

# Celebrating 30 years



## Cherrybrook Athletics

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

### CHERRYBROOK SENIORS NEWSLETTER No.17

#### THINK YOU ARE TOO OLD FOR ATHLETICS? THINK AGAIN – COME & TRY!

Parents, grandparents, aunts, uncles – any one aged 30 years or older is invited to a Masters Come & Try night at Cherrybrook Athletics home ground, Greenway Oval #2, from 5.30pm on Wednesday, January 31. If you've ever been in the stands watching your kids compete and thinking "I'd like to give that a go" or are just looking for a fun way to improve your fitness (and makes friends) then come along and try athletics in a relaxed environment – you can choose five events from 60m, 100m, 600m, 800m, high jump, long jump, triple jump, shot put and discus. More details coming soon but please mark the date in your diary so you can come and join the fun, and see just how awesome athletics can be at any age!

#### HELP! WE NEED SOME BODIES

We are calling on our Senior and existing Masters athletes, officials, and parent helpers to assist our Masters "Come & Try" evening on Wednesday, January 31 from 5.30pm to 8pm – including check in, starters, timing gate operators, event officials (shot put, discus, long jump, triple jump, high jump and track). If you can help, please contact Nicky Jenneke on 0448407716 ASAP.

#### RESULTS AND ACHIEVEMENTS

Illawong Track Challenge (Cherrybrook results):  
[athleticsnsw.anet.live/meets/29628/teams/740603](http://athleticsnsw.anet.live/meets/29628/teams/740603)

#### PERSONAL BESTS

Personal bests were achieved by **Benson Armstrong** 60m 8.98; and **Brendon Armstrong** (pictured) 60m 7.92 and 1 mile 4:39.10, while **Michael Armstrong** achieved a season's best of 6:40.18 on his return from injury.

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

#### 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/)



## UPCOMING COMPETITION – ENTRIES OPEN

### **NSW Combined Event Championship, January 27-28, SOPAC**

Late entries still open, details: <https://www.nswathletics.org.au/events/200946/>

### **ACT Open and U20 Championships, January 26-28, AIS Canberra**

Event details: [www.athleticsintheact.com.au/events/207506](http://www.athleticsintheact.com.au/events/207506)

Entries close Monday, January 22 at 4pm: [www.athleticsintheact.com.au/events/register/207506](http://www.athleticsintheact.com.au/events/register/207506)

### **Summer Down Under, January 20-22, AIS Canberra**

Primarily a wheelchair event, a range of other Para and able-bodied events (100m, 200m, 400m, 800m and 1500m) are also offered: [www.wsns.org.au/eventsregister/209529/](http://www.wsns.org.au/eventsregister/209529/)

### **Sydney North Regional Championship, February 17-18, The Crest Athletics Track, Bankstown**

Open to all U7-U12 athletes (born 2012-2017) whether or not they are registered with ANSW (additional entry fee applies for non-ANSW-registered athletes). Maximum entry of three individual events per athlete (excluding relays). This event is a direct qualifier for the inaugural ANSW Youth Championships in March.

Event details: [www.nswathletics.org.au/events/200298/](http://www.nswathletics.org.au/events/200298/)

Entries close 12 noon on Monday February 12: [www.nswathletics.org.au/eventsregister/200298/](http://www.nswathletics.org.au/eventsregister/200298/)

## UPCOMING CHAMPIONSHIPS

- January 27-28 – NSW Combined Event Championship, SOPAC
- January 26-28 – ACT U20 + Open Championships, AIS Canberra
- February 16-18 – ACT Junior and Master Championships, AIS Canberra
- February 17-18 – U7-U12 Sydney North Clubs Regional Champs, The Crest Bankstown
- March 2-3 – NSW Masters Championships SOPAC
- 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
- June 4-8 – Oceania Area Championships, Suva, Fiji \***Nominations open for Open and Para athletes**

## COMPETITION GRID

The competition grid at [cdn.revolutionise.com.au/cups/nswathletics/files/srgafr56sifqmlsr.png](http://cdn.revolutionise.com.au/cups/nswathletics/files/srgafr56sifqmlsr.png) sets out what events are being held at which meets until the end of the season in NSW.

## 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.**

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