

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

28th October 2020

WELCOME BACK

WELCOME BACK everyone for the new athletics season. Hopefully we will see a less disrupted program in 2020/2021 and more amazing performances from everyone at the Club.

CONGRATULATIONS

CONGRATULATIONS to the 10 **Cherrybrook Athletes** who competed at the **Blacktown Interclub (Treloar Shield 1)** last weekend in difficult conditions.

CONGRATULATIONS to the 12 **Cherrybrook Athletes** who competed at the **Nepean Interclub** the previous weekend. **Special Congratulations** to **Robbie Cullen** (400m Hurdles), **Sarah-anne Koot** (200m Hurdles) and **Jill Taylor** (4kg Hammer) on setting new Cherrybrook Bests.

CONGRATULATIONS to **Jill Taylor** and **Robert Clark** on their performances at the **Australian Masters Winter Throws Championships** over the long weekend in October. Jill had an immense competition setting 1 Australian record, 5 state records, 4 meet records, 3 Cherrybrook bests and being named female athlete of the meet.

CONGRATULATIONS to **Daniel de Sacadura** who, at **NSW Throwers Club** earlier this month on his Cherrybrook debut, smashed the U16 Hammer Cherrybrook record (by over 12m) as well as breaking the Discus Cherrybrook record. Welcome, well done and it's great to have you on board!

CONGRATULATIONS to the six athletes who competed either at the **NSW Cross Country Championships** in October and/or **NSW Cross Country Short Course Championships** in July.

2020 Club Championship

The **2020 NSW Club Championships** will be held on **Saturday 7th November** at **Sydney Olympic Park Athletics Centre**.

There will be 3 divisions (U/18, Opens and Masters) and comprising the following events 100m, 400m, 1500m, Long Jump, Shot Put and 4x100m Relay.

Each team will be made up of between 4-6 athletes with a maximum of 2 individual events permitted per athlete.

Please see the attached link for further information including the timetable and rules:
<https://www.nswathletics.org.au/events/79956/&cat=2643-2644-2697-2698-3489&f=list>

If you wish to be part of the team please nominate through this link: <https://www.surveymonkey.com/r/MZKGRX9>

Nominations will close on 28/10/2020.

Treloar Shield

The Athletics NSW Treloar Shield is a club-based competition where athletes score points for their club. The emphasis is on participation and enjoyment, aiming to attract athletes of all abilities (including para athletes) and standards to compete in an organised track and field competition.

During the 2020/21 season, there will be 5 Treloar Shield rounds which comprise a limited number of specific events from the Interclub program.

Treloar 1 occurred last weekend at Bankstown.

Three separate point scores will be in operation; Junior, Masters and Open. There is no overall winner but rather a junior recipient, an open recipient and a master's recipient. The open category is for athletes competing in Open Competition aged 20-29.

The junior category is for athletes competing in the Under 20, Under 18, Under 16 and Under 14 age groups.

The master's category will be for athletes competing in the 30-39, 40-49, 50-59 and 60+ age groups. Athletes will compete in their natural age group and gender. There will be no age/gender changes allowed.

Cherrybrook athletes are encouraged to get out there, compete and have lots of fun at the remaining Treloar Shield events:

31 October, 2020 Sutherland Interclub, Sylvania Waters Athletics Track (100m, 5000m, Walk, Shot Put, Long Jump)

14 November, 2020 IBS Interclub, Kerryn McCann Athletics Track (200m, 1500m, Javelin, Triple Jump)

21 November, 2020 Sydney Uni Interclub, Sydney Olympic Park Athletic Centre (100m, 400m, Long Hurdles, Discus, Long Jump)

12 December, 2020 Campbelltown Athletic Centre (Sprint Hurdles, 200m, 1500m, Hammer Throw, High Jump)

NSW MASTERS MEMBERSHIP DISCOUNT

Cherrybrook Masters Athletes (athletes aged 30 or over) are advised that **NSW Masters Athletics** has a **25% discount offer** in place for NSWMA memberships (new or renewals) completed before the **end of October**.

NSW ATHLETICS CALENDAR

The NSW athletics calendar up to the end of the year has been released and is available on:

<https://www.nswathletics.org.au/events/list/&cat=2643-2644-2697-2698-3489>

NSW ALL SCHOOLS

NSW All Schools Championships will now be held on **3rd - 6th December**.

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 2019-2020 Red Book and on the Club website under Centre Records located at <https://www.cherrybrookathletics.org.au/index.php/seniors-results-records/>

There is also a file showing Masters Bests in 10 year age groups under the same link.

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.

As this season is structured differently from previous years (with a much greater focus on interclub events by ANSW rather than lots of ANSW run events) if you compete at other meets please send your results, along with proof of performance to Robert Clark at robclark307@gmail.com .

Blacktown Interclub (Treloar Shield 1), 24th October 2020

ATHLETE	AGE	EVENT	RESULT	DETAIL
Ryan Frykberg	15	800m	2:15.13s	
		1500m	4:25.69s	PB
Robbie Cullen	16	800m	2:26.45s	PB
		Triple Jump	11.74m	PB
		Javelin 700g	42.52m	
Louise Lovell	13	Triple Jump	8.86m	PB
		Javelin 400g	22.29m	PB
Matt Joyce	31	800m	2:06.95s	
Sarah Lovell	13	Triple Jump	10.00m	PB
		Javelin 400g	25.07m	PB
Joel Moresi	11	800m	2:19.38s	PB
Jen Bishop	50	Javelin 600g	19.88m	
Xavier Hennessey	13	Triple Jump	10.49m	PB
Ryan Jones	19	Triple Jump	13.32m	PB
Anna Kely	16	Javelin 500g	37.28m	PB

Nepean Interclub, Bankstown 17th October 2020

ATHLETE	AGE	EVENT	RESULT	DETAIL
Tara Webb	14	Long Jump	5.13m	PB
		100m	13.35s	
Robbie Cullen	16	Long Jump	5.85m	PB
		400m Hurdles	58.86s	PB CB
		200m	24.59s	PB
Louise Lovell	13	Long Jump	4.19m	PB
		200m Hurdles	41.28s	PB
Sarah Lovell	13	Long Jump	4.00m	PB
		200m Hurdles	34.21s	PB
Xavier Hennessey	13	100m	13.21s	PB
		200m	28.53s	PB
		Long Jump	4.70m	PB

Nepean Interclub, Bankstown 17th October 2020 continued

ATHLETE	AGE	EVENT	RESULT	DETAIL
Jen Bishop	50	100m	14.31s	
		200m Hurdles	38.75s	
		Long Jump	4.33m	
		Hammer 4kg	27.30m	
Sarah-anne Koot	13	100m	14.18s	PB
		200m Hurdles	30.90s	PB CB
Ryan Jones	19	Long Jump	5.97m	
		200m	25.01s	
Kim NeuenkirchenF34	53	100m	24.42s	PB
Jill Taylor	65	Long Jump	3.02m	
		Hammer 4kg	28.87m	PB CB
Samantha Dale	19	Long Jump	5.77m	
		100m	12.42s	
Jonathan Reid	17	Triple Jump	11.83m	

Australian Masters Winter Throws Championships, Gwynneville 3rd – 5th October 2020

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Jill Taylor	65-69	Hammer 3kg	31.10m	1st	
		Shot Put 3kg	8.04m	1st	
		Discus 1kg	22.70m	1st	
		Weight 5.45kg	13.74m	1st	MR SR
		Javelin 500g	13.52m	<i>n/a</i>	
		Throws Pentathlon	3770pts	1st	PB CB
		Weight for Distance (4kg)	18.49m	1st	PB MR
		56lb (25.4kg) Weight	2.86m	1st	SR
		100lb (45.3kg) Weight	1.63m	1st	MR SR AR
		<i>Weight 3kg</i>	<i>17.68m</i>	<i>n/a</i>	PB CB
		<i>Weight 4kg</i>	<i>15.56m</i>	<i>n/a</i>	
		<i>Weight 16lb (7.26kg)</i>	<i>10.80m</i>	<i>n/a</i>	
		<i>Weight 20lb (9.08kg)</i>	<i>8.52m</i>	<i>n/a</i>	MR SR
		Heavy Weight Pentathlon	4640pts	1st	PB CB SR
Robert Clark	55-59	Hammer 6kg	36.26m	1st	
		Shot Put 6kg	9.00m	1st	
		Discus 1.5kg	31.77m	1st	
		<i>Javelin 700g</i>	<i>27.74m</i>	1st	
		Weight 11.34kg	14.59m	1st	
		Throws Pentathlon	2993pts	1st	PB CB
		Weight for Distance (20lb)	14.02m	1st	PB
		56lb (25.4kg) Weight	5.58m	1st	
		100lb (45.3kg) Weight	2.92m	1st	
		<i>Weight 16lb (7.26kg)</i>	<i>17.64m</i>	<i>n/a</i>	
		<i>Weight 20lb (9.08kg)</i>	<i>16.21m</i>	<i>n/a</i>	
		<i>Weight 35lb (15.88kg)</i>	<i>10.85m</i>	<i>n/a</i>	
		<i>Weight 45lb (20kg)</i>	<i>8.40m</i>	<i>n/a</i>	
		Outdoor Pentathlon	3714pts	1st	

NSW Throwers Club Greystanes**11th October 2020**

ATHLETE	AGE	EVENT	RESULT	DETAIL
Daniel de Sacadura	u16	Hammer 4kg	45.69m	PB CB
		Discus 1kg	58.74m	PB CB
		Shot Put 4kg	12.05m	PB
Robert Clark	55-59	Hammer 6kg	31.30m	
		Discus 1.5kg	31.32m	
		Shot Put 6kg	8.21m	
Jill Taylor	65-69	Hammer 3kg	37.08m	
		Discus 1kg	21.92m	
		Shot Put 3kg	8.77m	

27th September 2020

ATHLETE	AGE	EVENT	RESULT	DETAIL
Robert Clark	55-59	Hammer 6kg	31.23m	
		Discus 1.5kg	33.14m	
		Shot Put 6kg	8.94m	
Jill Taylor	65-69	Hammer 3kg	32.11m	
		Discus 1kg	22.36m	
		Shot Put 3kg	8.84m	

30th August 2020

ATHLETE	AGE	EVENT	RESULT	DETAIL
Jill Taylor	65-69	Hammer 3kg	34.29m	
		Discus 1kg	23.74m	
		Shot Put 3kg	8.80m	

NSW Cross Country Championships Dapto Integral Energy Park 10th – 11th October 2020

ATHLETE	AGE	EVENT	RESULT	PLACE
Amy Timms	U13	3km	13:22	19th
Sierra Timms	U15	4km	16:32	14th

NSW Cross Country Short Course Championships Dapto Integral Energy Park 19 July 2020

ATHLETE	AGE	EVENT	RESULT	PLACE
Harley Grace	U13	2km	8:14	21st
Teddy Hampton	U13	2km	9:31	22nd
Amy Timms	U13	2km	7:59	20th
Rane Sharma	U14	2km	7:31	17th
Zara Munroe	U18	3km	12:44	13th