

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

20th DECEMBER 2017

CONGRATULATIONS

CONGRATULATIONS to the 9 Cherrybrook Athletes who competed at the **Australian All Schools Championships** in Adelaide earlier this month winning 5 **Gold**, 6 **Silver** and 1 **Bronze** Medals.

CONGRATULATIONS to our national Champions **Donovan Bradshaw** (100m, 200m, Long Jump and 4 x 100m) and **Holly Saunders** (Long Jump). **CONGRATULATIONS** to **Donovan** on setting new Cherrybrook Bests in the 100m and 400m and to **Emily Britton** on securing her first Youth Olympics Qualifier in the 100m Hurdles.

CONGRATULATIONS to the seven Cherrybrook Athletes who competed at the Australian Schools Knockout in Adelaide producing fabulous performances and making substantial contributions to their Schools' points scores.

CONGRATULATIONS to the 31 athletes who represented Cherrybrook in 70 events at round 6 of the **Treloar Shield** in very hot and windy conditions. After 6 rounds, Cherrybrook was 4th in the Shield (6th last year), 3rd in the Juniors (7th last year), 4th (7th last year) in the Open and 8th in the Masters (9th last year). Let's go for a really huge finish with a big turnout and high event participation rates at the final round (January 6th)!

CONGRATULATIONS to **Robbie Cullen** on improving his u14 Cherrybrook High Jump record by a further 2cms. **CONGRATULATIONS** to **Robbie, Victoria Cullen, Ryan Jones** and **Robert Clark** on competing in 5 events on Saturday.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics Friday night competition is now on a summer break resuming Friday 12th January 2018.

INVITATION TO THE CHERRYBROOK ATHLETICS SUMMER GATHERING

(Please note this is an athlete only event, parents and family members are not invited on this occasion)

The Club would like to invite all athletes who have taken part in this season's Treloar Shield, State Relays or Club Championships to celebrate the season so far at a Summer Gathering at the home of life member Nicky Jenneke in Dural. This is our way of congratulating and thanking our athletes for their wonderful results, team spirit, camaraderie and contribution to the Club, during the team focussed part of the season.

The Gathering will take place on Sunday, January 7th from midday to 6pm. A BBQ lunch as well as soft drinks and snacks will be provided, as well as plenty of activities both on dry land and in the pool (bring swimmers and a towel). A contribution box will be in place on the day for anyone wishing to make a \$5 contribution to the cost of the day.

Please RSVP to Nicky Jenneke on 0448407716 by January 3rd. Once athletes have confirmed their intention to attend, they will be provided with an address.

UPCOMING EVENTS

ALBIE THOMAS & BANKSTOWN All – Comers Saturday 23rd December

On Saturday, 23rd December, there will be an All-Comers competition, followed by the Albie Thomas event, to be held at The Crest Athletics Centre, Georges Hall.

Events on offer are

All-comers: 100m, 200m, Sprint Hurdles, High Jump, Triple Jump, Discus, Javelin + Steeplechase

Albie Thomas: 400m, 800m, Community 1 Mile, Men's 1 Mile, Women's 1500m, Steeplechase, Pole Vault.

Full details and online entry available from:

<http://www.nswathletics.org.au/Events/Calendar/ANSW-Club-Events/albie-thomas-bankstown-all-comers>

Online entries close 9am Thursday 21 December.

Treloar Shield Round 7 – SOPAC 6 January 2018

The 7th and final round of the Treloar Shield will be held on 6th January at SOPAC. Online entries close 9am Thursday 4th January.

Events on offer are 100m, 200m, 400m, 1500m, 5000m, Women's Invitational 100m Hurdles, 200/400m Hurdles, High Jump, Pole Vault, Discus and Hammer. So come, set some 2018 Bests & score **MEGA TRELOAR POINTS FOR CHERRYBROOK!**

ACT COMBINED EVENTS CHAMPIONSHIPS & ATHLETICS ACT ALLCOMERS /

INVITATIONAL

The ACT Combined Events Championships & Athletics ACT Allcomers/Invitational, will take place in Canberra on Saturday 13th and Sunday 14th January. Entry is open to all NSW athletes and is a great opportunity to try a combined event and race on the fastest track in the country.

Multi Events on offer include: Open, U20 and U18 Mens Decathlon. Open, U20, U18 and U16 Womens Heptathlon. U16 Boys Heptathlon, U14 Boys and Girls Pentathlon, Masters Mens and Womens Pentathlon, Para Athletes Pentathlon and Little Athletics U15 Heptathlon.

Individual Events on offer include.

100m, 200m, 400m, 800m, 1500m, 3k, 5k, 1 Mile Championships, sprint & long hurdles, 1500m, 2k & 3k Steeple, 1.5k/3k/5k/10k Walks and 4 x 100, 4 x 400 relays, Javelin, Discus, Shot Put, Long Jump, Triple Jump, High Jump and Pole Vault.

For Full details visit <http://www.athleticsact.org.au/News/Athletics-ACT-News/2017-18-athletics-act-combined-events-championships-athletics-act-allcomersinvitational>

On-Line Entries close at 9:00pm on Wednesday 10th January 2018 with no late entries accepted.

HIGH PERFORMANCE MEETS

High performance meets are designed for athletes seeking international qualifiers and elite level competition. Entry is applied for via a nomination process. Athletes should ask their coaches if they are ready for this level of competition.

JANDAKOT AIRPORT TRACK CLASSIC (PERTH TRACK CLASSIC)	
WHEN	Saturday 13 th January
WHERE	WA Athletics Stadium, Perth Western Australia
ENTRIES CLOSE	3 RD January
ENTRY AND EVENT DETAILS	http://www.waathletics.org.au/JandakotAirportTrackClassic

HUNTER TRACK CLASSIC	
WHEN	Saturday 20 th January
WHERE	Hunter Sports Centre – Newcastle
ENTRIES CLOSE	9am Thursday 11 th January
ENTRY AND EVENT DETAILS	http://nswathletics.org.au/Events/Events/hunter-track-classic-36

NSW 2017/18 SUMMER SEASON CALENDAR

The calendar can be accessed from:

<http://www.nswathletics.org.au/Portals/18/Competition/2017/2017.18%20ATHLETICS%20NSW%20CALENDAR%20V3.pdf>

ATHLETICS AUSTRALIA 2017/18 SUMMER SEASON CALENDAR

Athletics Australia has released the calendar for the 2017/18 summer season.

The calendar can be accessed from:

<http://athletics.com.au/Portals/56/Images/Marketing/Summer1718/2017-18%20Calendar%20Updated%2027.11.2017.pdf>

WORLD U20 SELECTION POLICY

Athletics Australia has released the selection policy for the 2018 **IAAF World U20 Championships** to be held in Tampere, Finland from 10-15 July 2018. Selection is open to athletes born in 1999, 2000 or 2001. The selection policy can be accessed from:

http://athletics.com.au/Portals/56/High%20Performance/Documents/WU20/2018%20IAAF%20World%20U20%20Championships%20-%20Published%2014_9_17.pdf

YOUTH OLYMPIC GAMES

The **2018 Youth Olympic Games** will be held in Buenos Aires, Argentina from 6-18 October 2018. The Youth Olympic Games is an under 18 event, athletes born in 2001 & 2002 will be eligible for nomination. The selection policy which was released 15 November is currently under review and there may be some modifications. More details, including a list of the events, are available from:

<http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Youth-Olympic-Games>

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 2016-2017 Red Book and on the Club website under Centre Records

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/SENIOR%20CURRENT%20RECORDS%20update%201.6.17.pdf>

ATHLETICS AUSTRALIA COACHING COURSES

Athletics Australia is the accrediting body for all athletics coaches in Australia and is the only athletics body with courses approved by the Australian Sports Commission National Coaching Accreditation Scheme (NCAS). This accreditation brings with it accountability to be up to date with current best practice as well as ensuring our courses are engaging and in line with the best adult education principles.

Upcoming Coaching Courses

Dates for upcoming coaching courses are shown below:

- Level 1 Community Athletics Coach. Wollongong, Thursday 25th January, 2018

Full details of the coaching courses (including registration) are available under the following link:

<http://www.nswathletics.org.au/Coaching/Coaching-Education2/Athletics-NEW>

AUSTRALIAN STATE AND TERRITORY BODIES

For a full listing of contact details for any Australian State or territory athletics body visit <http://athletics.com.au/About-Us/Member-Associations>

This could come in handy if looking for competition in other parts of Australia.

IPC SANCTIONED MEET CALENDAR

To view the latest 2017/18 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

<http://www.athletics.com.au/LinkClick.aspx?fileticket=fA65iLe-2EQ%3d&portalid=56>

Para Athletes please note that you are welcome to compete at all NSW Athletics events throughout the summer season and that qualifying for the Australian Nationals can be achieved at any Allcomers or Treloar Shield event.

IMPORTANT REQUEST FOR PB's

In an effort to ensure our Athlete results data base is as up to date as possible, please send any corrections or updates to Robert Clark at robclark307@gmail.com ASAP. Dual athletes please ensure you include any PB's you may have achieved at Little Athletics competitions

ALL ATHLETICS RESULTS

"All-Athletics.com" is the world's most comprehensive online data base showing athlete statistics including PB's, when they were performed, wind readings, rankings etc. Chances are you are on it. Just visit www.all-athletics.com click on Athlete Search at the top of the page and enter your name.

Merry Christmas & All the best for 2018

Finally we hope you all have a very merry Christmas, celebrate your successes in 2017 and wish you all the best for 2018.



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.

Australian All Schools – Adelaide - 8th - 10th December

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Donovan Bradshaw	u14	100m	11.33s	GOLD	PB, CB
		200m	23.56s	GOLD	
		400m	51.20s	SILVER	PB,CB
		4 x 100m Relay	45.66s	GOLD	
		Long Jump	5.90m	GOLD	
Morgan Little	u16	Javelin	42.08m	10th	
Emilia Duncan	u14	80m Hurdles	12.58s	SILVER	
Isabella Rudolph	u18	High Jump	1.71m	4th	
Imogen Breslin	u18	100m Hurdles	14.07s	6th	PB
Emily Britton	u18	100m Hurdles	13.59s	BRONZE	PB, YOQ
Samantha Dale	u18	Long Jump	5.62m	6th	PB
		Triple Jump	11.72m	4th	
Holly Saunders (Para)	u16	Long Jump	2.64m	GOLD	
		Shot Put	6.04m	SILVER	SB
		Discus	16.50m	SILVER	
Katie Devitt	u18	200m	25.11s	5th	
		4 x 100m Relay	47.10s	SILVER	
		Swedish Medly Relay	2:12.86s	SILVER	

Australian Schools Knockout – Adelaide - 11th December

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Donovan Bradshaw	Junior	100m	11.40s	2nd	
		4 x 200m Relay	1:42.92s	9th	
		Long Jump	5.72m	4th	
Morgan Little	Intermediate	Javelin	35.97m	7th	
		100m	12.07s	18th	
		200m	23.86s	14th	
Jonathon Reid	Junior	100m Hurdles	15.20s	5th	
		4 x 200m Relay	1:42.92s	9th	
		100m	12.98s	27th	
Georgia Duncan	Intermediate	90m Hurdles	13.47s	10th	SB
		Shot 3kg	12.09m	5th	
		Swedish Relay	2:17.78s	1st	
Emilia Duncan	Junior	Shot	9.82m	7th	PB
		90m Hurdles	13.69s	1st	PB

ATHLETE	AGE	EVENT	RESULT	PLACE	Details
Imogen Breslin	Senior	Long Jump	4.99m	6th	
		100m Hurdles	14.00s	1st	PB
Campbell Johnson	Intermediate	High Jump	1.75m	4th	

Treloar Shield Round 6 – SOPAC - 16th December

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Nick Dang		110m Hurdles (91.4)	15.00s		
		100m	11.52s		
Nicholas Thomson		110m Hurdles (99.1)	15.22s		
		100m	11.37s		SB
Brianna Worsfold		200m	26.77s		
		400m	59.59s		
		Shot 3kg	12.21m		
Francesca Sugiaman		100m	13.78s		
		200m	28.73s		
		400m	68.53s		
Jacob McCorry		100m	11.18s		PB
		110m Hurdles (106.7)	14.82s		
Isabella Rudolph		High Jump	1.65m		
Tahn Henly		110m Hurdles (91.4)	17.20s		
		100m	12.53s		
Jonathon Reid		100m Hurdles (84)	15.06s		PB
		Long Jump	5.68m		
Georgia Duncan		Shot 3kg	12.06m		
		100m	13.37s		
		200m	26.83s		
Lara Stevens		100m	15.02s		
		90m Hurdles (76.2)	15.31s		PB
Victoria Cullen		200m	31.29s		PB
		400m	71.90s		PB
		Shot 3kg	8.31m		PB
		Discus	27.84m		
		Hammer 3kg	27.14m		
Robbie Cullen		High Jump	1.65m		PB, CB
		Javelin 600g	29.13m		PB, CB
		Shot 3kg	10.79m		PB
		Discus	32.75m		PB
		Hammer 3kg	30.45m		
Hugh Hunt		800m	2:02.87s		PB
Matt Joyce		800m	2:03.24s		SB
Declan Pluim		High Jump	1.95m		
Emilia Duncan		90m Hurdles (76.2)	13.97s		PB

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Ryan Jones		200m	25.59s		
		400m	57.59s		
		Triple Jump	10.47m		
		Long Jump	4.96m		
		Javelin 700g	34.42m		
Robert Clark		Long Jump	3.53m		
		Javelin 700g	27.36m		
		Shot 6kg	8.93m		
		Discus 1.5kg	28.24m		
		Hammer 6kg	36.25m		
Rachel Pace		100m Hurdles (84)	15.26s		
William Austin		200m	29.61s		
		400m	69.20s		
		High Jump	1.45m		
Sally Stagles		80m Hurdles (76.2)	13.14s		PB
		100m	15.02s		
Evan Clothier		100m	11.03s		
		200m	22.13s		
Kailyn Joseph		100m	16.99s		
		Long Jump	3.89m		
Henry Jones		200m	25.26s		
		400m	52.19s		
		800m	2:08.16s		
		Long Jump	5.66m		
Karina Takchi		100m	13.03s		
Eleanor Lamperts		200m	26.53s		
Jordan Barnes		200m	22.47s		
Jill Taylor		Discus 1kg	23.20m		
		Shot 3kg	7.87m		
		Hammer 3kg	29.04m		
Joshua Coppolelli		Long Jump	5.72m		
Lauren Clark		Hammer 4kg	41.29m		
Samantha Dale		Long Jump	5.55m		
		Triple Jump	11.78m		PB

Campbelltown All-Comers - 9th December

	AGE	EVENT	RESULT	PLACE	Detail
Ben Graham	15	3000m	10:07.19s	6th	
Robert Clark	56	200m	34.89s	30th	
		Long Jump	3.55m	5th	
		Hammer 6kg	37.37m	2nd	
		Shot 6kg	9.20m	2nd	