



# Cherrybrook Little Athletics

**Thursday March 11 2021**

This Friday, March 12th is Program 3, **which will start a little differently - your help is needed please!** With the absence of our equipment officer and assistants (due to NSW Junior State Championships), all parents are pleased asked to assist with the Oval set up of their child's event areas. Competition cannot commence until the Oval has been set up so all help will be much appreciated.

Also please note, Championship photos will commence at 5.50pm and Athletes involved In these photos are asked to please be on time.

- Entry to the Oval will be from 5pm at the main gate and 5.15pm from the lower car park entry
- Under 14-17 Javelin will commence at 5.15pm (those involved in Championship photos should throw first)

## **PARENT DUTIES**

- **All U6 parents are asked to arrive as early as possible to assist with oval set-up**
- People on Program 3 canteen and BBQ duty are asked to please confirm their availability with Sandra Moore
- Parents rostered on other Program 3 duties are asked to please ensure they are available to attend their duty as scheduled. Anyone usually rostered on Program 3 who is not available is kindly asked to organise a swap with another parent, or please contact Amanda Kely on 0490 735 242 ASAP

## **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.**

## **CHAMPIONSHIP PHOTOS THIS WEEK**

This Friday Championship photos will take place from 5.50pm. The planned order below could change, so please ensure Athletes are on site with a parent no later than 5.45pm to avoid missing out.

**Full State Team U9-U17 Athletes** – Athletes should wear either their Region Shirt (U9-U12) or State Jacket (if they have one) or full Cherrybrook uniform.

**All Club Multi Night top three place-getters** – Please wear full Cherrybrook athletics uniform

**State Multi Athletes** – All athletes who competed at the State Multi Carnival last weekend. Medalists please bring your medals.

## CONGRATULATIONS

Congratulations to U12 Boys Athlete **Joel Moresi** who has achieved his Gold Patch. Joel, despite injury, has had another outstanding season qualifying for State in 4 individual events and breaking several records in both track and field events. It is these all-rounder achievements at a high performance level that has earned him his Gold Patch again this season.

## CLUB RIBBON NIGHT

We hope all Athletes who took part in Ribbon Night had a great night, and congratulations to all Athletes who achieved a place and received a ribbon. Thank you to Justine Wallis for organising the night. Full Ribbon Night recipients will be posted on the Club's website early next week.

## LANSW COMBINED EVENTS CARNIVAL

Congratulations to our 7 Cherrybrook Athletes who represented the Club in the NSW Combined Events Carnival on the 6th-7th March in Wollongong. Special Congratulations to our medallists **Robbie Cullen** Gold in the U17 Boys and **Will Austin** Silver in the U15 Boys.

### LANSW Combined event results:

**Alistair Brill** U7B - 18th with 3239 points and a best result of 18.86 in the 100m

**Lachlan Vercoe** U8B - 17th with 3589 points and a best result of 12.41 in the 70m

**Liam Lawson** U8B – DNF but achieved a best result of 11.21 in the 70m

**Heidi Vercoe** U11G – 25th with 3140 points and a best of 16.84 in the 100m

**Lalor Burkhardt** U11G – 33rd with 2652 points and a best of 16.60 in the 100m

**Will Austin** U15B – Silver with 5408 points and a best of 14.85 in the 100m hurdles

**Robbie Cullen** U17B – Gold with 5543 points and a best of 14.92 in the 110m hurdles

Full results are available at <https://lansw.com.au/kumon-state-combined-carnival-2021/>

## CONGRATULATIONS!

Congratulations to **Caitlin Russell** who achieved her first National Qualifiers in both the Women's U14 100m and 200m at the Open State Championships last weekend.

## LITTLE AND YOUTH STATE CHAMPIONSHIPS

The Little LANSW State Championships for U9-U12 Athletes will be held on 20th-21st March at Sydney Olympic Park. Our list of qualified Athletes can be found at:

[lansw.com.au/wp-content/uploads/sites/3/2021/02/Entry-List-Littles-State-202146974.pdf](https://lansw.com.au/wp-content/uploads/sites/3/2021/02/Entry-List-Littles-State-202146974.pdf)

For all enquiries for the Littles State Championships please contact Angela Maclaine at [ayjay1@hotmail.com](mailto:ayjay1@hotmail.com)

The Youth LANSW State Championships for U13-U17 Athletes will be held on 27th-28th March at Sydney Olympic Park. Our list of qualified athletes can be found at:

[lansw.com.au/wp-content/uploads/sites/3/2021/02/Entry-List-Youth-State-202147267.pdf](https://lansw.com.au/wp-content/uploads/sites/3/2021/02/Entry-List-Youth-State-202147267.pdf)

For all enquiries about the Youth State Championship please contact Andrew Fisher on 0438515962.

The Club is still waiting on further championship details and duty obligations from the association. Once we have more details it will be circulated by email to our State families. All State Athletes will be required to be accompanied by a parent who is able to undertake an allocated duty.

### **CLUB BESTS**

Congratulations to the following Athletes who achieved Club Bests in recent weeks:

Nisini Rajapaksha Mudiyansele U11G - Discus 36.00

Isabella Fisher U14G - 400m 1:01.50

Xavier Hennessey U14B - 100m 12.64; 400m 57.58

Thomas Shannon U15B - 1500m Walk 8:34.75

### **COLOUR PATCHES**

Congratulations to the following Athletes who will receive their Coloured Patches this week.

Please note, this Friday is the last week that Coloured Patch sheets can be submitted for this season. On Friday the 19th Coloured Patches will be processed on the night.

**Yellow** – Charles Box U7B, Dylan Carswell U7B, Shanaya Swain U7G, Zara Queenan U7G, Hugh Giffin U8B, Emily Mance U8G, Adam Carswell U10B, Joel Moresi U12B, Max Mulqueeny U12B, Olivia Moresi U14G,

**Green** – Charles Box U7B, Dylan Carswell U7B, Shanaya Swain U7G, Zara Queenan U7G, Hugh Giffin U8B, Emily Mance U8G, Katherine Saber U8G, Oliver Cox U9B, Adam Carswell U10B, Joel Moresi U12B, Olivia Moresi U14G

**Red** – Charles Box U7B, Dylan Carswell U7B, Zara Queenan U7G, Hugh Giffin U8B, Katherine Saber U8G, Joel Moresi U12B, Olivia Moresi U14G

**Blue** - Charles Box U7B, Joel Moresi U12B, Olivia Moresi U14G

**Gold** - Joel Moresi U12B

### **COLOURED PATCH AGE GROUP COMPETITION**

This week is the last week to submit Coloured Patch recording sheets to go towards 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 Colour Patch recording sheets receive a voucher from our sponsor **Cherrybrook Bakers Delight** to receive a free item with any item purchased over \$7.

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.

## 10 YEARS AT LITTLE ATHLETICS

Could any Athletes who have been members of Little Athletics for 10 years please let Elizabeth Jones know at [elizabeth.jones.aus@gmail.com](mailto:elizabeth.jones.aus@gmail.com)

## SYDNEY TRACK CLASSIC

The Sydney Track Classic will be held this Saturday 13th March at Sydney Olympic Park from 5.15pm to 9.15pm. This is a great opportunity to see some of Australia's best athletes come head-to-head in their campaign to achieve Olympic qualifiers.

Among the athletes are 4 of our senior Cherrybrook Athletes:

**Julie Charlton** and **Kim Neuenkirchen** will compete together in the Para seated Shot Put.

Olympic hopeful **Nick Andrews** - hot off a 110m hurdles win in the NSW State Championships - will contest the 110m Hurdles and 200m B Final.

**Alysha Burnett** - who recently won the NSW Shot Put title - will line up again for the Shot Put.

Additionally, hurdles Coach **Carla Takchi** will compete in the women's 100m Hurdles.

To find out more and to purchase \$10 tickets for this event, please visit <https://www.athletics.com.au/events/83460/>

## 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.

## BAKERS DELIGHT FUNDRAISER

If any members are looking for a great fundraiser for their school, sports club or other, contact Cherrybrook Bakers Delight to chat to them about their hot cross bun fundraising opportunity. Call them on 94843069 or pop into their store in Cherrybrook Village shops. Their delicious range of hot cross buns includes traditional, chocolate, apple + cinnamon, mocha and fruitless.

## LOST PROPERTY

A reminder that lost property is only available through the canteen, and is only kept for 1 month and then disposed of.

## 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](mailto:Nickyjenneke219@gmail.com) with the subject 50th memories.

## FUN NIGHT AND 50TH ANNIVERSARY CELEBRATION

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](mailto:Nickyjenneke219@gmail.com) with the subject 50th

## DUAL ATHLETE RESULTS FROM SENIOR COMPETITION

NSW OPEN CHAMPIONSHIPS – 5TH -7TH March

**Viktorija Calusic** – High Jump 10th (1.60m)

**Daniel De Sacadura** – 2kg Discus 5th (43.08m PB)

**Ryan Frykberg** – 1500m 39th (4:19.93)

**Anna Kely** – Javelin 13th (31.39m)

**Caitlin Russell** – 100m 42nd (13.44m PB + NQ), 200m (27.57 PB + NQ)

**Tara Webb** – Triple Jump 11th (10.89m), Long Jump 12th (5.20m)

## UPCOMING SENIOR EVENTS FOR DUALS

Dual Athletes can view Senior National Qualifiers at [cdn.revolutionise.com.au/cups/aa/files/tmcme3utvvqj2dug.pdf](http://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 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	50th ANNIVERSARY OF LA'S FUN NIGHT – last night of season	Greenway Oval, Cherrybrook
March 27-28	LANSW U13-U17 State Championships	SOPAC
March 29th	Working bee 1 tbc	Greenway Oval
March 31st	Working bee 2 tbc	Greenway Oval
Sun May 23rd	Little Athletics AGM + Presentation	Dural Country Club
Aprl 12th – 21st	Athletics Australia National Champs	SOPAC

### **THANK YOU TO OUR SPONSORS**

**3Monkeez** for supporting the Club with equipment and awards [3monkeez.com.au/about-us](http://3monkeez.com.au/about-us)

**Bakers Delight Cherrybrook** for supporting our canteen and BBQ [bakersdelight.com.au/bakery-locator/cherrybrook/](http://bakersdelight.com.au/bakery-locator/cherrybrook/)

**Hunter Pacific Ceiling Fans** who support our Friday night coaching program [hunterpacificinternational.com/](http://hunterpacificinternational.com/)

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