

# Celebrating 30 years



## Cherrybrook Athletics

 cherrybrookathletics@gmail.com

### CHERRYBROOK SENIORS NEWSLETTER No. 1

#### WELCOME

To all our returning members, a very warm welcome back and a special welcome to all our new members. We hope we can help you with all your athletics needs this season and beyond. To help us serve you better, we would love to hear from you – please direct any requests to Nicky Jenneke on 0448407716.

#### NEW REGISTRATIONS

Athletics NSW (ANSW) registrations for the new season open on October 4, 2023. Registrations are valid for 12 months through both the summer and winter seasons.

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

Athletes in U11-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.

Once you have registered with LANSW, email [chandra.gunarathne@gmail.com](mailto:chandra.gunarathne@gmail.com) for a discount code 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

##### National Cross Country

Congratulations to our four Cherrybrook athletes selected to compete at the Australian Cross Country championships:

- **Aliyah Bennett** was outstanding, coming 4th in U14W
- **Idris Burkhardt** came 27th in U17M
- **Zac Green** came 36th in U15M
- **Kaylah Bennett** came 56th in U17W

##### Road Relays

Congratulations to our U12 Road Relay team of **Eloise Dagg, Charlotte Solomon, Zoe Jordan** and **Anna Wegener** who made us proud winning a Bronze medal by crossing the line in 32.52.

##### LANSW U15 National Camp

Congratulations to **Brendan Armstrong** who was selected as part of the U15 National Camp squad based on his Cross Country achievements this season.

## **Pole Vault**

Congratulations to **Xavier Hennessey** and **Teddy Hampton** who both jumped 3.41m at the Narrabeen pole vault meet on Saturday. Teddy's result is the current U16M 'Club best'.

## **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 'Club bests' until verified and converted to 'Club Records' at season's 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 record.

## **ALL SCHOOLS**

Good luck to our Cherrybrook Athletes competing at NSW All Schools this weekend, September 23-25 (16-19 years) and on October 6-8 (12-15 years). Please check your entries are correct and contact ANSW if there are any errors or omissions. Please also read the rules of competition before the competition and understand check-in procedures and marshalling times, and check the program the night before competition in case of late changes. Athletes may wear either their school athletics uniform or Cherrybrook Athletics uniform to compete at All Schools. Please contact Nicky Jenneke on 0448407716 if you have any questions or problems regarding NSW All Schools.

## **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>

First up is the Treloar Shield – an interclub competition in which athletes not only compete as seeded individuals but also accrue team points for the Club. We encourage all our athletes to take part for valuable competition experience and those all-important Club points – the top-scoring clubs in each age division are invited to compete in a championship event so we'd love all our Senior athletes to take part as often as possible! The first Treloar will held at SOPAC on October 14, 2023 offering the following events: 100m, 400m, 1500m, 5000m, 200m/400m hurdles, high jump, pole vault and discus.

With something on offer for everyone, we hope all members will attend the first Treloar Shield.

## **CHALLENGE ACCEPTED**

Our Treloar Challenge will be back again this season. 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!

## **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 or second at either the NSW All Schools or NSW Championships
2. Achieving an entry standard, which can be viewed at <https://cdn.revolutionise.com.au/cups/aa/files/pw2gmrhwotvptu3z.pdf>

If you have any questions please contact Matt Joyce on 0402485998 or Nicky Jenneke on 0448407716

## 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 night from 5.30pm-6.30pm.

The Club uniform can be viewed at <https://www.cherrybrookathletics.org.au/index.php/uniform/>

A new female crop top is now available in a racer-back style. To place an order for this item only, please contact Nicky Jenneke on 0448407716. Orders must be placed by September 25 to guarantee getting the new crop top this season.

## 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 10+ are encouraged to nominate)

## 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
- Publicity – Gail Barnsley
- Records and Rankings – Rob Clark
- Championships – Matt Joyce
- Competitions/Newsletter – Nicky Jenneke