

Celebrating 30 years



# Cherrybrook Athletics

 cherrybrookathletics@gmail.com

## CHERRYBROOK SENIORS NEWSLETTER No.7

### GOODLUCK

Goodluck to all our athletes competing at the NSW 3000m Championships on Saturday at ES Marks. We look forward to reporting your results next newsletter, however, due to a clash with the High Velocity meet, there will unfortunately be no Cherrybrook team manager at the 3000m Champs.

### RESULTS AND ACHIEVEMENTS

View all Cherrybrook results from Treloar #3 at: <https://athleticsnsw.anet.live/meets/28741>

With only 15 athletes at Treloar 3 at Campbelltown on Saturday, our point scores were low but our team spirit was still high! We look forward to another BIG attendance for Treloar 4 at Mingara on November 11.

This week's scores:

- U12 – no points
- U15 – 130 points – 7<sup>th</sup>
- U18 – 218.5 points – 3<sup>rd</sup>
- Open – 97 points – 8<sup>th</sup>
- Age 35-49 – no points
- Age 50+ – no points

To make the Treloar final on December 16, the Open division must place in the top 8 while all other age divisions must place in the top 5. After three rounds of competition, Cherrybrook is ranked:

- U12 – 2<sup>nd</sup>
- U15 – 3<sup>rd</sup>
- U18 – 2<sup>nd</sup>
- Open – 6<sup>th</sup>
- Age 35-49 – 8<sup>th</sup>
- Age 50+ – 16<sup>th</sup>

Congratulations to all athletes who scored important points for the Club, especially our top 3 point-scorers: **Justin Billingsley** 74.75 points, **Blake Billingsley** 72.75 points, and **Emily Matthews (Jones)** 48 points.

### 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 by **Harley Grace** 1500m (4:34.06); **Blake Billingsley** 100m (15.20), hammer (25.35m) and triple Jump (8.99); **Justin Billingsley** 100m (14.21) and 400m (1:18.27); and **Ryan Redhead** hammer (15.85m).

## RECORDS

Athletes who believe they have broken a record should notify our Records & Rankings Officer Rob Clark on [robclark307@gmail.com](mailto: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/](http://www.cherrybrookathletics.org.au/index.php/seniors-results-records/)

## CHALLENGE ACCEPTED

Thank you to Ryan Redhead (Treloar 2), the Billingsley brothers Blake, Justin & Wade (with a broken finger) and Emily Matthews who all took up the "Cherrybrook Challenge" by competing in any four events at any Treloar Shield meet, irrespective of points scored. Congratulations to all our athletes who have accepted and achieved the Cherrybrook Challenge so far this season.

## UPCOMING COMPETITION

### **ANSW SENIOR STATE RELAYS – NOMINATIONS CLOSE THIS SATURDAY!**

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

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 17, and team selections will be announced by Friday November 19. Any questions should be directed to Matt on [mjoyce@plc.nsw.edu.au](mailto: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.

### **HIGH VELOCITY MEET**

**Saturday November 17, The Ridge Athletics Track**

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

Details: [www.nswathletics.org.au/events/205126/](http://www.nswathletics.org.au/events/205126/)

Entries: Now closed

### **TRELOAR ROUND 4**

**Saturday November 17, Mingara Regional Athletics Centre, Tumbi Umbi**

Events: 100m, 200m, 800m, sprint hurdles, 1500/3000/5000m walks, 4x100m relays, long jump, shot put, discus

Entries open until 12 noon Wednesday November 15 via [www.nswathletics.org.au/eventsregister/196282/](http://www.nswathletics.org.au/eventsregister/196282/)

**PLEASE NOTE:** Due to a clash with LANSW State Relays, U12 and U15 athletes can compete at Treloar 4 but will not earn points in those age groups – so we therefore suggest athletes in U12 and U15 enter in U18 so they can still earn valuable points for the Club.

### **NSW Milers**

**Tuesday November 14, The Crest Sports Complex, Bass Hill**

Events: 800m, 1500m, steeplechase and javelin

Entries open Tuesday, November 13

This event can be used towards National qualification but is not a Club point scoring event

## SAVE THE DATE

- 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

## 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/pw2gmrhwotvp3z.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/)

## OFFICIALS

Sick of sitting on the sidelines while your athlete has all the fun? Why not become an official? Athletics NSW is always in need of new officials – the training is fun and rewarding, it's a fabulous contribution to our sport and officials now get paid by Athletics NSW ... and you could even end up officiating at the 2032 Olympic Games in Queensland. The dream starts now at: [www.nswathletics.org.au/officials/](http://www.nswathletics.org.au/officials/)

## 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.

## 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.

gsa planning

Bakers  
Delight  
Cherrybrook

HUNTER PACIFIC  
INTERNATIONAL

carlingford  
active health



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