

Celebrating 30 years



Cherrybrook Athletics

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CHERRYBROOK SENIORS NEWSLETTER No.18

MASTERS COME AND TRY NIGHT

Parents, grandparents, family, and friends aged 30 years and older are invited to a Masters "Come and Try" night at Cherrybrook Athletics home ground, Greenway Oval, on Wednesday January 31. This night is designed to give older athletes or those who have never competed in athletics an opportunity to experience athletics in a relaxed and enjoyable environment. Events on offer are: 60m, 100m, 600m, 800m, high jump, long jump, triple jump, shot put, discus and weight throw. Participants will be limited to five events. Entries are available via the QR code and close on Monday January 29 at 4pm. So please enter now and come and join in the fun.



SENIOR + MASTER ATHLETES NEEDED

To help run our Masters "Come and Try" on Wednesday, January 31 from 5.30pm to 8pm we need some volunteers – including starters and event officials for long jump, triple jump, high jump, and track. We would love it if some more of our Senior athletes and Masters could volunteer their time so that more people can experience how awesome athletics is at any age. If you can help, please contact Nicky Jenneke on 0448407716 ASAP.

GOOD LUCK

Good luck to Ashleigh Mansell and Maddison Tabrett (U12 triathlon), Andrew Kim and Wade Billingsley (U14 pentathlon), Sam Price and Blake Billingsley (U16 heptathlon), Nisini Rajapaksha (U16 heptathlon), Justin Billingsley and Xavier Hennessey (U18 decathlon), Robbie Cullen (Open decathlon) and Chandra Rajapaksha (Masters pentathlon) at the NSW Combined Championships this weekend at SOPAC.

Good luck also to all Cherrybrook athletes competing at the Canberra U20 and Open championships.

CHERRYBROOK RESULTS AND ACHIEVEMENTS

NSW Milers, January 18: <https://athleticsnsw.anet.live/meets/29689/teams/740416>

PERSONAL BESTS

Personal bests were achieved this week by: Brendon Armstrong 800m (2:03.09), Justin Billingsley (pole vault (2.20m), Harley Grace 800m (2:08.95), Oscar Turnbull 400m (54.68).

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

NATIONAL QUALIFIERS ACHIEVED

Congratulations to those athletes who achieved national qualifiers in the past week: Oscar Turnbull U15 400m and Brendan Armstrong U16 800m.

RECORDS

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

NSW COMBINED CHAMPIONSHIPS: January 27-28, SOPAC

Details and live results: www.nswathletics.org.au/events/200946/

ACT OPEN & U20 CHAMPIONSHIPS: January 26-28, AIS Canberra

Details and live results: www.athleticsintheact.com.au/events/207506

NSW MILERS: February 1, The Crest Athletics (Bankstown)

Events: 800m, 1500m, 3000m, 3000m walk, javelin

Details: www.nswathletics.org.au/events/217655/

Entries open until 12pm January 30: www.nswathletics.org.au/eventsregister/217655/

SYDNEY NORTH REGIONAL CHAMPIONSHIPS

February 17-18, The Crest Athletics (Bankstown)

Details: www.nswathletics.org.au/events/200298/

All athletes aged U7-U12 (born 2012-2017) are eligible to compete, whether or not they are registered with ANSW. (There is a greater cost for non-ANSW-registered athletes.)

Track and field events are available for all age groups but athletes are restricted to three individual events, excluding relays. This event is not only a club point-scoring event, but is a direct qualifier for the inaugural ANSW Youth Championships in March.

Entries close 12pm on Monday, February 12: www.nswathletics.org.au/eventsregister/200298/

UPCOMING CHAMPIONSHIPS

- February 16-18 – ACT Junior and Master Championships, AIS Canberra
- February 17-18 – U7-U12 Sydney North Clubs Regional Champs, The Crest Bankstown *Entries open
- 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
- June 4-8 – Oceania Area Championships, Suva Fiji ***U18 + Open athletes including Para athletes are welcome to nominate**

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.

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/9dfolhhwcvlh0ygd.pdf>

To qualify, athletes must compete at the Sydney North Regional Championship on February 17-18 at The Crest Athletics, 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 1st or 2nd 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/

QUALIFYING FOR NATIONALS (Juniors, Open and Para athletes)

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 Youth Championships for U12 only)
2. Achieving an entry standard **by March 18, 2024**. Standards can be viewed at <https://cdn.revolutionise.com.au/cups/aa/files/pw2gmrhwotvptu3z.pdf>

Please note athletes must compete at the NSW Championships to be eligible to enter Nationals

PARA ATHLETE KIM NEUENKIRCHEN NEEDS YOUR HELP

Cherrybrook athlete Kim Neuenkirchen competes in frame running and is hoping to take part in the Denmark Cup this year.

As a self-funded athlete, she has set up a GoFundMe to help with the expenses of travelling and competing.

If you would like to help Kim, her GoFundMe is at: <https://gofund.me/ea66404>



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 has now resumed at Greenway Oval athletics track, running to Program 3 on Friday, February 2. Please contact Nicky Jenneke if you wish to compete. Senior competing athletes may be asked to help out at Junior events on Fridays.

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

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