, Wednesday 27th February**. Full details available using the link:

<http://nswathletics.org.au/Events/Calendar/ArtMID/5316/ArticleID/2060025/NSW-Open-and-Para-Championships>

Australian Athletics Championships:

For the second time, more than 3500 track and field athletes of all ages will compete in the 2019 Australian Track & Field Championships, with the Sydney Olympic Park Athletic Centre set to host the Junior and Open aged Track & Field Championships for able-bodied and para-athletes from 1st April to 7 April 2019.

The draft timetable has been released. Full details are available using the link:

<http://athletics.com.au/Compete/Events/ArtMID/7307/ArticleID/2059336/2019-Australian-Athletics-Championships>

Note Entry for these championships can only be made through Athletics NSW for NSW athletes. Any interested athletes should note the following requirements:

All athletes wishing to represent NSW at the 2019 Australian Athletics Championships must:

- Be a minimum of 12 years of age as at 31 December 2019
- Be a registered and financial member of Athletics NSW at the time of competition
- Compete in the 2019 NSW Junior Athletics Championships (22nd -24th February) / NSW Open Athletics Championships (8th - 10th March)
- Compete in at least one other ANSW event during the 2018/19 summer season

To qualify to compete for NSW in the Australian Athletics Championships, athletes must satisfy at least one of the following criteria:

Place **First, Second** or **Third** at:

- NSW All Schools Athletics Championships (27th - 30th September 2018)**
- NSW Junior Athletics Championships (22nd - 24th February 2019)
- NSW Open Athletics Championships (8th - 10th March 2019)

Achieve the 2018/19 Athletics Australia **National Entry Standard** for the relevant age group and event. Entry Standards must be achieved at a National Permitted Event. The entry standards for both able-bodied and para athletes are available on the following link:

<http://athletics.com.au/Compete/Rules-Technical-Information/Entry-Standards>

For further details on the NSW Team for the Australian Athletics Championships please refer to the following link:

<http://nswathletics.org.au/AAC2019>

2019 Oceania Area Championships Nominations

Nominations are now open for the **2019 Oceania Area Championships** to be held in Townsville, Australia from 25-28 June 2019. The Oceania Area Championships will include U18, U20 and Open age groups. The Athletics Australia *Selection Policy* and *Online Nomination Form* are now available with further details on:

<http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Oceania-Area-Championships>

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

Friday night competition commences 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 wear their 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.

NSW Combined Championships & All Comers - Bankstown 2nd-3rd February 2019

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Alysha Burnett	Open	100m Hurdles	15.15s	2nd	WUQ OAC
		High Jump	1.88m	1st	
		Shot Put 4kg	14.11m	1st	
		200m	25.83s	2nd	
		Long Jump	6.03m	1st	
		Javelin 600g	42.26m	1st	
		800m	2:37.36s	2nd	
		Open Heptathlon	5689pts	GOLD	WUQ OAC
Robbie Cullen	U16	100m Hurdles	16.85s	1st	PB
		High Jump	1.76m	1st	
		Shot Put 4kg	10.64m	1st	
		200m	25.07s	3rd	
		Long Jump	5.11m	2nd	
		Javelin 600g	41.47m	1st	
		1500m	5:17.05s	4th	
		U16 Heptathlon	3664pts	SILVER	
Victoria Cullen	U18	100m Hurdles	20.96s	10th	PB
		High Jump	1.23m	10th	PB
		Shot Put 3kg	9.15m	5th	PB
		200m	32.85s	10th	PB
		Long Jump	3.70m	10th	PB
		Javelin 500g	31.30m	4th	PB
		800m	3:05.26s	10th	PB
		U18 Heptathlon	2404pts	10th	PB

All Comers - Bankstown 2nd-3rd February 2019

ATHLETE	AGE	EVENT	RESULT	DETAIL
Jen Bishop	49	Discus 4kg	27.28m	
		High Jump	1.40m	
		Triple Jump	8.69m	
		Javelin	17.78m	
		100m	15.02s	
Brianna Worsfold	14	Discus 3kg	28.58m	
		200m	27.62s	
		200m Hurdles	33.49s	PB
Sara Kely (Para Am)	18	Discus	14.16m	
		100m	16.31s	
		200m	34.41s	
		Triple Jump	7.82m	PB
		Long Jump	3.73m	
		Shot Put 3kg	6.59m	
Eleanor Lamperts	18	100m	13.37s	
		200m	27.67s	
Francesca Sugiaman	17	100m	13.42s	
		200m	27.24s	
		Triple Jump	11.02m	
		Long Jump	5.23m	
Daisy Bryant	22	100m	13.61s	
		200m	27.46s	
Evan Clothier	25	100m	11.29s	
		200m	22.36s	
Alfred Chuol	25	100m	12.02s	PB
		200m	23.82s	PB
Ben Graham	17	800m	2:09.23s	
Eraga Magotti	20	400m	55.65s	PB
		800m	2:11.77s	
Jonathan Reid	16	110m Hurdles	16.43s	PB
		Long Jump	6.14m	
Charlotte Banks	18	Long Jump	5.26m	PB
Emily Britton	18	100m Hurdles	14.33s	
Emilia Duncan	15	100m Hurdles	14.71s	PB
Laura Quinn	17	Triple Jump	10.33m	
		High Jump	1.55m	PB
Lauren Goodacre	17	Triple Jump	10.72m	
Ryan Jones	18	Triple Jump	12.05m	

NSW Masters Championships - SOPAC 8th -10th February 2019

ATHLETE	AGE	EVENT	RESULT	PLACE
Jennifer Bishop	45-49	60m	9.20s	4th
		100m	14.77s	4th
		Discus 1kg	27.05m	Silver
		Shot 4kg	8.90m	Silver
		Long Jump	4.08m	Bronze
		80m Hurdles	14.37s	Bronze
		Javelin 600g	18.10m	Bronze
		Triple Jump	8.56m	Silver
		High Jump	1.40m	Gold
Robert Clark	55-59	Hammer 6kg	31.83m	Gold
		Weight 11.34kg	13.24m	Gold
		Discus 1.5kg	31.94m	Silver
		Shot 6kg	9.35m	4th
		Long Jump	3.07m	Silver
		Javelin 700g	27.63m	Bronze
Jill Taylor	60-64	Hammer 3kg	33.09m	Bronze
		Discus 1kg	22.59m	Gold
		Shot 3kg	8.87m	Silver
		Weight 5.45kg	13.08m	Gold
		Javelin 500g	16.04m	Bronze
		60m	10.87s	4th
		Long Jump	3.11m	Silver
		Triple Jump	6.55m	Gold
		High Jump	1.00m	Bronze

PB = Personal Best, CB = Cherrybrook Best, AR = Australian Record, WUQ = World Universities Qualifier, OAQ = Oceania Area Championships Qualifier