

Celebrating 30 years



Cherrybrook Athletics



cherrybrookathletics@gmail.com

CHERRYBROOK SENIORS NEWSLETTER No.6

RESULTS AND ACHIEVEMENTS

View all Cherrybrook results from Treloar #2 at: athleticsnsw.anet.live/meets/28385/teams/693231

A huge congratulations to all 44 Cherrybrook athletes who competed at the second Treloar Shield event, achieving some outstanding results including many personal bests (PBs), pending club records and a few National qualifying standards. And we can proudly say we are in the Top 8 in most age groups, and well on the way to qualifying for the final on December 16.

- U12 – 267 points – 2nd
- U15 – 431 points – 1st
- U18 – 281 points – 2nd (dropped one spot)
- Open – 318 points – 2nd (a massive improvement of 4 places)
- Age 35-49 – 199 points – 4th (another massive jump of 5 places)
- Over 50 – 88 points – 9th (great to see them on the score board)

Congratulations to all our athletes who scored important points for the Club, especially the 13 athletes who each scored more than 50 individual points:

- Robbie Cullen 88.5 points
- Jill Taylor 74 points
- Sarah Koot 72 points
- Imogen Connell 71.5 points
- Karen Connell 71 points
- Abigail Wigham 70.5 points
- Blake Billingsley 70.5 points
- Harry Wigham 64.5 points
- Wade Billingsley 63.5 points
- Madison Tabrett 60 points
- Raaf Tawbe 53 points
- Anna Kely 52 points
- Lani Khiroya 50 points

And congratulation to our athletes who achieved National qualifiers:

- Aliyah Bennett U16 800m
- Marco Boccaletti U18 110m hurdles
- Robbie Cullen U23 110m hurdles
- Anna Kely U23 shot put
- Lani Khiroya U17 100m hurdles
- Sarah Koot U18 100m hurdles

RECORDS

Congratulations to **Robbie Cullen** who broke two Open men's records at the weekend – javelin 46.49m (previous record 33.66) and shot put 9.81m (previous record 8.41m).

Athletes who believe they have broken a record should notify Records and Rankings Officer Rob Clark on robclark307@gmail.com. Records broken during the season will be acknowledged as 'pending records' until season end when the person holding the current club best result will be awarded the Club Record. All club records are on our website at: www.cherrybrookathletics.org.au/index.php/seniors-results-records/

CHALLENGE ACCEPTED

Thank you to Dylan Connell, Imogen Connell, Karen Connell, Robbie Cullen, Sarah Koot, Emily Matthews (Jones), Jill Taylor, Abigail Wigham and Harry Wigham who all took up the "Cherrybrook Challenge" by competing in any four events at any one Treloar Shield meet, irrespective of points scored. It is encouraging that, after just two rounds of competition, we have more athletes taking on the challenge than all of last season. Keep up the good work, team.

UPCOMING COMPETITION

TRELOAR SHIELD #3

Saturday October 28, Campbelltown Athletics Track

Entries closed. Event details: www.nswathletics.org.au/events/196280/

Good luck to all our athletes competing this weekend. Expressions of interest in a Swedish relay (100m, 200m, 300m and 400m legs) should be made in person to Nicky before 2pm.

All competitors and their supporters are encouraged to sit together as a team – please look for the Cherrybrook banner (we are likely to be near the 100m start line).

NSW 3000m STATE CHAMPIONSHIPS

Saturday November 4, ES Marks Athletics Field, Kensington

Events: 3000m and 800m (non-championship)

Details: www.nswathletics.org.au/events/196314/

Entries close Wednesday, November 1 at 12pm via: www.nswathletics.org.au/eventsregister/211319/

HIGH VELOCITY MEET

Saturday November 4, The Ridge Athletics Track

Events: 100m, 200m, sprint hurdles, high jump, long jump and shot put

Details: www.nswathletics.org.au/events/205126/

ANSW SENIOR STATE RELAYS

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

All ANSW-registered athletes aged 9 years and older should have received an email about this event including a nomination form from our championship officer Matt Joyce. We encourage all our eligible athletes to nominate to have a go and be part of Team Cherrybrook!

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. Any questions should be directed to Matt on mjoyce@plc.nsw.edu.au.

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

PERSONAL BESTS

We encourage all athletes to aim to achieve personal bests (PBs) – and to support this would like to acknowledge PBs each week. However, we will be relying on athletes reporting their personal best results to Nicky either in person or via text to text to 0448407716 after meets. This week we are aware of PBs from Blake Billingsley 90m hurdles 22.26 and 200m 32.02; Justin Billingsley shot put 11.37m and 200m 31.19; Wade Billingsley 90m hurdles 21.90; Marco Boccaletti 110m hurdles 16.70 and 200m 25.27; Dylan Connell long jump 3.32m; Karen Connell shot put 6.62m; Robbie Cullen 200m 23.26; Corey Dewar 200m 22.24; Lani Khiroya 100m hurdles 16.10; Zachary Green 3000m 9.39.87; Matt Joyce javelin 27.05m; Sarah Koot 100m hurdles 14.29 and 200m 26.15; Ashleigh Mansell 800m 2:42.35; Madison Tabrett 200m 28.30; Abigail Wigham 200m 31.18 and long jump 3.90m; Harry Wigham 200m 26.68.

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>

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/

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 – WE NEED YOUR HELP!

Our senior competitions cannot take place without enough volunteers to help with the smooth running of events – anything from admin to assisting officials on the track and field. We encourage all families to please get involved as a volunteer once or twice a season – you can register via the Events Calendar.

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 11 – Treloar Shield #4 at Mingara
- November 25 – Treloar Shield #5 at SOPAC
- December 2 – Treloar Shield #6 at SOPAC
- 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
- Registrar and assistant records and rankings – Chandra Rajapaksha
- Records and Rankings – Rob Clark
- Championships – Matt Joyce
- Competitions/Newsletter – Nicky Jenneke
- Publicity – Gail Barnsley

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