

Celebrating 30 years



Cherrybrook Athletics

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CHERRYBROOK SENIORS NEWSLETTER No.14

OUR TERRIFIC TRELOAR TEAM!

Congratulations and thank you to all our athletes who represented the Club to their best abilities throughout the entire Treloar Shield series – and especially for all your fabulous efforts at the final last weekend, with special mention to those athletes who filled in at the last minute. One of our youngest athletes, **Imogen Connell**, filled in for both the U18 2 x 100m relay and the Open mixed 4 x 200m relay (pictured) – which was an impressive contribution and a show of true team spirit!

TRELOAR FINAL RESULTS

- U12 – 4th (just 21 points off 3rd)
- U15 – BRONZE (just 7 points behind silver)
- U18 – 4th
- Open – 4th (just 22.5 points behind 3rd)

RESULTS AND ACHIEVEMENTS

- NSW Milers, December 13: athleticsnsw.anet.live/meets/29216/teams/725348
- All Cherrybrook Treloar final results: athleticsnsw.anet.live/meets/29262/teams/726619

PERSONAL BESTS

This week we are aware of senior competition PBs by **Aliyah Bennett** 1500m (4:42.27); **Andrew Kim** 400m (1:02.88); **Ashleigh Mansell** long jump (3.75m); **Brendan Armstrong** 400m (55.13), 800m (2:06.90); **Corey Dewar** 100m (11.12); **Finn Leivesley** high jump (1.50m); **Harley Grace** 1500m (4:35.16); **Kobe Payne** 400m (49.44); **Lucky Dewar** 100m (11.27); **Laila Burkhardt** high jump (1.45m); **Liam Steele** 100m (14.03), 400m (1:12.08); **Nehara De Mel** shot put (11.74m); **Olivia Moresi** high jump (1.70m); **Robbie Cullen** shot put (10.44m); **Sophie Durham** high jump (1.50m).

RECORDS

Congratulations to **Teddy Hampton** for achieving an All Age Club Best and U18 Club Best in pole vault, soaring to the new height of 3.70m (previous record 3.50m); and **Robbie Cullen** for an All Age Club Best and U20 Club Best in 7.26kg shot put at 10.44m (previous records 10.01m and 9.81m). Other age Club Bests are: **Aliyah Bennett** U14 1500m at 4:42.27 (previous 4:45.38); **Nisini**



Rajapaksha Mudiyanse U14 pole vault 2.35m (previous 2.25m), **Zac Hayward** Open high jump 2.10m (previous 2.00m).

Athletes who believe they have broken a record should notify our Records & Rankings Officer Rob Clark on 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/

UPCOMING COMPETITION

CAMPBELLTOWN HIGH VELOCITY

Saturday, December 23, Campbelltown Athletics Centre, Leumea

- Events: 100m, 200m, 400m, triple jump, javelin
- Entries closed: www.revolutionise.com.au/campbelltownuw/eventsregister/216738/

NSW MILERS

Saturday December 23, The Crest, Bass Hill

- Events: 800m, 1500m, steeplechase, 5000m www.nswathletics.org.au/events/217751/
- Entries closed: www.nswathletics.org.au/eventsregister/217751/

COMPETITION GRID

The competition grid at cdn.revolutionise.com.au/cups/nswathletics/files/srgafr56sjfqmlsr.png shows what events are being held at which meets after Christmas until the end of the NSW season.

NATIONAL QUALIFICATIONS

Congratulations for achieving National qualifications to: **Aliyah Bennett** U15 1500m, **Anna Kely** U23 shot put, **Zac Hayward** Open high jump.

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: www.cherrybrookathletics.org.au/index.php/uniform/

The Uniform Shop is open at Greenway Oval #2 by appointment, please contact Julie on 0421 002 991.

DON'T MISS OUT ON THE FUN – BECOME AN OFFICIAL

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/

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 CLUB COMPETITION NIGHTS

Friday Club Competition Nights have concluded for the year and will recommence on Friday, January 12.

UPCOMING CHAMPIONSHIPS

- January 27-28 – NSW Combined Event Championship, SOPAC
- January 26-28 – ACT U20 + Open Championships, AIS Canberra
- February 9-11 – Little Athletics Region 5 Championship, Narrabeen
- February 16-18 – ACT Junior and Master Championships, AIS Canberra
- February 17-18 – ANSW U7-U12 Sydney North Clubs Regional Championships, SOPAC
- March 2-3 – NSW Masters Championships SOPAC; and LANSW Combined Carnival, Glendale
- March 2 – Canberra Track Classic, AIS Canberra (high-performance meet)
- March 7-10 – NSW Junior Championships, SOPAC
- March 14-17 – NSW Open Championships, SOPAC
- March 23 – Sydney Track Classic, ES Marks (high-performance meet)
- April 11-19 – Australian National Championships, Adelaide

MERRY CHRISTMAS AND HAPPY HOLIDAYS

We hope all our athletes and their families have a wonderful, safe, and restful Christmas and New Year – however you celebrate it – and we look forward to seeing you all back at training and on the competition track and field in 2024!



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