

CHERRYBROOK ATHLETICS NOTICES FOR FRIDAY 12th MARCH

THIS WEEK WE WILL BE RUNNING A MODIFIED PROGRAM THREE, WITH NOVELTY EVENTS REPLACING ONE EVENT, MORE DETAILS BELOW

THIS WEEKS COMPETITION

This week will be our last competition night for the season. All Athletes who wish to attempt a record or attempt a result to achieve a coloured patch will have the opportunity to do so even if it is not on their program.

- Athletes wishing to compete in non programmed events must notify their age managers at which event they will be at and are asked to attempt that event at the start of the program.
- Athletes wishing to compete in field events should ensure they have a parent with them to assist in the event and should ensure there is an official present if attempting a record.
- Athletes wishing to compete in High Jump this will be conducted as an all age event U8 – Seniors and will commence at 7.00pm, athletes should all register at 7.00pm and then jump in when the height reaches an appropriate height for their ability.
- There will be no 200m Hurdles, 3000m or Javelin events on offer this Friday
- Announcements on Friday night will direct athletes what to do if doing an extra event.

Novelty events will replace the following programmed events

Age Group	Event Replaced	Additional Information
Under 6	Discus	The 70m should be run after the 300m and before going to novelty events
Under 7	Shot Put	An open 800m race will be run on the outer track before your 500m please be patient
Under 8	Shot Put	
Under 9	High Jump	There will be an open 400m on the inner track prior to the running of your first event, please be patient there will be a short delay
Under 10	High Jump	
Under 11	Shot Put	
Under 12	Shot	An open 100m race will be run on the Sprints track before your 100m please be patient
Under 13/14	Discus	
Under 15 + Seniors	High Jump + Discus	All Seniors are welcome to Help at the Novelty events whenever they would like

All Athletes should visit the canteen before going home to receive a complimentary end of season treat.

AGM CHANGE OF DATE

Our AGM and annual presentation was originally set down for May 1st however this date will need to be rescheduled and a new date will be advised shortly.

GOOD LUCK

Goodluck to all our Senior Athletes who will be competing at the National Youth and Junior Championships from Thursday 11th – Sunday 14th March at SOPAC

CONGRATULATIONS

Congratulations to **Beau Ingram** and **Rachel Ingram** who both competed at the Kurrarajon-Bilpin LAC Gala Day on Sunday 28th Feb. Beau came 3rd overall in U11 Boys and Rachel 4th in U9 Girls.

COLOURED PATCHES

Congratulations to the following athletes who have achieved the following coloured patches. Any athlete who puts in for coloured patches this week may either pick them up from Nicky Jenneke if they see her at the Oval on a Monday or Wednesday training night in April, or may collect them at our presentation in May.

Yellow = Y – Green = G – Red = R and Blue = B

Under 7 Girls – **Elise Ludlow** (Y,G)

Under 7 Boys – **Gareth Loh** (Y,G,R), **Oliver Robinson** (R)

Under 8 Girls – **Celeste Edmunds** (Y,G,R), **Faith Devitt** (Y,R,G), **Olivia Kerr** (Y,G,R), **Jasmine Lewis** (Y,G,R), **Amy Migallo** (Y,G,R), **Isabella Rudolph** (Y,G,R), **Justine Wallis** (Y,G,R)

Under 8 Boys – **Nicholas Thomson** (Y,G,R,B)

Under 9 Girls – **Ellie Cooper** (Y,G,R,B), **Gabrielle Damm** (B), **Rachel Ingram** (Y,G,R)

Under 9 Boys – **Josh Green** (Y,G,R,B + GOLD, please see special mention below), **Henry Migallo** (Y,G,R), **Nathan Takchi** (Y,G,R)

Under 10 Girls – **Lauren Clark** (Y), **Katie Devitt** (Y,G,R), **Jemma Lewis** (Y,G,R), **Kristina Moore** (Y,G), **Capri Vidler** (Y,G)

Under 10 Boys – **Luke Beardall** (Y,G,R), **Lachlan Cann** (Y,G), **Kyle Ekstrom** (GOLD, please see special mention below), **Rhys Ammon Mackey** (Y,G)

Under 11 Boys – **Cameron Hall** (Y,G), **Beau Ingram** (Y,G,R)

Under 12 Boys – **Alex Nguyen Ha** (Y,G,R,B + GOLD, please see special mention below)

GOLD PATCH RECIPIENTS – We have three athletes this week which we would like to profile and recognise for their outstanding season results and for having achieved their GOLD PATCH. These athletes will be presented with their Gold Patch at our Annual Presentation.

Josh Green (U9B), **Kyle Ekstrom** (U10B) and **Alex Nguyen Ha** (U12B) are all to be congratulated on outstanding all round performances which have earned them their coloured Patches. These athletes will receive their Gold Patches on Presentation night.

Josh Green – What an amazing young athlete and it comes as no surprise to those who have watched him compete this season that he has achieved his Gold Patch. Josh is a strong athlete in both track and field events, it is this great all round ability which saw him convincingly achieve the silver medal at the recent State Multi event. Josh has had a great first season with Cherrybrook and has achieved a couple of centre records in the 400m, high jump and Shot put which is a great demonstration of his all round ability, Josh will also be representing the club at State in the 400m, 800m and High Jump. Well Done Josh

Kyle Ekstrom – This is Kyle's second consecutive year achieving his Gold Patch and he continues to develop as a strong all rounder. Kyle loves competing and achieving Pb's and is a regular on the Gala day circuit. So far this season Kyle has broken club records in the Discus and Hurdles, represented the club at Regional in Shot Put, Discus and Hurdles and will be competing at State in Shot put. Kyle recently placed 5th at the State Multi which is a

great achievement and testament to his strong all round track and field abilities. Well Done Kyle

Alex Nguyen Ha – affectionately known as the Pocket Rocket, Alex is a very dynamic athlete and his main strengths are in the Sprints and horizontal Jumps, This season Alex has competed at the schools Nationals, and was a multi medallist in Trans Tasman. He will be representing the club at State in the Long Jump and Triple Jump and will set the track alight as last runner in the junior boys relay. This is Alex's second year achieving his Gold patch and he continues to develop as an athlete having once again broken club records in the 100m and Triple Jump Alex should be commended on both his gifted athletic ability and his great team spirit. Well Done Alex

STATE MULTI RESULTS

We had a record number of Cherrybrook Athletes attend this years State Multi Event in Nowra on the weekend. Thirteen Cherrybrook Athletes competed in six individual events over two days in some rather hot conditions. There were some fantastic individual performances and plenty of PB's. **Matthew Eaton, Kyle Ekstrom** and **Brook Jenkins** all came 5th in their age groups and a very special mention to **Josh Green** who convincingly took out the Silver Medal in the Under 9 Boys. Full details below

Athletes Name	Age	Place	Athletes Name	Age	Place
Jordan Oberg	U7G	11 th	Tiarne Ekstrom	U8G	20 th
Daniel Martinez	U8B	28 th	Josh Green	U9B	2 nd
Claudia Jenkins	U9G	21 st	Claire Eaton	U9G	27 th
Olivia Jenkins	U9G	22 nd	Anamaria Martinez	U10G	44 th
Kyle Ekstrom	U10B	5 th	Matthew Eaton	U11B	5 th
Courtney Cattell	U11G	13 th	Brook Jenkins	U11G	5 th
Catalina Martinez	U11G	48 th	Clayton Anstee	U12B	16 th

REGIONAL

Wow what an amazing Regional Championships Cherrybrook had this year. The Championships was a great success for Cherrybrook and it's athletes, with a huge percentage of athletes achieving PB's, both Regional and State records broken by our athletes (more details once verified) and an amazing 49 Cherrybrook Athletes having qualified for State in 88 events including all four relay teams. The Camaraderie and team spirit within the Cherrybrook camp was fantastic and all athletes are to be congratulated for giving 100% both in competition and for the support of their team and fellow athletes. A reminder that all regional athletes are encouraged to wear their regional representative shirts this Friday night and we hope to take a group photo of all our regional reps in their shirts at the start of the evening.

Cherrybrook Regional Results are now available on the clubs website, full carnival results are available on the LA's Association website.

STATE

A list of State qualifiers is now available on the Clubs website

A list of frequently asked State related questions and The State Program with approx times is now available on the LA's association website www.littleathletics.com.au under competition. All Athletes will be contacted by the club early next week confirming their State events and parent duty.

Athletes in the Under 13 Age group going to State are eligible to be selected for Nationals this year. Please read the National selection details available on the association website. Athletes in this age group will be contacted early next week with further details.

SYDNEY TRACK CLASSIC

Congratulations to our 5 Cherrybrook Senior Athletes who competed at the Sydney Track classic on the 27th February at Sydney Olympic Park Athletics Centre, there results follow

Courtney Cross	Womens Long Jump	5 th	5.70m
Tim Foster	Mens 100m AWD	7 th	12.05
Shelly Jenneke	Womens 100m Hurdles	3rd	14.14
Amy Pejkoivic	Womens High Jump	7 th	1.74
Jenny Blundell	Womens 1500m	Pace maker	

NATIONAL YOUTH AND JUNIOR CHAMPIONSHIPS

Cherrybrook has 32 athletes competing in these national being held from Thursday 11th – Sunday 14th March at SOPAC.

Athletes are reminded that they must sign in on each day they compete at least two hours in advance of their first event.

Please check the program the night before competition for changes

Please check the NSW Athletics site for this event for updated notices

Please ensure you have read all the notices relating to this event.

U23 and MASTERS NSW CHAMPIONSHIPS

Congratulation to **Matthew Joyce** who competed in the U23 NSW Championships and to **Glynis Marks, Sally Stagles** (first time competing for the club), **Jill Taylor** and **Margaret Walker** who competed at the Masters NSW Championships last weekend in Campbelltown. Here are their results

Matthew Joyce	M U23	800m	2.03.82				
Glynis Marks	W45-49	Javelin	29.71	SILVER			
Sally Stagles	W45-49	80M HurdleS	13.80	GOLD	100M	15.16	6 TH
Jill Taylor	W50-54	Hammer	34.53m	GOLD	Discus	22.85m	SILVER
		Weight	10.03m	SILVER	Shot P	9.27m	SILVER
		Javelin	19.11m	SILVER			
Margaret Walker	W50-54	80m Hurdle	15.91	GOLD	2000M Steeple	12.04.70	SILVER
		100M	14.90	2 ND	Shot Put	8.54m	BRONZE

LA'S STATE CROSS COUNTRY

The NSW Little Athletics Cross Country will take place on the 4th July in Tuncurry. Entry is available online through www.littleathletics.com.au and entries will close on June 23rd at 5.00pm

Entry is available to all LA's registered Athletes from U7 – U17's

More details soon

SENIORS WINTER CROSS COUNTRY

Athletes registered with Little Athletics or our Seniors club can take part in the West Met Cross Country season. The West Met Cross Country is held most Saturdays throughout the winter at various locations.

The season will kick off on Saturday 27th March at Habberfield. The following runs will be contested 2km at 2pm, 4km at approx 2.20pm and 8km at approx 3pm
More details to come next week