

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

CHERRYBROOK SENIORS NEWSLETTER No.15

We hope all our athletes had a wonderful Christmas and New Year period – however you celebrated or spent it – and are ready and raring to go for the second half of the season. We wish everyone great success in 2024. Train hard and aim high! We look forward to celebrating all your successes.

RESULTS AND ACHIEVEMENTS

Campbelltown High Velocity meet December 23: athleticsnsw.anet.live/meets/29296/teams/728794

NSW Milers December 23: anet.live/meets/29295/teams/728415

PERSONAL BESTS

PBs to report are **Idris Burkhardt** 5000m 15:54.073; and **Laila Burkhardt** 2000m steeplechase 9:08.34.

All athletes should report their personal best results to Nicky via text to 0448407716.

RECORDS

Congratulations to **Idris Burkhardt** who achieved a Club Best in 5000m at 15:54.73 (previous 16:17.43).

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 at: www.cherrybrookathletics.org.au/index.php/seniors-results-records/

UPCOMING COMPETITION

Illawong High Velocity Meet

January 6, The Ridge Athletics Track

Events: 100m, 200m, sprint hurdles, high jump, triple jump, shot put

www.nswathletics.org.au/events/217629/

Entries: www.nswathletics.org.au/eventsregister/217629/

Illawong Track Challenge

January 13, Kerryn McCann Athletics Centre

Events: 60m, 100m, 400m, 1 mile, 3000m, high jump, long jump, javelin, hammer

www.nswathletics.org.au/events/21764

Entries: www.nswathletics.org.au/eventsregister/217644/

COMPETITION GRID

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

NATIONAL QUALIFICATIONS

Congratulations to **Idris Burkhardt** who achieved another national qualifier in U20 5000m.

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 or medal at the Youth Championships
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.

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/

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

Friday night Club Competition will resume on Friday, January 12. Greenway Oval athletics track will be available for Cherrybrook athletes to train this Friday, January 5.

UPCOMING CHAMPIONSHIPS

- January 27-28 – NSW Combined Event Championship, SOPAC ***Entries now open**
- January 26-28 – ACT U20 + Open Championships, AIS Canberra ***Entries now open**
- February 16-18 – ACT Junior and Master Championships, AIS Canberra
- February 17-18 – U7-U12 Sydney North Clubs Regional Champs, SOPAC
- March 2-3 – NSW Masters Championships SOPAC
- March 2-3 – LANSW Combined Carnival, Glendale
- March 2 – Canberra Track Classic, AIS Canberra (high-performance meet)
- March 7-10 – NSW Junior Championships, SOPAC (U13-U20)
- March 14-17 – NSW Youth Champs (U8-U12), SOPAC
- March 14-17 – NSW Open Championships (U23 + Open), SOPAC
- March 23 – Sydney Track Classic, ES Marks (high-performance meet)
- April 11-19 – Australian National Championships, Adelaide

TRAINING

Coaching by qualified coaches is available for Cherrybrook athletes of all ages and abilities at Greenway Oval on Mondays and Wednesdays. Please contact coaches before attending, and note that some coaches may offer additional sessions:

- Zac Hayward – high jump – 0403548503
- Anna Kely – all throws – 0490729906
- Valme Kruger – middle and long distance – 0402126060
- Will Mills – walks – 0435213275
- Joey Ryu – long jump/triple jump – 0420633739
- Carla Takchi – sprint and hurdles – 0447964238
- Mick Zisti – sprints and hurdles – 0434110872

If the Club does not have a coach for a discipline, we can recommend an external coach.

SUMMER GATHERING

Thank you to all those athletes who attended the Summer Gathering in late December – a great time seemed to be had by all and new friends were made.



gsa planning

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

@ carlingford
active health



wamee



ELITE
OUTDOOR FITNESS