

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

CHERRYBROOK SENIORS NEWSLETTER No. 2

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 SEASON 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/

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 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

NSW Throwers Club:

Sara Kely F20 - 4kg hammer throw 16.94m, 1kg discus 19.67m, 4kg shot put 5.88m

ANSW Primary Schools Challenge:

- Imogen Connell 10G – GOLD discus 24.64m, SILVER shot put 7.49m
- Zoe Jordan 10G – 7th 1500m 5:45.38, 8th 800m 2:40.30
- Lachlan Vercoe 10B – 8th long jump 3.59m, 10th 200m 33.49
- Finn Leivesley 10B – SILVER long jump 4.18m, 4th 200m 30.15, 5th 100m 14.87
- Madison Tabrett 11G – GOLD high jump 1.40m, 4th 100m 14.18, 4th 200m 29.27, 5th long jump 3.99m, 7th 400m 1:09.71
- Abigail Wigham 11G – 9th long jump 3.60m
- Oliver Halfhide 11B – 10th 800m 2:30.40, 11th 1500m 5:03.44



- Andrew Kim 12/13B – SILVER high jump 1.50m, BRONZE long jump 4.49m, 4th shot put 9.74m, 5th 400m 1:05.05; 9th 100m 13.94, 9th 200m 29.32, 13th 800m 2:31.61, 13th 1500m 5:26.01
- Aryan Bharat 12/13B – BRONZE discus 33.24m, 7th shot put 8.68m

NSW All School Championships – Seniors (16-19 years):

- Caitlin Brennan 16W – SILVER 400m hurdles 1:06.61, 7th 400m 1:00.27
- Sarah Koot 16W SILVER 100m hurdles 14.60, 13th 100m 12.94
- Rani Sharma 16W – 6th 400m 59.95
- Idris Burkhardt 16M – SILVER 2000m steeplechase 6:25.74, 5th 3000m 9:05.83, 7th 1500m 4:12.96
- Xavier Hennessey 16M – SILVER pole vault 3.20m, 13th 110m hurdles 18.23
- Marco Boccaletti 16M – 12th 110m hurdles 17.14 PB, 12th 400m hurdles 1:01.86
- Viktorija Calusic 17W – SILVER high jump 1.68m
- Tara Webb 17W – 4th long jump 5.16m
- Corey Dewar 19M – 6th 200m 23.10



Congratulation to Caitlin Brennan, Sarah Koot, Viktorija Calusic, Idris Burkhardt and Xavier Hennessey who have qualified to represent NSW at the Australian All Schools Championships in Perth on December 8-10.

Sydney Half Marathon:

If any Cherrybrook athletes competed at the Sydney Half Marathon last weekend, please text your results to Nicky Jenneke 0448407716.

NSW ALL SCHOOLS – JUNIORS (12-15 years)

Good luck to our Cherrybrook athletes competing at NSW All Schools Juniors on October 6-8. 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. Contact Nicky Jenneke on 0448407716 if you have any questions.

AUSTRALIAN ALL SCHOOLS ACCOMMODATION

For anyone travelling independently and not with the NSW team 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 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>

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>

First up is the Treloar Shield – an interclub competition in which athletes not only compete as seeded individuals but also accrue 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.

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!

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/>

If you have ordered the new female racer-back style crop top, these should be available in 4-5 weeks and you will be contacted directly once they are available.

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)

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

OUR SENIOR NEWSLETTER & SOCIAL MEDIA

Thank you for taking the time to read this newsletter. If this is received by the parent, please feel welcome to text your athlete's email address to Nicky Jenneke on 0448407716 so they can also directly receive this information. Our Club also has Facebook and Instagram accounts which everyone can follow to keep up to date with news, results and information.

gsa planning

*Bakers
Delight*
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

@ carlingford
active health



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