

# Celebrating 30 years



## Cherrybrook Athletics



cherrybrookathletics@gmail.com

### CHERRYBROOK SENIORS NEWSLETTER No.11

#### WEDDING BELLS ARE RINGING!

Congratulations to former Cherrybrook athletes Jin Su Jung and Gen Cowie who are getting married this weekend. The pair first met at Greenway Oval while training with founding member John Sharp and, as they say, the rest is history. We wish Jin and Gen a lifetime of happiness.

#### RESULTS AND ACHIEVEMENTS

View all Cherrybrook results from Treloar #5 at: [athleticsnsw.anet.live/meets/28987](http://athleticsnsw.anet.live/meets/28987)

With an impressive 39 athletes competing at Treloar 5 at SOPAC on Saturday, our point scores are looking strong to make the finals in U12, U15, U18 and Open divisions (subject to this weekend's final round of course). This week's scores:

- U12 – 415 points – 1<sup>st</sup>
- U15 – 579.2 points – 2<sup>nd</sup>
- U18 – 204 points – 6<sup>th</sup>
- Open – 358 points – 3<sup>rd</sup>
- Age 35-49 – 90 points – 7<sup>th</sup>
- Age 50+ – 90.5 points – 9<sup>th</sup>

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 five rounds of competition, the current overall club rankings are not yet available but once released can be viewed at [www.nswathletics.org.au/results/awards-and-points/](http://www.nswathletics.org.au/results/awards-and-points/)

Congratulations to all athletes who scored important points for the club, especially those athletes who scored more than 50 individual points: **Robbie Cullen** 114.5 points, **Sophie Durheim** 71 points, **Zoe Jordan** 100.5 points, **Ryan Maher** 90 points, **Ashleigh Mansell** 120 points, **Emily Matthews** 83 points, **Kim Neuenkirchen** 65 points, **Chandra Rajapaksha Mudiyansele** 83 points, **Nisini Rajapaksha Mudiyansele** 103 points, **Ryan Redhead** 56 points, **Abigail Wigham** 51 points.

#### PERSONAL BESTS

This week we are aware of PBs by **Brendan Armstrong** 1500m (4:25.2); **Dylan Connell** 100m (16.32); **Imogen Connell** 100m (15.76), discus (28.24m), high jump (1.15m), triple jump (8.06m); **Karen Connell** discus (21.63m); **Zoe Connell** 100m (16.43), discus (21.94m), triple jump (8.10m); **Robbie Cullen** 110m hurdles (16.05); **Zoe Jordan** 100m (15.69); **Ashleigh Mansell** 1500m (5:50.54), 400m (1:11.39), high jump (1.15m); **Kim Neuenkirchen** 200m frame running (22.71); **Kobe Payne** 110m hurdles (15.88); **Nisini Rajapaksha Mudiyansele** 80m hurdles (14.63), 100m (13.78); **Ryan Redhead** discus (35.61m), high jump (1.30m); **Rani Sharma** 100m (1:00.27); **Hannah Storey** 400m (1:00.39); **Abigail Wigham** 100m (14.86); **Harry Wigham** 100m (12.81)

## RECORDS

Congratulations to **Hannah Storey** for achieving a Club Best result of 1:00.52 in U16W 400m (previous record 1:01.10). 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' (Club Bests) 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 **Robbie Cullen, Sophie Durheim, Zoe Jordan, Ashleigh Mansell, Emily Matthews, Ryan Maher, Chandra Rajapaksha Mudiyansele** and **Nisini Rajapaksha Mudiyansele** 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 achieved the Cherrybrook Challenge this season.

## UPCOMING COMPETITION

### TRELOAR SHIELD 6

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

Events: 100m, 200m, 800m, steeplechase, 2x100m relay, long jump, shot put, hammer throw, javelin

Entries are now closed, event details: [athleticsnsw.anet.live/meets/28909](http://athleticsnsw.anet.live/meets/28909)

If you have not entered this event but would still like to compete, why not come and earn some valuable points in a 2x100m relay? Relay nominations should be made to Nicky by 3pm on the day of competition – we hope all athletes will make themselves available for a relay this weekend.

### TRELOAR SHIELD FINAL

**Saturday December 16, Sydney Olympic Park Athletics Centre**

Details: [cdn.revolutionise.com.au/cups/nswathletics/files/sof2tigdslhlp8e.pdf](http://cdn.revolutionise.com.au/cups/nswathletics/files/sof2tigdslhlp8e.pdf)

All NSW-registered athletes aged 9 years and older are eligible for this event, with our team to be chosen from nominations submitted via the form emailed earlier this week by Championships Officer Matthew Joyce. Please return completed nomination forms ASAP and no later than Tuesday, December 5.

## NATIONAL QUALIFICATIONS

Congratulations to our athletes who achieved national qualifiers in competition this week: **Robbie Cullen** U23 110m hurdles, **Teddy Hampton** U17 pole vault, **Xavier Hennessey** U18 pole vault, **Kobe Payne** U23 110m hurdles, **Nisini Rajapaksha Mudiyansele** U15 pole vault.

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>

## SENIOR SHIRTS

Senior Cherrybrook training shirts are available to all senior athletes for the heavily discounted price of just \$10, thanks to a generous contribution from our sponsors at GSA Town Planning. **Orders must be in by 5pm on Friday, December 1.** Shirts can be viewed and ordered at [forms.gle/q62h7nhdb4Mi3wedA](https://forms.gle/q62h7nhdb4Mi3wedA)

## 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 by appointment, please contact Julie on 0421 002 991.

The uniform can be viewed at [www.cherrybrookathletics.org.au/index.php/uniform/](http://www.cherrybrookathletics.org.au/index.php/uniform/)

The new style senior crop top is now available for purchase for \$35, or if you have already ordered one you can collect it from Nicky Jenneke trackside at the final Treloar meet or final. The new crops will be available through the Uniform Shop in the New Year.

## 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

There will be no Competition Night this Friday. The oval may be used for training after 6.30pm.

## 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, SOPAC
- April 11-19 – Australian National Championships, Adelaide

## SAVE THE DATE

- December 17 from 2pm: Senior Club summer gathering for athletes 14 years and older. Details to come!

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