

# Celebrating 30 years



## Cherrybrook Athletics

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### CHERRYBROOK SENIORS NEWSLETTER No.9

#### GOODLUCK

Goodluck to all our athletes representing the Club this weekend at the Senior State Relays.

#### CONGRATULATIONS

Congratulations to **Matt Joyce** who celebrated competing in his 100<sup>th</sup> 800m race on Saturday.

#### RESULTS AND ACHIEVEMENTS

**Throwers Club:** Results still not available

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

**Treloar 4:** [athleticsnsw.anet.live/meets/28880](http://athleticsnsw.anet.live/meets/28880)

Thank you to our 22 Cherrybrook athletes who represented the Club at Treloar 4 in Mingara, as well as **Elizabeth Jones** who endured the heat for a full day officiating and **Adam Price** for volunteering at long jump. We are excited for a BIG turnout for Treloar 5 on November 25 at SOPAC.

This week's scores:

- U12 – non-point scoring week
- U15 – non-point scoring week
- U18 – 490 points – 1<sup>st</sup> **WHICH IS SIMPLY OUTSTANDING – WELL DONE TEAM!**
- Open – 259 points – 3<sup>rd</sup> (also an excellent effort)
- Age 35-49 – 50 points – 11th
- Over 50 – No points

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

- Under 12s – 2<sup>nd</sup>
- Under 15s – 3<sup>rd</sup>
- Under 18s – 1<sup>st</sup>
- Opens – 4<sup>th</sup>
- 35-49 – 7th
- 50+ – 17th



Congratulations to all our athletes who scored important points for the Club, especially eight who scored more than 50 points each: **Justin Billingsley** 106.5 points; **Blake Billingsley** 91 points; **Robbie Cullen** 72.5 points; **Ryan Redhead** 70 points; **Wade Billingsley** 66 points; **Marco Boccaletti** 62.5 points; **Nehara De Mel** 60 points; and **Emily Matthews** 51 points.

### PERSONAL BESTS

This week we are aware of PBs from: **Blake Billingsley** 800m (3.00.05), long jump (3.57m); **Justin Billingsley** 100m (13..81), 400m hurdles (1:23.63), javelin (47.28m); **Wade Billingsley** 100m (16.56), 800m (3:06.03), long jump (3.57m); **Marco Boccaletti** 100m (12.49), long jump (5.18m); **Idris Burkhardt** 2000m steeplechase (6:25.15); **Robbie Cullen** 100m (11.63), 800m (2:06.03); **Harley Grace** 800m (2:11.28); **Teddy Hampton** 100m (12.69); **Ryan Redhead** long jump (4.10m), javelin (36.86m); **Harry Wigham** 100m (12.89)

While **Kim Neuenkirchen's** 200m frame run was not a PB, she was very excited to race her best time in NSW with a great result of 22.98.

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

### RECORDS

Congratulations to **Idris Burkhardt** for achieving an U18 Club best in 2000m steeplechase at 6:25.15 (formerly 6:25.74).

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 '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 was achieved by eight athletes last weekend: **Blake Billingsley, Justin Billingsley, Wade Billingsley, Marco Boccaletti, Robbie Cullen, Sam Price, Ryan Redhead, and Emily Matthews**. 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**

All participating athletes should now have received an email with final team lists and timetable – there have been many timetable changes so please check your emails.

Important things to remember:

- Check you have your Cherrybrook uniform
- Arrive an hour before your first event
- Contact a Team Manager if you are running late
- On arrival, check in with a Cherrybrook Team Manager – we will likely be in Bay 6 and would love for all out athletes to sit together as a team and cheers on their Club mates
- Team photos will be taken in the Cherrybrook area on Saturday at 10.15am, 2pm and 3pm and Sunday 11.30am and 2.30pm. Please wear Cherrybrook gear and a smile 😊

## HUNTER THROWERS CLUB

Thursday, November 23, Hunter Sports Centre, Glendale

Events: shot put, discus and javelin – details: [www.nswathletics.org.au/events/211585](http://www.nswathletics.org.au/events/211585)

## 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 open and close at 11.59pm on Wednesday November 22.

Event 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.

## 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 – we hope all Duals, Seniors and Masters will take part!
- 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 National qualifiers to **Emily Britton** U23 100m, **Idris Burkhardt** U18 200m steeplechase and **Aliyah Bennett** U15 800m.

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 TOP orders are expected to arrive tomorrow and will be available from Nicky at State Relays (but please bring your old uniform in case).**

**Additional crop tops will be available to purchase for \$35 at the track.**

## **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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