

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

CHERRYBROOK SENIORS NEWSLETTER No.4

NEW SEASON REGISTRATIONS

Registration and re-registration are now open for the 2023/2024 season via 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 before it is reimbursed, based on the criteria above.

To re-register you will require your National ID number. If you cannot find or remember your number, the quickest option is to contact our Senior Registrar Chandra on 0425205810

RESULTS AND ACHIEVEMENTS

Congratulations to GOLD medallists **Lani Khiroya** (triple jump) and **Teddy Hampton** (pole vault) and SILVER medallists **Nisini Rajapaksha Mudiyansele** (pole vault) and **Sam Price** (discus and high jump) who have qualified for Australian All School by placing top two in their events at NSW All Schools last weekend.

Congratulations also to those who achieved potential records at All Schools – these will be reported in next week's newsletter.

NSW All Schools – Juniors (12-15 years)

- Charithu De Mel 12M – 4th 400m 1:03.37; 10th 200m 28.68
- Rohan Sharma 12M – 5th 400m 1:05.01; 6th 800m 3:34.82
- Aliyah Bennett 13W – BRONZE 1500m 4:45.51; 5th 800m 2:06.53
- Blake Billingsley 13M – 6th javelin 30.25m
- Cheyenne Sinteur 13W – 4th javelin 28.75m; 10th discus 23.58m; 14th shot put 8.40m



- Harry Wigham 13M – 14th long jump 4.71m; 22nd 200m 27.76; 35th 100m 13.69
- Harry O’Neil 13M – 5th high jump 1.60m
- Laila Burkhardt 13W – 4th pole vault 1.85m; 14th triple jump 8.62m; 16th high jump 1.40m; 16th long jump 4.04m
- Nisini Rajapaksha Mudiyansele 13W – SILVER pole vault 2.25m; BRONZE high jump 1.50m; BRONZE discus 30.04m; 4th triple jump 10.52m; 6th long jump 4.75m
- Brendan Armstrong 14M – 5th 1500m 4:30.04; 7th 2000m steeplechase 6:50.97; 14th 3000m 10:03.20
- Hannah Storey 14W – 7th 400m 1.01.41H, 1.02.68F; 26th 200m 27.99
- Layla Tawbe 14W – 9th javelin 28.50m
- Nehara De Mel 14W – 4th discus 32.26m, 6th shot put 11.46m
- Ryan Redhead 14M – 4th javelin 35.33m
- Samuel Price 14M – SILVER high jump 1.75m; SILVER discus 47.25m; BRONZE shot put 12.41m; BRONZE 100m hurdles 14.20; 5th javelin 34.60m; 7th long jump 5.57m; 33rd 200m 26.29
- Sophie Durheim 14W - 100m 13.68; 9th triple jump 10.32m; 27th long jump 4.44m
- Taylor Moore 14W – 4th discus 34.65m; 5th shot put 11.23m
- Zoe Connell 14W – 13th discus 20.11m
- Advit Chugh 15M – 19th 1500m 4:34.04
- Amy Timms 15W – 15th 800m 2:37.11; 19th 1500m 4:34.04
- Harley Grace 15M – 16th 3000m 10:14.49; 22nd 1500m 4:35.67; 25th 800m 2:14.53
- Justin Billingsley 15M – 4th hammer 33.42m; 9th javelin 36.38m
- Kennedy Feldman 15M – 14th triple jump 10.97m; 17th high jump 1.55m; 15th long jump 5.24m; 24th 200m 25.30; 42nd 100m 12.72
- Lani Khiroya 15W – GOLD triple jump 11.47m; 8th 90m hurdles 14.52; 8th long jump 5.08m
- Leela Ingram 15W – 14th 100m 15.13; 27th 200m 30.11
- Teddy Hampton 15M - GOLD pole vault 3.20m; 10th long jump 5.57m; 14th high jump 1.60m; 18th triple jump 10.81m

JILL TAYLOR 20-YEAR MEMBERSHIP

This Friday, October 13th at 6pm at Greenway Oval, **Jill Taylor** will be recognised for 20 years of membership with our Senior Club. We welcome all Senior Athletes to join us to help Jill celebrate this achievement.

UPCOMING COMPETITION

TRELOAR SHIELD #1

Saturday October 14, Sydney Olympic Park Athletics Centre

Event details including the final timetable are available at: www.nswathletics.org.au/events-page/treloar-shield/

Entry for this event is now closed – we wish all those competing the very best of luck.

Entry for the 4 x 200m relay will be by expression of interest to Nicky Jenneke in person on the day.

TRELOAR SHIELD #2

Saturday October 21, The Crest Athletics Track, Bankstown

Entries are now open, for more information go to: <https://www.nswathletics.org.au/events/196277/>

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/

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/

RECORDS

All club records are on our website at: 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. 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.

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.

OUR SENIOR COMMITTEE

The Cherrybrook Senior Club committee are here to help you – all committee contact details are available on our Club website:

- President – Michael Hampton
- Vice President – Justine Wallis
- Secretary– Julie-Anne Wigham
- Treasurer – Sandra Moore
- Records and Rankings – Rob Clark
- Championships – Matt Joyce
- Competitions/Newsletter – Nicky Jenneke
- Publicity – Gail Barnsley

gsa planning

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