

# CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

## 31<sup>st</sup> January 2019

### CONGRATULATIONS

**CONGRATULATIONS** to **Alysha Burnett** on some stunning performances over the last month. **Alysha** recorded **World University Qualifiers** in the Heptathlon and High Jump during her victory at the prestigious **ACT Combined Championships**. She also recorded another WUQ during the month in the High Jump at the **Hunter Track Classic**.

**CONGRATULATIONS** to all of our athletes selected to compete at the **Canberra Track Classic** and **Hunter Track Classic**. Whilst everyone performed well, special congratulations go to **Matt Joyce** on setting a new **Cherrybrook Best** in the Mile, and to **Jacob McCorry** and **Nick Andrews** on getting ever closer to their challenging World Universities Qualifiers.

**CONGRATULATIONS** to **Julia Charlton** for her performances at the **Summer Down Under** Wheelchair Events at Canberra. This three day competition is a quality competition attracting athletes from around the globe. **Julia's** performances in all six of her events were fantastic.

**CONGRATULATIONS** to the 31 Senior Athletes who competed in 61 events at the final **Treloar Shield** ensuring the club ended the campaign with a big point haul. The final point scores are not yet available. However the club has had another great season and we thank all of our athletes for their support and achievements over the season.

**CONGRATULATIONS** to our star performers at the final Treloar Shield. **Robbie Cullen**, who not only competed in the most male events on the day (5) but also achieved PBs in three of them. **Jen Bishop** was our most competing female (5) and also broke her own Cherrybrook Javelin Record. Seven other athletes competed in three events, Congratulations to **Charlotte Blair, Victoria Cullen, Sara Kely, Brianna Worsfold, Daisy Bryant, Kim Nechenteirchen** and **Robert Clark**.

**CONGRATULATIONS** to **Matt Joyce** on his appointment as State Teams and Events Manager at **Athletics NSW**. We wish you every success in the new position and look forward to watching your positive influence on the organisation!

### CORRECTION & APOLOGY

Belated **CONGRATULATIONS** to the **Cherrybrook Women's U14 "A"** team on winning a **Bronze** medal, at the Club Championship with the "B" team finishing a creditable 5th. The new format (lowest score wins) proved too challenging for the ANSW system to accurately report the overall results and led to the U14 women's result being incorrectly reported in the last newsletter. Well done girls on a well-deserved success.

### GOOD LUCK

**Good luck** to Cherrybrook athletes competing at the NSW Combined Events Championships, NSW All Schools Multi Championships and NSW 5000m Championships this weekend.

### THANK YOUs

A huge **Thank You** to **Nicky Jenneke** for once again organising and hosting the Cherrybrook Senior Athletes Summer Gathering.

Thank you to those Athletes that attended the Summer Gathering. What a great group of Athletes. It was an afternoon full of Fun, Smiles and Laughter. Check out the Cherrybrook Senior Athletics FaceBook and Instagram for a few photos of the event.

## UPCOMING EVENTS

**NSW Masters Championships** at Sopac on Feb 8<sup>th</sup> – 10<sup>th</sup>. Entries close on **Monday 4<sup>th</sup> February**. Further details available from

<http://nswathletics.org.au/Events/Calendar/ArtMID/5316/ArticleID/2060020/NSW-Masters-Championships>

**ACT Championship** at the AIS on Feb 9<sup>th</sup> & 10<sup>th</sup>. Entries close at **5:00pm on Monday 4<sup>th</sup> February**. Championship details at:

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

**NSW Junior and Para Junior Championship** at the Sopac on Feb 22<sup>nd</sup> - 24<sup>th</sup>. Entries close at **9am Wednesday, 13<sup>th</sup> February**. Championship details at:

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

### Sydney Track Classic

The **Sydney Track Classic** will be held on Feb 23<sup>rd</sup> at Sopac. Events on offer are:

Men 100m, Women 200m, Men/ Women 400m, Men/ Women 800m, Men 1500m, Men/ Women 5000m, Men 110m Hurdles, Women 100m Hurdles, Men/ Women 400m Hurdles  
Women High Jump, Men/ Women Pole Vault, Women Long Jump, Men/ Women 3000m Steeple Chase  
Women Discus, Men/ Women Javelin, Men Triple Jump, Women Shot Put, Men/ Women Hammer Throw

Further details (including registration/nomination) available using the following link:

<https://2019sydneytrackclassic.eventdesq.com/>

### 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 8<sup>th</sup> March - Sunday 10<sup>th</sup> March, 2019. Entries close **9am, Wednesday 27<sup>th</sup> 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 1<sup>st</sup> 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>

### **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](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**

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](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.

### AACT Combined Championships & All Comers - Canberra 12<sup>th</sup>-13<sup>th</sup> January 2019

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Alysha Burnett	22	100m Hurdles	14.35s	1st	PB WUQ
		High Jump	1.91m	1st	
		Shot Put 4kg	13.13m	1st	
		200m	26.02s	3rd	
		Long Jump	6.03m	2nd	
		Javelin 600g	40.47m	1st	
		800m	2:43.45s	4th	
		Open Heptathlon	<b>5648pts</b>	<b>GOLD</b>	<b>WUQ</b>
Jacob McCorry	22	110m Hurdles	14.06s	2nd	
Nick Andrews	22	110m Hurdles	14.35s	3rd	

### Illawarra Track Classic - Wollongong 12<sup>th</sup> January 2019

ATHLETE	AGE	EVENT	RESULT	DETAIL
Ben Graham	17	400m	55.02s	PB

### Summer Down Under Wheelchair Events Canberra – 20<sup>th</sup> – 22<sup>nd</sup> January 2019

ATHLETE	AGE	EVENT	RESULT	PLACE
Julia Charlton	20	200m	39.97s	6th
		400m	1:20.61s	10th
		800m	2:52.53s	12th
		200m (Rolling Program)	43.66s	8th
		400m (Rolling Program)	1:24.12s	8th
		800m (Rolling Program)	2:57.13s	9th

### Hunter Track Classic Glendale – 25<sup>th</sup> January 2019

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Alysha Burnett	22	High Jump	1.83m	2nd	WUQ
		100m Hurdles	14.75s	2nd	
Jonathan Reid	16	Triple Jump	13.39m	4th	
Zach Hayward	19	High Jump	2.00m	1st	
Tamara Kowcz Rosinke	18	Triple Jump	11.55m	3rd	
Matt Joyce	30	1 Mile	4:48.60s	1st	PB CB

**Canberra Track Classic AIS – 27<sup>th</sup> January 2019**

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Jacob McCorry	22	110m Hurdles	14.11s	2nd	
Nicholas Andrews	22	110m Hurdles	14.15s	3rd	
Harrison Andrews	24	100m	10.94s	"B" 6th	

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

ATHLETE	AGE	EVENT	RESULT	DETAIL
Charlotte Blair	13	100m	15.26s	
		200m	32.63s	
		High Jump	1.30m	
Victoria Cullen	17	100m	15.66s	PB
		Shot Put 3kg	8.66m	PB
		Javelin 500g	29.94m	PB
Sara Kely (Para Am)	18	100m	17.25s	
		200m	35.02s	
		Shot Put 3kg	6.51m	
Brianna Worsfold	14	200m	28.20s	
		Javelin 500g	15.43m	PB
		Shot Put 3kg	12.28m	
Jen Bishop	49	100m	15.59s	
		Triple Jump	8.69m	
		High Jump	1.25m	
		Javelin 600g	22.48m	PB CB
Scarlett Prowse	16	100m	13.53s	
		200m	28.40s	
Anna Kely	15	Shot Put 3kg	11.34m	PB
		Javelin 500g	15.34m	
Emilia Duncan	15	100m Hurdles	15.07s	
Zara Munroe	16	3000m	11:57.25s	
Sally Stagles	59	80m Hurdles	14.37s	
Skye Grosvenor	15	2000m Steeplechase	8:43.50s	PB
Emily Jones	21	Triple Jump	8.52m	
Viktorija Calusic	13	High Jump	1.60m	
Tamara Kowcz Rosinke	18	Triple Jump	11.29m	
Francesca Sugiaman	17	100m	13.62s	
		Triple Jump	11.07m	PB
Brianna Phillips	22	100m	13.71s	
Eleanor Lamperts	18	100m	13.95s	
		200m	27.65s	

**Treloar 7 Sopac – 19<sup>th</sup> January 2019 (continued)**

<b>ATHLETE</b>	<b>AGE</b>	<b>EVENT</b>	<b>RESULT</b>	<b>DETAIL</b>
<b>Lara Stevens</b>	15	90m Hurdles	15.64s	
<b>Daisy Bryant</b>	22	100m 200m Shot Put 4kg	14.08s 28.27s 7.94m	
<b>Kim Nechenteirchen (F34)</b>	50	Shot Put (Seated) Javelin (Seated) Discus (Seated)	2.85m 6.55m 5.95m	
<b>Bayden Little</b>	16	Javelin 700g	44.74m	
<b>Morgan Little</b>	17	Javelin 700g	40.35m	
<b>Ben Graham</b>	17	800m	2:03.97s	
<b>Zach Hayward</b>	19	High Jump	2.00m	
<b>Matt Joyce</b>	30	1500m	4:21.51s	
<b>Robert Clark</b>	58	800m Discus 1.5kg Javelin 700g	3:03.19s 28.74m 24.13m	
<b>Robbie Cullen</b>	15	100m 200m Javelin 700g Discus 1kg High Jump	12.74s 24.92s 32.01m 31.29m 1.80m	PB PB  PB
<b>Nick Thomson</b>	20	100m 200m	11.59s 23.87s	PB
<b>Donovan Bradshaw</b>	15	100m 200m	11.68s 23.74s	
<b>Beau Ingram</b>	20	100m 200m	11.95s 24.86s	PB
<b>Jonathan Reid</b>	16	100m Triple Jump	12.68s 13.42m	PB

PB = Personal Best, CB = Cherrybrook Best, AR = Australian Record, WUQ = World Universities Qualifiers