

# Celebrating 30 years



## Cherrybrook Athletics

 cherrybrookathletics@gmail.com

### CHERRYBROOK SENIORS NEWSLETTER No.8

#### GOODLUCK

Good luck to all our Dual athletes competing at Little Athletics NSW State Relays this weekend.

#### RESULTS AND ACHIEVEMENTS

**High Velocity Meet** all Cherrybrook results: [athleticsnsw.anet.live/meets/28836/teams/711653](https://athleticsnsw.anet.live/meets/28836/teams/711653)

**3000m Championship** results and videos: <https://athleticsnsw.anet.live/meets/28835>

Four Cherrybrook athletes competed at the 3000m Championships last Saturday, however Brendan Armstrong unfortunately did not finish. Our other results were:

- Aliyah Bennett Race C – 3<sup>rd</sup> 10:08.37
- Idris Burkhardt Race D – 5<sup>th</sup> 8:55.19
- Christopher Whiteley Race H – 14<sup>th</sup> 10:01.71

In true championship form, both Aliyah and Idris clocked their fastest 400m on the final lap – Aliyah 1:17.47 and Idris 1:06.75. Christopher ran a great first race for the senior club and, although he tripped and fell, he got up like a true champion and finished with a PB.

**Throwers Club** results from last weekend are not yet available and will be published next week.

#### 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 **Aliyah Bennett** 3000m (10:08.37); **Marco Boccaletti** 110m hurdles (16.55); **Idris Burkhardt** 3000m (8:55.19); **Corey Dewar** 100m (11.42); **Anna Kely** shot put (11.86m); **Sam Price** long jump (5.82m); and **Christopher Whiteley** 3000m (10:01.71).

#### 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/)

Congratulations to **Aliyah Bennett** who now holds the U14 female club best result for 3000m at 10:08.37 (previous record 11:24.30).



## CHALLENGE ACCEPTED

A reminder the “Cherrybrook Challenge” is achieved by competing in any four events at any Treloar Shield meet, irrespective of points scored.

## UPCOMING COMPETITION

### ANSW SENIOR STATE RELAYS

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

Nomination HAVE NOW CLOSED. Selected athletes should have received an email with team details – please check your inboxes. If you nominated but have not received an email, please contact Matt on [mjoyce@plc.nsw.edu.au](mailto:mjoyce@plc.nsw.edu.au). Athletes will need a Cherrybrook singlet or crop top to compete – if you need to purchase one, the uniform shop is open Friday at Greenway Oval ... but please note, while it will not be open as per normal this Friday, committee members will have access so please just ask someone!

### TRELOAR ROUND 4

**Saturday, November 11, Mingara Regional Athletics Centre, Tumbi Umbi**

Events: 100m, 200m, 800m, 400m hurdles, 1500/3000/5000m walks, 4x100m relays, long jump, shot put, discus

Details: [www.nswathletics.org.au/events/213293/](http://www.nswathletics.org.au/events/213293/)

Entries have now closed. If you would like to take part in a 4x100m relay, please let Nicky know in person by 3.15pm on the day.

PLEASE NOTE: Shelly Beach is less than 10 minutes from the track and several athletes plan to head there for a cool down after their events – all are welcome to join them. There is also a café at the beach.

### NSW Milers

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

Events: 800m, 1500m, steeplechase and javelin

Entries close Sunday November 12 at 11.59pm, details: [www.nswathletics.org.au/events/205128/](http://www.nswathletics.org.au/events/205128/)

Results can be used towards National qualification but this is not a Club point-scoring event

### 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: Open Tuesday November 14, details: [www.nswathletics.org.au/events/196283/](http://www.nswathletics.org.au/events/196283/)

### 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/)

## SAVE THE DATE

- 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/pw2gmrhwotvptu3z.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/)

## 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/)

## 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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