



Cherrybrook Little Athletics

Thursday March 4 2021

This Friday, March 5th, is our RIBBON NIGHT CLUB CHAMPIONSHIP. The program will be based on Program 2 with some small changes, and will be available to view on the Club's Facebook page and [website](#).

- At 5.25pm, an 800m will be on offer to interested U9-U11 Athletes
- Time permitting, at 5.40pm a 700m will be on offer to interested U8 Athletes
- Entry to the Oval will be from 5.15pm at the main gate and 5.30pm from the lower car park entry

EARLY INVITATIONAL EVENTS

- U9-U11 Athletes are invited to compete in an 800m race at 5.25pm, with interested Athletes to marshal on the outside of the track adjacent to the 800m start line no later than 5.20pm.
- Time permitting, U8 Athletes are invited to compete in a 700m race at 5.40pm – but please note, this may unfortunately need to be scratched if the previous race runs over schedule. Interested U8s should assemble on the outside of the track adjacent to the 700m start line no later than 5.35pm.
- These invitational events will not accrue competition points but placegetters will be awarded Ribbons.
- Parents of Athletes competing in these early events are required to assist either with their running, or with oval set up.

PARENT DUTIES

- **All U6 parents are asked to arrive as early as possible to assist with oval set-up**
- People on Program 2 canteen and BBQ duty are asked to please confirm their availability with Sandra Moore
- Parents rostered on other Program 2 duties are asked to please ensure they are available to attend their duty as scheduled. Anyone usually rostered on Program 2 who is not available is kindly asked to organise a swap with another parent, or please contact Amanda Kely on 0490 735 242 ASAP

CANTEEN

The canteen and BBQ need a little extra help this week. If you do not have a rostered duty this week could you please offer your assistance to Life Member Sandra Moore in the canteen at the start of the evening.

And a general reminder:

- **All attendees must register via QR code on arrival**
- **All Athletes must be checked in with their Age Manager**
- **For safety, we ask that any parents not actively assisting please spectate from behind the fence or on the hill.**

CLUB RIBBON NIGHT THIS FRIDAY

Unfortunately, many of our Athletes missed the opportunity to compete at our annual Zone Carnival last year so this Friday night we will be running a competition-styled night when ribbons will be awarded to athletes who place in their events. Ribbons will be handed out after each event, so please ensure Athletes have a bag to put ribbons in between events.

Middle distance races have been added to the program to cater for our distance runners, as follows:

- U6 – 300m run (1st event)
- U7 – 500m run (3rd event)
- U8 – 700m run **at 5:40pm** (please make sure athletes are warmed up before racing)

- U9, U10 and U11 – 800m run at **5:25pm** (please make sure athletes are warmed up before racing)
- U12-U17 will have the option to do either a 1500m walk or a 1500m run (6th event)

The rest of the program is based on Program 2, and the full Program can be viewed on the Club's Facebook page and [website](#). If you have any questions please contact Justine Wallis on 0439515315.

We encourage Age Managers to take photos of all placegetters with their ribbons and send them to Nicky Jenneke at Nickyjenneke21@gmail.com or save them on a labelled memory stick and place in the photo box in the canteen.

MULTI NIGHT WINNERS

Congratulations to all our athletes who took part in last week's Multi Night, when 259 PBs were recorded. Well done to the top three performers from each age group below. Full results will be available on the [Club website](#) by early next week.

AGE	FIRST	SECOND	THIRD
U6G	Emily Wigham (3310)	Ana Jutrisa (2893)	Alex Cameron (2488)
U6B	Kasra Malek (2896)	Avik Narang (2767)	Atharva Satheesh (2641)
U7G	Jude Alkhateeb (2945)	Chloe Manuel (2640)	Ruby Haskins (2582)
U7B	Charles Box (3189)	Jackson Doherty (2631)	Zachary Mathews (2629)
U8G	Charli Solomon (3010)	Isla Passaro (2936)	Lucia Assaf (2793)
U8B	Hugh Giffin (2861)	Finn Leivesley (2792)	Tyler O'Connell (2714)
U9G	Madison Tabrett (3111)	Abigail Wigham (2751)	Christina Krivozhnya (2537)
U9B	Xavier Thomas (3028)	Oliver Penn (2880)	Oliver Cox (2481)
U10G	Pippa Burke (3068)	Gemma Dixon (2886)	Annalise Olsen (2682)
U10B	Rohan Sharma (3399)	Zion Svensson (3088)	Charithu De mel (2766)
U11G	Claudia Wyatt (3184)	Nisini Rajapaksha Mudiyansele (2820)	Laila Burkhardt (2672)
U11B	Harry Wigham (3262)	Joseph Saba (2811)	Jacob Yan (2641)
U12G	Ruby Semaganda (2929)	Sabella Storey (2555)	Layla Tawbe (1966)
U12B	Brendan Armstrong (3022)	Owen Dixon (2937)	Luke Hobbs 92412)
U13G	Amy Timms (2674)	Leela Ingram (2560)	Caitlin Shannon (2403)
U13B	Harley Grace (2968)	Zenith Duggal (2712)	Rashaan Katapodi K (2557)
U14G	Isabella Fisher (3673)	Madison Mitchell (3661)	Rani Sharma (3655)
U14B	Akith Ekanayake (3193)	Idris Burkhardt (1952)	Bronsen Brown (951)
U15G	Tara Webb (2945)	Laressa Bhatia (1431)	Gamu Sisamala (1325)
U15B	James Hanlon (2870)	Thomas Shannon (2290)	William Austin (1896)
U17G	Anna Kely (739)		
U17B	Ajaiy Mohanraja (2164)	Jack Hayes (1431)	

Special mention to Olivia Moresi in the U14 girls who came 4th with a great score of 3544 points, which would have won any other age group.

GOOD LUCK

Good Luck to our athletes who will compete at the LANSW Combined Event this weekend in Wollongong, and to our dual Athletes competing at the NSW Open State Championships at SOPAC this Friday to Sunday.

CONGRATULATIONS!

Congratulations to **Lachlan Dewar** who achieved his first National Qualifier and a Silver medal in the 400m Hurdles at the ACT Championships.

Congratulations also to **Marco Boccaletti, Daniel De Sacadura, Xavier Hennessey, Anna Kely** and **Sarah-anne Koot** who all medalled at the ACT championships (full results below).

YOUTH STATE SELECTIONS

Congratulations to our U13-U17 Athletes who have been selected to compete at the Youth State Championships: **Will Austin** (U15B), **Joseph Ayoade** (U17B), **Justin Billingsley** (U13B), **Marco Boccaletti** (U14B), **Bronsen Brown** (U14B), **Idris Burkhardt** (U14B), **Viktorija Calusic** (U15G), **Fergus Cheng** (U13B), **Isaac Cheng** (U17B), **Jessica Coppolelli** (U15B), **Robbie Cullen** (U17B), **Daniel De Sacadura** (U17B), **Corey Dewar** (U17B), **Lachlan Dewar** (U17B), **Zenith Duggal** (U13B), **Akith Ekanayake** (U14B), **Isabella Fisher** (U14G), **Ryan Fryberg** (U17B), **Caitlin Gurney** (U14B), **Teddy Hampton** (U13B), **James Hanlon** (U17B), **Xavier Hennessey** (U14B), **Anna Kely** (U17G), **Sarah-anne Koot** (U14G), **Lachlan Lee** (U15B), **Nicole McCrostie** (U15G), **Madison Mitchell** (U14G), **Tayla Moore** (U13G), **Olivia Moresi** (U14G), **Abigail Omage** (U17G), **Jethro Penn** (U13B), **Gurteer Rai** (U13B), **Caitlin Russell** (U13G), **Thomas Shannon** (U15B), **Rani Sharma** (U14G), **Amy Timms** (U13G), **Tara Webb** (U15G), **Carl Wiberg** (U13B), **Claudia Wilson** (U15G)

In total Cherrybrook has 39 Athletes selected across 80 individual events for the U13-U17 Youth State Championships on March 27-28. See the full list at:

lansw.com.au/wp-content/uploads/sites/3/2021/02/Entry-List-Littles-State-202146974.pdf

Any Athletes with enquiries about the Youth State Championship should contact Andrew Fisher on 0438515962.

CLUB BESTS

Congratulations to the following Athletes who achieved Club Bests on 19th February:

Olivia Moresi (U14G) – High Jump 1.65

Xavier Hennessey (U14B) – 200m Hurdles 28.06

William Austin (U15B) – 300m Hurdles 44.95

COLOUR PATCHES

The Club is aware some Coloured Patches sheets have gone missing. Any Athlete who submitted their sheets before 5th February and have not received their Coloured Patches via their Age Managers should please contact Nicky Jenneke. The following Athletes receive their Coloured Patches this week:

Yellow – Claudia Barraccu (U7G), Holly Brown (U7G), Lillian Jennings (U7G), Armaan Duggal (U8B), Lachlan Gregson (U8B), Indiana Gillies (U8G), Gwenevieve Darby (U8G), Sarah Lettice (U8G), Olivia Lalor (U8G), Emily Mance (U8G), Dylan Gregson (U11B), Ryan Redhead (U12B)

Green – Claudia Barraccu (U7G), Holly Brown (U7G), Lillian Jennings (U7G), Sarah Lettice (U8G), Olivia Lalor (U8G), Emily Mance (U8G), Amelia Thomas (U10G), Sophie Thomas (U11G), Ryan Redhead (U12B)

Red – Holly Brown (U7G), Charlotte Solomon (U8G), Pippa Burke (U10G), Isaac Palmer (U11B), Ryan Redhead (U12B)

COLOURED PATCH AGE GROUP COMPETITION

There are just two weeks left in the Coloured Patch competition between the age groups. The winning age groups will be those with the highest percentage of their age group to submit their Coloured Patch recording sheets. These must be submitted by the individual Athletes, not the Age Manager. All Coloured Patch sheets submitted from the start of the season until 12th March will be counted in this competition.

Fill out your [coloured patch recording sheet](#) and place in the Coloured Patch tray on the duty desk on Friday nights. All Athletes who submit Coloured Patch recording sheets receive a voucher from our sponsor **Cherrybrook Bakers Delight** to receive a free item with any item purchased. If any Athlete has not achieved their Yellow Patch by 12th March, they can enter an incomplete sheet to be counted in the competition and be acknowledged for their efforts this season.

RECORDS/CLUB BESTS

A reminder that all track and field Club Bests must be signed off at the event by an official who has judged and witnessed the performance. Please ensure an official is in attendance at all events where records are likely to be broken (Age Managers are not officials). Athletes in track events cannot choose to run with older athletes or athletes of another gender to push them to achieve Club Bests, however Club Bests achieved when it is the decision of the starter or official to race combined ages or genders are allowable.

COVID-19

The Club's most current COVID policy is displayed on the noticeboard each Friday night as well as being available on the home page of our website.

REGION 5 SQM PHOTOS

Any parent on photo duty at the Region 5 SQM, or those who took their own photos, could you please save any photos on a memory stick labelled with your name and place it in the photo collection box in the canteen before 19th March.

LOST PROPERTY

A reminder that lost property is only available through the canteen, and is only kept for 1 month and then disposed of. Zion Svesson, your Region Shirt is in lost property for collection.

An Athlete has lost a size 10 or 12 Region shirt – if someone has picked it up accidentally could you please hand it in to a committee member

PARENTS WHO WERE ONCE LITTLE ATHLETES

In celebrating NSW Little Athletics 50th Anniversary, we are looking for parents or grandparents who were once part of Little Athletics. We would love photos and memories from anyone involved in Little Athletics in the past, either representing the Club at Pennant Hills or in a different district. Please send photos and a small story about your experience to Nickyjenneke219@gmail.com with the subject 50th memories.

On Friday March 26th we will be having a fun night to celebrate the 50th Anniversary of Little Athletics. We are looking for ideas from our Athletes for a creative and fun way to celebrate this occasion. The winning idea will win a small prize and all Athletes whose ideas are used will receive a Zooper Dooper.

Send all ideas to Nickyjenneke219@gmail.com with the subject 50th

DUAL ATHLETE RESULTS FROM SENIOR COMPETITION

ACT JUNIOR CHAMPIONSHIPS – 26TH-28TH February

Sarah-anne Koot U15G – 100m BRONZE (13.37 PB), 90m Hurdles GOLD (14.47 NQ), 200m Hurdles GOLD (30.40 NQ), Long Jump GOLD (4.56m).

Marco Boccaletti U15B – 100m 12th (13.71), 200m Hurdles BRONZE (31.57), Javelin BRONZE (21.90m), Long Jump 7th (4.79m PB), High Jump 4th (1.45m)

Xavier Hennessey U15B – 100m 4th (12.41 PB), 200m Hurdles GOLD (29.48 NQ), Long Jump SILVER (5.24m PB), Triple Jump GOLD (11.48m PB), Discus 4th (18.79m), Javelin GOLD (27.93m)

Daniel De Sacadura U17B – 5kg Shot Put BRONZE (12.86m), 1.5kg Discus GOLD (49.65m NQ), 700g Javelin SILVER (44.90m), 5kg Hammer 4th (43.62m NQ)

Anna Kely U18G – 3kg Shot Put BRONZE (11.75m)

UPCOMING SENIOR EVENTS FOR DUALS

Dual Athletes can view Senior National Qualifiers at cdn.revolutionise.com.au/cups/aa/files/tmcme3utvvqj2dug.pdf

For all upcoming Senior Competitions please visit <https://www.nswathletics.org.au/events-home/>

UPCOMING DATES

March 5	Club Ribbon Night	Greenway Oval, Cherrybrook
March 6-7	LA's State Combined Event	Wollongong
March 5-7	NSW Open State Championships	SOPAC
March 12	Club Competition and Championship Photos	Greenway Oval, Cherrybrook
March 12-14	U14-U20 NSW Junior State Championships	SOPAC
March 19	Club Coloured Patch Night	Greenway Oval, Cherrybrook
March 20-21	LANSW U9-U12 State Championships	SOPAC
March 26	50 th ANNIVERSARY OF LA'S FUN NIGHT – last night of season	Greenway Oval, Cherrybrook
March 27-28	LANSW U13-U17 State Championships	SOPAC

THANK YOU TO OUR SPONSORS

3Monkeez for supporting the Club with equipment and awards 3monkeez.com.au/about-us

Bakers Delight Cherrybrook for supporting our canteen and BBQ bakersdelight.com.au/bakery-locator/cherrybrook/

Hunter Pacific Ceiling Fans who support our Friday night coaching program hunterpacificinternational.com/

Coles, LA's National sponsor supplying us with our Friday night bananas and equipment grants