

Celebrating 30 years



# Cherrybrook Athletics

 cherrybrookathletics@gmail.com

## CHERRYBROOK SENIORS NEWSLETTER No.5

### NEW SEASON REGISTRATIONS

Registration and re-registration are 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 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

A huge congratulations to all 40 Cherrybrook athletes who competed at the first Treloar Shield, achieving some brilliant results including many personal bests (PBs) pending club records and a few National qualifiers. And we are proud to say Cherrybrook is in the top 8 in most age groups and on track for the final! (Clubs that finish in the top 6 of each division after 6 rounds will be eligible for the final on December 16.)

- U12 – 125.5 points – 2<sup>nd</sup>
- U15 – 345.5 points – 1<sup>st</sup>
- U18– 274 points – 1<sup>st</sup>
- Open – 2074 points – 6<sup>th</sup>
- Masters 35-49 years – 44 points – 9<sup>th</sup>

Congratulations to our top point-scorers: Madison Tabrett – 69 points; Sophie Durheim – 63 points; Blake Billingsley – 57 points

All Cherrybrook results from Treloar 1 can be viewed at:

<https://athleticsnsw.anet.live/meets/28385/teams/693231>

Congratulation also to our athletes who achieved National qualifiers: Aliyah Bennett U15 1500m; Marco Boccaletti U18 400m hurdles; Caitlin Brennan U18 400m hurdles; Teddy Hampton U17 pole vault; Xavier Hennessey U18 pole vault; Nisini Rajapaksha Mudiyansele U15 pole vault.

### RECORDS

Congratulations to our athletes who have recently achieved Club bests (pending club records):

- Brendan Armstrong U16 2000m steeplechase 6.50.97 (previous record 7:25.46) NSW All Schools

- Aliyah Bennett U14 800m 2:16.53 (previous record 2:22.80) NSW All Schools; U14 1500m 4:45.38 (previous record 4:55.62) Treloar 1
- Idris Burkhardt U18 5000m 16:17.43 (previous record 16:34.55) Treloar 1
- Zac Hayward Open high jump 2.00m (previous record 1.95m) Treloar 1
- Matt Joyce Masters 5000m 18:28.23 (previous record 23:06.44) Treloar 1
- Nisini Rajapaksha Mudiyansele U14 pole vault 2.25m (previous record 2.20m) Treloar 1

Athletes who believe they have broken a record should notify our Records and Rankings Officer Rob Clark via [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.

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/)

### **CHALLENGE ACCEPTED**

Thank you to Madison Tabrett, Robbie Cullen, Blake Billingsley and Justine Wallis, who all took up the Cherrybrook Challenge of competing in four events at any Treloar Shield this season. Be like these awesome athletes and take up the challenge!

### **UPCOMING COMPETITION**

#### **TRELOAR SHIELD #2**

**Saturday October 21, The Crest Athletics Track, Bankstown**

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

If you are interested in competing in a 1 x 100m relay at Treloar 2, please see Nicky Jenneke by 2pm on the day. Please look for the Cherrybrook banner when you arrive and sit together as a team.

#### **NSW MILERS**

**Thursday October 26, The Crest Athletics Track Bankstown**

Events: 800m and 2000m

For more information or to enter: <https://www.nswathletics.org.au/events/205125/>

#### **JOHNSON & JOHNSON BONDI TO MANLY ULTRA 80KM**

**Saturday October 29, starts at Bondi Beach**

This run around scenic Sydney Harbour offers both an 80km ultra race and a relay for four people running 20km each. Information and entries: <https://raceroster.com/events/2023/72372/johnson-and-johnson-bondi-to-manly-ultra-2023>

#### **TRELOAR SHIELD 3**

**Saturday October 28, Campbelltown Athletics Track**

Events: 100m, 400m, 1500/3000/5000m walk, Swedish relay, high jump, triple jump, hammer throw

Details and entry: <https://www.nswathletics.org.au/events/196280/>

#### **ANSW SENIOR STATE RELAYS**

**Friday to Sunday, November 17-19, Sydney Olympic Park Athletics Centre**

For ANSW-registered athletes, the NSW Senior State Relays – with track and field event options from U10 to Masters – are on Friday, Saturday, and Sunday November 17-19 at Sydney Olympic Park Athletics Centre. More information and a draft timetable are available on the [ANSW website here](#). Any athlete who

is available and wishes to compete for Cherrybrook Athletics at this championship event should submit an online [nomination form here](#). Nominations close at midnight on Saturday November 4, and team selections will be announced by Friday November 10.

For our Dual Athletes, this should not be confused with the LANSW Valour NSW State Relays which is a separate event.

## HIGH JUMP NEWS

A shout out to our vice president Justine (Juzzy) Wallis who finally made the opening high jump height of 1.20m on the weekend. We are also excited to have high jump coach Zac Hayward return to competition after three years absent with injury.

## 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>

## JOIN THE MASTERS TEAM

Parents – would you like to have some fun and be part of the action, rather than sitting in the stands watching your children compete? DO NOT BE AFRAID! Competing as a Master athlete (30 years-plus) is great fun so why not sign up and have a go. If you are unsure, have a chat to Jill Taylor who has not only been a Masters athlete for more than 20 years – including being a Masters World Champion – but is also NSW Masters Association president and an Australian Masters Association committee member. Cherrybrook has a strong Masters contingent including our LA registrar Jenny Koot, LA competition manager Karen Connell and Senior Club registrar Chandra – so why not join them on the track or field. We would love to have you part of the team!



## 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>

## 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/)

## 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**

- December 16 – Treloar Final (subject to making the finals)
- December 17 – Senior Club Summer Gathering for athletes 14 years and older.

## **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
- Senior Registrar (and assistant records and rankings) – Chandra Rajapaksha Mudiyansele
- Records and Rankings – Rob Clark
- Championships – Matt Joyce
- Competitions/Newsletter – Nicky Jenneke
- Publicity – Gail Barnsley

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