

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This week, Friday February 23, we will be running **Program 3** which can be viewed on our website [here](#) and includes the following optional early events, all starting at 5.15pm:

- Triple jump – U11 & U12
- High jump – U13
- Shot put – U14-U17

Please note: Athletes who wish to compete in early events **MUST HAVE A PARENT/CARER PRESENT** to help run events – any athlete without a parent/carer assisting cannot compete.

PLEASE ALSO NOTE: U17G and U15-17B 100m hurdles start at 5.45pm, followed by 90m hurdles and then 80m

PLEASE NOTE: If you wish to compete in an early event, please ARRIVE PROMPTLY AT 5.15PM – any athlete who arrives after 5.30pm will not be able to join in.

Parents/carers with athlete surnames H-N and O-Z are on Program 3 duties this week

A reminder that any parent/carer who is not on a rostered duty is expected to be ACTIVELY ASSISTING AGE MANAGERS who are there to record results and coach athletes ... and who need your help, especially supervising children waiting their turn. If you have more than one athlete (and are not on a duty), please check which Age Manager is most in need of your support!

Cherrybrook Crew (U3-5) – 4.45pm-5.30pm

**U6-U17 – warm-up 5.45pm, main events 6pm
(other than early 100m hurdles)**

WELL DONE TO OUR STATE QUALIFIERS!

Congratulations to all our athletes who have qualified for the LANSW Hart Sport State Track and Field Championships through their fabulous efforts at Region 5 Championship earlier this month – we have 49 athletes qualified in 89 events. YAY! Well done everyone!!

A full list of our qualified athletes is available on our website [here](#).

And just a reminder for parents/carers of athletes who have qualified for State to consider pre-booking parking as the Sydney Royal Easter Show starts at Olympic Park that weekend.

LANSW State merchandise is also now available for pre-order [here](#).

LANSW Region 5 Championships Medal- Winners!

Our amazing athletes won a combined total of 63 medals at the LANSW Region 5 Championships at Sydney Olympic Park Athletics Centre on the weekend of February 10-11, 2024. That tally was comprised of 61 individual medals and two relay medals, with 19 GOLD, 20 SILVER and 24 BRONZE.

Congratulations to:

- **Imogen Connell** U11G – GOLD discus
- **Finn Leivesley** U11B – GOLD high jump; SILVER long jump; BRONZE 200m; BRONZE junior boys relay
- **Andre Liyanage** U11B – GOLD discus
- **Madison Tabrett** U12G – GOLD high jump; SILVER 200m; SILVER 80m hurdles
- **Aryan Bharati** U13B – GOLD discus
- **Andrew Kim** U13B – GOLD 80m hurdles; SILVER long jump
- **Isaac Wegener** U13B – GOLD 3000m
- **Nisini Rajapaksha Mudiyansele** U14G – GOLD high jump; GOLD discus; BRONZE long jump; BRONZE triple jump; BRONZE shot put; BRONZE senior girls relay
- **Sophie Durheim** U15G – GOLD high jump; BRONZE 100m; BRONZE 200m; BRONZE senior girls relay
- **Layla Tawbe** U15G – GOLD javelin
- **Brendan Armstrong** U15B – GOLD 1500m; GOLD 3000m
- **Samuel Price** U15B – GOLD 100m hurdles; GOLD long jump; GOLD discus; GOLD shot put; SILVER 300m hurdles; SILVER high jump
- **Olivia Moresi** U17G – GOLD high jump
- **Archie Gulcynski** U10B – SILVER 400m; BRONZE junior boys relay
- **Zoe Jordan** U11G – SILVER 800m; BRONZE 400m; BRONZE 1500m
- **Aliyah Bennett** U14G – SILVER 800m, SILVER 1500m; SILVER 300m
- **Cheyenne Sinteur** U14G – SILVER javelin



- **Christopher Whiteley** U14B – SILVER 800m; SILVER 1500m; SILVER 3000m
- **Harry Wigham** U14B – SILVER long jump
- **Edward Darby** U15B – SILVER shot put
- **Sarah-Anne Koot** U17G – SILVER 100m hurdles; BRONZE 300m hurdles; BRONZE long jump; BRONZE senior girls relay
- **Amy Timms** U17G – SILVER 800m; BRONZE 1500m
- **Idris Burkhardt** U17B – SILVER 3000m
- **Laurence Darby** U8B – BRONZE discus
- **Brendan Jones** U9B – BRONZE junior boys relay
- **Aaryaveer Tangri** U9B – BRONZE discus
- **Leona Huang** U10G – BRONZE 800m
- **Saanvi Saravana** U10G – BRONZE shot put; BRONZE discus
- **Anna Wegener** U11G – BRONZE 800m
- **Lachlan Kidd** U12B – BRONZE 400m
- **Maxwell Penn** U12B – BRONZE 1500m walk
- **Liam Steel** U12B – BRONZE junior boys relay
- **Michiko Paul** U13G – BRONZE senior girls relay
- **Laila Burkhardt** U14G – BRONZE high jump
- **Ruby Penn** U14G – BRONZE 1500m walk
- **Justin Billingsley** U17B – BRONZE javelin

If you have photos of any medal-winner we have missed here – and which can be included in our newsletters and the Red Book (annual report) – please send them to cherrybrookathletics@gmail.com

Thank you also to all our parents/carers who fulfilled their duties at Region – especially those who filled in/stayed on longer as needed. Events such as this cannot happen without enough volunteer helpers all doing their bit!

WE NEED YOU!

Speaking of volunteers helping out ... as the end of the season approaches, it is time to start planning our Annual General Meeting – and our committee who will oversee Season 2024-2025. We have several committee members stepping down at the end of this season, some of them after many years of volunteer contributions to our Club and our young athletes. If your family are keen to do athletics again next season, please consider putting your hand up for a role on the committee – or even for a role assisting the committee. The more people who become involved the less work there will be for each person involved! If you are interested, please speak with a committee member on a Friday night or email us at cherrybrookathletics@gmail.com.

UNIFORM SHOP

The Uniform Shop is now open by appointment only – please contact Julie on 0421 002 991.

DUAL ATHLETES

Details on how to claim refunds for eligible Dual ANSW/LANSW athletes will be emailed to parents/carers of those athletes soon – please keep an eye on your inbox!

ANSW YOUTH CHAMPIONSHIP

If any of our U8-U12 Para athletes is interested in direct nomination to ANSW Youth Championship, please contact Nicky Jenneke ASAP on 0448 407716 to talk about your options and how to nominate. More information on the ANSW Youth Championships – which is a new event on the calendar this year – is available [here](#).

IMPORTANT SAFETY INFORMATION

At least one parent/carer per family **MUST BE PRESENT AT THE OVAL AT ALL TIMES** when your athletes are competing. If you are on a duty, please tell your Age Managers where you can be found in case of emergency.

St John Ambulance volunteers need a parent/carer present to give permission to treat an injured child.



While many of us love our four-legged friends, not everyone is a fan – and an athletics meet is no place for them. Please DO NOT BRING DOGS onto the oval during Competition Nights. Also, NO BALLS on the oval – wayward balls pose an injury risk to athletes.

**PARENTS/CARERS
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AT THE OVAL AT ALL
TIMES WHILE THEIR
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DATES FOR YOUR DIARY

- **Saturday and Sunday, March 2-3:** LANSW State Combined Carnival Hunter Sports Centre, Glendale – entries are now closed, good luck to our 14 Cherrybrook athletes
- **Friday, March 8:** Whole club Ribbon Night – this will be run to our regular program but with ribbons awarded on the night to top-3 placegetters in each event
- **Friday, March 15:** It's our final night for the season which means it is our whole club FUN NIGHT!
- **Friday to Sunday, March 22-24:** LANSW HART Sport State Track and Field Championships, SOPAC for athletes who have qualified through Region 5 Championships
- **Sunday, May 19:** Our Presentation Day will be held at a time and venue TBA

gsa planning

Bakers
Delight
Cherrybrook

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active health



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