

# Celebrating 30 years



## Cherrybrook Athletics



cherrybrookathletics@gmail.com

### CHERRYBROOK SENIORS NEWSLETTER No.3

#### NEW SEASON REGISTRATIONS

Registration and re-registration is now open for the 2023/2024 season via

[www.cherrybrookathletics.org.au/index.php/seniors-registration/](http://www.cherrybrookathletics.org.au/index.php/seniors-registration/)

Athletes in U8 -U17 who register as Dual athletes with both Little Athletics (LANSW) and ANSW will be reimbursed their ANSW membership, at set times during the season, after they have competed on at least TWO separate occasions at an interclub ANSW event such as Treloar Shield, State Relays.

**Duals:** Once you have registered with LANSW, use the discount code **CAC8y17y2ANSW** to avoid paying the Club centre fee (\$95) again when you register via ANSW. You will still need to pay the \$40 ANSW fee at the time of registration before it is reimbursed, based on the criteria above.

#### RESULTS AND ACHIEVEMENTS

- Apologies to **Olivia Moresi** 16W whose NSW All School result of 5<sup>th</sup> in high jump at 1.60m was missed last week.
- Congratulations on achieving a national qualifying standard at NSW All Schools to **Caitlin Brennan** (U18 400m hurdles), **Idris Burkhardt** (U18 2000m steeplechase), **Viktorija Calusic** (U20 high jump), **Sarah Koot** (U18 100m hurdles), and **Xavier Hennessey** (U18 pole vault).

#### NSW ALL SCHOOLS – JUNIORS (12-15 years)

Good luck to our Cherrybrook athletes competing at NSW All Schools Juniors this weekend. Please check your entries are correct and contact ANSW if there are any errors or omissions. Please also be sure to read the rules of competition and understand check-in procedures and marshalling times, and check the program the night before in case of late changes. Athletes may wear either their school athletics uniform or Cherrybrook Athletics uniform. Cherrybrook athletes are encouraged to sit together in Bay 6 and cheer on their teammates. Contact Nicky Jenneke on 0448407716 if you have any questions.

#### UPCOMING COMPETITION

##### UTS ALLCOMERS + PENTATHLON – TOMKINS SERIES

From 1pm, Saturday October 7, Rotary Athletics Field, West Chatswood

Event details: [www.utsnorthsath.com.au/events/207442/&cat=5793&f=list](http://www.utsnorthsath.com.au/events/207442/&cat=5793&f=list)

Register: [www.utsnorthsath.com.au/eventsregister/207442/](http://www.utsnorthsath.com.au/eventsregister/207442/) by 3pm on October 7

Events: 200m, 800m, 3000m, 3000m walk, 2 x 400m relay (to be organised by athletes on the day), long jump, high jump, shot put, javelin, hammer throw, pentathlon (200m, 800m, shot put, long jump, high jump). This is a club competition therefore results cannot be used towards National qualification.

## **TRELOAR SHIELD #1**

**Saturday October 14, Sydney Olympic Park Athletics Centre**

Event details: [www.nswathletics.org.au/events-page/treloar-shield/](http://www.nswathletics.org.au/events-page/treloar-shield/)

Register: <https://www.nswathletics.org.au/eventsregister/208637/> by 12 noon on October 11

Events: 100m, 400m, 1500m, 5000m, long hurdles, discus, high jump, pole vault, 4 x 200m relay (please lodge an expression of interest in the relay with Nicky Jenneke before 2pm on the day of competition).

We encourage all available athletes to compete for the Club in this point-scoring inter-club competition which is open to all ANSW-registered athletes 9 years and older. This is a Silver Permit meet, meaning results can be used toward National qualification (11+) and international qualification (18+)

### **GOODLUCK**

Goodluck to our Year 12 athletes starting their HSC exams next week, we wish them all the very best at achieving their academic goals.

### **AUSTRALIAN ALL SCHOOLS ACCOMMODATION**

For anyone travelling independently to this event, a few Cherrybrook athletes and families will be staying at Parmelia Hilton Perth – you are very welcome to join them to enjoy the team environment.

### **NATIONAL QUALIFICATIONS**

Athletes who aspire to represent NSW at the Australian Athletics Championships in South Australia from April 11-19, 2024 can qualify by either:

1. Placing first second or third at the NSW All Schools or NSW Championships (13yrs +) or medal at the Youth championships for 12 year olds.
2. Achieving an entry standard, which can be viewed at <https://cdn.revolutionise.com.au/cups/aa/files/pw2gmrhwotvptu3z.pdf>

### **COMPETITION CALENDAR**

The ANSW competition calendar is available at [www.nswathletics.org.au/events-page/](http://www.nswathletics.org.au/events-page/)

The events grid (list of events at each meet) is at

<https://cdn.revolutionise.com.au/cups/nswathletics/files/voauhyadpushu30z.pdf>

### **CHALLENGE ACCEPTED**

Any athlete who competes in four events at any Treloar Shield this season will be acknowledged with a small gift at our awards night at the end of the season. Be a team player and take up the challenge!

### **UNIFORM**

All athletes who compete at ANSW events are required to wear the Cherrybrook uniform top (crop top or singlet) and plain black tights or shorts. The Uniform Shop is open at Greenway Oval #2 every Friday from 5.30pm-6.30pm. The uniform can be viewed at [www.cherrybrookathletics.org.au/index.php/uniform/](http://www.cherrybrookathletics.org.au/index.php/uniform/)

### **RECORDS**

All club records are on our website at: [www.cherrybrookathletics.org.au/index.php/seniors-results-records/](http://www.cherrybrookathletics.org.au/index.php/seniors-results-records/)

Athletes who believe they have broken a record should notify our Records and Rankings Officer Rob Clark on [robclark307@gmail.com](mailto:robclark307@gmail.com). Records broken during the season will be acknowledged as 'pending records'

until season end. If the same record is broken multiple times in the same season, only the athlete holding the record at the end of the season will be awarded the Club Record.

CONGRATULATIONS to **Idris Burkhardt** on a pending record in U18 2000m steeplechase of 6:25.74 (old record 6:26.86)

## TRAINING

Coaching by qualified coaches is available for Cherrybrook athletes of all ages and abilities at Greenway Oval on Mondays and Wednesdays. Please contact coaches before attending, and note that some coaches may offer additional sessions:

- Zac Hayward – high jump - 0403548503
- Anna Kely – all throws - 0490729906
- Valme Kruger – middle and long distance - 0402126060
- Will Mills – walks - 0435213275
- Joey Ryu – long jump/triple jump - 0420633739
- Carla Takchi – sprint and hurdles - 0447964238
- Mick Zisti – sprints and hurdles – 0434110872

If the Club does not have a coach for a discipline, eg pole vault, we can recommend an external coach.

## VOLUNTEERS

The Club is always on the lookout for volunteers. If you have some time to give or need to accrue volunteer hours for your Duke of Edinburgh or other community program, please contact Nicky Jenneke on 0448407716.

## FRIDAY NIGHT CLUB COMP

Senior athletes are welcome to attend Club athletics on a Friday night on the provision they help where they can. Athletes are asked to contact Nicky Jenneke on 0448407716 by Thursday to lodge their interest in competing, and in which events. Friday night Club competition commences at 6pm and you must bring your National ID number for results to be recorded.

## SAVE THE DATE

- November 18-19 – ANSW State Relays (All Seniors and Duals aged 10+ are encouraged to nominate for relay teams)

## NEWSLETTER AND SOCIAL MEDIA

If this newsletter is received by a parent and you would like your athlete to receive it directly, please text their email address to Nicky Jenneke on 0448407716. You can also follow our Club Facebook page, Instagram and website to keep up to date with news and information.

gsa planning

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Delight  
Cherrybrook

HUNTER PACIFIC  
INTERNATIONAL

carlingford  
active health



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