

# Celebrating 30 years



## Cherrybrook Athletics

 cherrybrookathletics@gmail.com

### CHERRYBROOK SENIORS NEWSLETTER No.10

#### GOOD LUCK

Good luck to **Andrew Kim**, **Finn Leivesley** and **Madison Tabrett** who are competing at the School Sport Australia (PSSA) National Track and Field Championships for students aged 10-12 in Tasmania.

#### THANK YOU

Thank you to Cherrybrook officials **Elizabeth Jones** and **Cheryl Burnett**, and all those parents and adult athletes who fulfilled our Club duties, for their vital roles in helping to ensure the smooth running of events at the ANSW State Relays on the weekend. Thank you also to those athletes who happily accepted last-minute requests to fill relay teams – with special mention to **Caitlin Brennan**, who was asleep when we called her for high jump, and **Imogen Connell**, whose mum started the relay with a dash to the car for uniform and shoes while the team waited eagerly in marshalling. Great team effort from everyone!



#### RESULTS AND ACHIEVEMENTS

**Throwers Club November 5:** **Aryan Bharati** discus 35.61m; **Anna Kely** discus 35.04m, shot put 11.23m; **Ryan Redhead** hammer 15.90m, discus 19.95m, shot put 6.68m

**NSW Milers:** [athleticsnsw.anet.live/meets/28907/teams/716339State](https://athleticsnsw.anet.live/meets/28907/teams/716339State)

**State Relay track results:** [athleticsnsw.anet.live/meets/28909](https://athleticsnsw.anet.live/meets/28909)

**State Relay field results:** [athleticsnsw.anet.live/meets/28933](https://athleticsnsw.anet.live/meets/28933)

#### PERSONAL BESTS

This week we are aware of PBs from **Caitlin Brennan** long jump (4.78m); **Robbie Cullen** hammer (35.24m), discus (30.60m), javelin (51.07m); **Dylan Connell** hammer (22.07m); **Zenith Duggal** high jump (1.75m); **Matt Joyce** javelin (29.47m); **Jenny Koot** discus (30.32m); **Olivia Moresi** high jump (1.70m); **Chandra Rajapaksha Mudiyansele** hammer (16.33m), discus (19.73m), shot put (8.32m); **Nisini Rajapaksha Mudiyansele** discus (34.22); **Layla Tawbe** discus (21.13m); **Raaf Tawbe** hammer (22.73).

Don't forget to inform Nicky Jenneke of your competition PBs so they can be announced.

## RECORDS

Congratulations on club best results to **Robbie Cullen** U20 hammer throw 35.24m (previous record 23.20m) and discus 30.60m (previous record 23.67m), and **Raaf Tawbe** hammer throw 22.73m (previous record 21.77m). Athletes who believe they have broken a record should notify 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 or '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

The "Cherrybrook Challenge" is achieved by competing in any four events at any Treloar Shield meet, irrespective of points scored. We hope to see LOTS of Challenges accepted this weekend.

## UPCOMING COMPETITION

### TRELOAR SHIELD 5

**Saturday November 25, Sydney Olympic Park Athletic Centre**

Events: 100m, 400m, 1500m, sprint hurdles, 2x200m relay, pole vault, high jump, triple jump, discus plus 10,000m walks championship. Entries are now closed, details: [www.nswathletics.org.au/events/196283/](http://www.nswathletics.org.au/events/196283/)

If you would like to be in a 2x200m relay, please see Nicky on the day to express your interest. And please note, there will be no Team Manager present after 2.30pm.

### TRELOAR SHIELD 6

**Saturday December 2, Sydney Olympic Park Athletics Centre**

Events: 100m, 200m, 800m, steeplechase, 2x200m relay, long jump, shot put, hammer throw, javelin

Entries are now open [www.nswathletics.org.au/eventsregister/196284/](http://www.nswathletics.org.au/eventsregister/196284/) and close 12 noon on Wednesday November 29. Nominations for relays will be taken by Nicky on the day of competition.

### SYDNEY NORTH CLUBS REGIONAL CHAMPIONSHIPS

**February 17-18, 2024, The Crest Athletics Centre**

Introduced this season, the Regional Championships are open to **athletes aged 7-12**, with competition taking place in a relaxed environment. Affiliated clubs are also offered a team-based competition, whereby athletes score points for their Club in a bid to be named best club in the region. For athletes with individual aspirations, the Regional Championships will also serve as a direct qualifier to the inaugural Youth Championships in March 2024.

Events: [cdn.revolutionise.com.au/cups/nswathletics/files/9inhqmb2cyoheorl.pdf](http://cdn.revolutionise.com.au/cups/nswathletics/files/9inhqmb2cyoheorl.pdf)

Entry details: [www.nswathletics.org.au/events-page/regional-championships/](http://www.nswathletics.org.au/events-page/regional-championships/)

## UPCOMING CHAMPIONSHIPS

- December 16-17 – ACT Combined Events Championship, Woden Athletics Centre
- January 27-28 – NSW Combined Event Championship, SOPAC
- January 26-28 – ACT U20 + Open Championships, AIS Canberra
- February 16-18 – Junior and Master Championships, AIS Canberra
- March 2-3 – NSW Masters Championships, SOPAC
- March 7-10 – NSW Junior Championships, SOPAC
- March 14-17 – NSW Open Championships,
- April 11-19 – Australian National Championships, Adelaide

## SAVE THE DATE

- December 16 – Treloar Final (subject to making the finals)
- December 17 from 2pm Senior Club summer gathering for athletes 14 years and older

## NATIONAL QUALIFICATIONS

Congratulations on achieving a National qualifier to **Robbie Cullen** U23 hammer throw.

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 U18 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>

## UNIFORM:

All athletes who compete at ANSW events are required to wear the Cherrybrook singlet or crop top 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/)

The NEW CROP TOPS have now arrived and athletes who have either ordered one or would like to purchase one for \$35 should see or contact Nicky Jenneke (0448407716).

## 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.

## 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/)

## 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

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Delight  
Cherrybrook

HUNTER PACIFIC  
INTERNATIONAL

carlingford  
active health



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