

# Celebrating 30 years



## Cherrybrook Athletics

 [cherrybrookathletics@gmail.com](mailto:cherrybrookathletics@gmail.com)

### CHERRYBROOK SENIORS NEWSLETTER No.16

#### WE NEED YOUR HELP, PLEASE

Cherrybrook Athletics is planning to hold a Masters (over 30s) "Come & Try" evening on Wednesday, January 31 from 5.30pm to 8pm and we need some volunteers to help run the event – including check in, starters, timing gate operators, event officials (shot put, discus, high jump and track). We would love it if many of our Senior athletes and parents could volunteer their time to help us convince more people that Masters athletics is awesome and they should sign up! If you can help, please contact Nicky Jenneke on 0448407716 ASAP. And if you are keen to find out more about Masters Athletics, you are very welcome to come along and give it a go – stay tuned for more details!

#### RESULTS AND ACHIEVEMENTS

**Illawong High Velocity meet:**

[athleticsnsw.anet.live/meets/29417/teams/733161](http://athleticsnsw.anet.live/meets/29417/teams/733161)

#### UPCOMING COMPETITION

##### 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](http://www.nswathletics.org.au/events/21764)

Entries:

[www.nswathletics.org.au/eventsregister/217644/](http://www.nswathletics.org.au/eventsregister/217644/)

##### NSW Milers

**January 18, The Crest Athletics**

Events: 800m, 1500m, 3000m, 5000m, pole vault

[www.nswathletics.org.au/events/217645/](http://www.nswathletics.org.au/events/217645/)

Entries close midnight January 16: [www.nswathletics.org.au/eventsregister/217645/](http://www.nswathletics.org.au/eventsregister/217645/)

##### Narrabeen Pole Vault Meet

**January 20, Narrabeen Athletics Track**

Event: Pole vault <https://www.nswathletics.org.au/events/217654/>

#### 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, The Crest Bankstown **\*Entries now open – this event is a direct qualifier to the inaugural NSW Youth Championships, see below**
- 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 Championships (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

## COMPETITION GRID

The competition grid at [cdn.revolutionise.com.au/cups/nswathletics/files/srgafr56sjfqmlsr.png](https://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 and is a great tool for planning your season.

## 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’ (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/](http://www.cherrybrookathletics.org.au/index.php/seniors-results-records/)

## QUALIFICATIONS

### NSW Youth Championships

#### **March 14-17, Sydney Olympic Park Athletics Centre**

This event for ANSW-registered athletes from U8-U12 (born 2012-2016) is part of the Athletics NSW pathway and NOT to be confused with LANSW State Championships. More information is available at <https://cdn.revolutionise.com.au/cups/nswathletics/files/9dfolhhwcvlh0yqd.pdf>

To qualify, athletes must compete at the Sydney North Regional Championship on February 17-18 at The Crest Athletics Track, Bankstown (LANSW-only registered athletes may enter for an additional fee, but if they qualify they will then have to register with ANSW to compete at State) and **must place 1<sup>st</sup> or 2<sup>nd</sup> in an event** to automatically progress – other than walks, 80m hurdles and para events which are not offered at Regionals and will be direct entry at State. There is a roll-down process to fill additional spots – more details on this process, and important meet information which should be read before entering the Regional event, is available at [www.nswathletics.org.au/events-page/regional-championships/](http://www.nswathletics.org.au/events-page/regional-championships/)

### National Junior (U13-U20) and Open (age 19+) Championships

#### **April 11-19, SA Athletics Stadium, Perth**

Athletes who aspire to represent NSW at the Australian Athletics Championships can qualify by either:

- Placing first, second or third at NSW All Schools or NSW Championships – the NSW Championships on March 7-17 at SOPAC is a direct entry event, athletes can enter as many events as you like (fee applies per event)
- Achieving an entry standard ([cdn.revolutionise.com.au/cups/aa/files/pw2gmrhwotvptu3z.pdf](https://cdn.revolutionise.com.au/cups/aa/files/pw2gmrhwotvptu3z.pdf)) and competing at NSW Championships

## 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/](http://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/](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

Friday night Club Competition will resume this Friday, January 12, at Greenway Oval in Cherrybrook. Please contact Nicky Jenneke if you intend to compete. Competing Seniors will be asked to assist if required.

## 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.

gsa planning

Bakers  
Delight  
Cherrybrook

HUNTER PACIFIC  
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@ carlingford  
active health



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