

Celebrating 30 years



Cherrybrook Athletics

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CHERRYBROOK SENIORS NEWSLETTER No.19

CHERRYBROOK RESULTS AND ACHIEVEMENTS

NSW Combined Championships: athleticsnsw.anet.live/meets/29824/teams/750143

Congratulations to our NSW Combined Championship medalists:

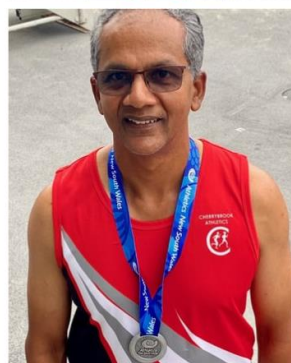
GOLD:

- **Robbie Cullen** – Open men decathlon
- **Sam Price** – U16 men heptathlon
- **Andrew Kim** – U14 men pentathlon



SILVER:

- **Chandra Rajapaksha** – Masters 55-59 men pentathlon
- **Maddison Tabrett** – U12 girls triathlon



Well done to our three new state champions: Robbie, Sam and Andrew!!

Canberra U20 and Open Championships:

capitalathleticsresults.com.au/Results/Season2023_24/Championships/U20_Open_Championships/Web/

Congratulations to frame runner **Kim Neuenkirchen** who won THREE GOLD in 100m, 200m and 400m.

We also applaud significant personal bests by **Kobe Payne** and **Milly Visser** in 400m hurdles and an almost club best for **Matt Joyce** in 1500m.

NSW Milers: athleticsnsw.anet.live/meets/30043/teams/751284

PERSONAL BESTS

Personal bests were achieved recently by:

Blake Billingsley 100m hurdles (22.64), 1500m (6:04.69), javelin (27.44m); **Justin Billingsley** 110m hurdles (21.678), 400m (1:13.28), discus (31.82); **Wade Billingsley** 200m (34.70), shot put (5.66m), javelin (23.08m); **Robbie Cullen** 1500m (4:54.57), shot put (10.45m), discus (34.52m), javelin (52.90m), long jump (6.58m), pole vault (3.50m), decathlon (6333 points); **Andrew Kim** high jump (1.58m), javelin (24.60m), shot put (11.40m), pentathlon (1726 points); **Kim Neuenkirchen** 100m (21.70), 200m (41.25), 400m

(1:38.86); **Kobe Payne** 400m hurdles (55.83); **Chandra Rajapaksha Mudiyansele** 200m (27.81), 1500m (6:13.29), long jump (4.57m), discus (30.11m), pentathlon (2397points); **Christopher Whiteley** 800m (2:16.43); **Sam Price** 200m (25.45), 1500m 4:55.65), heptathlon (4195 points); **Nisini Rajapaksha Mudiyansele** 90m hurdles (15.25), 200m (28.97), 800m (2.59.59), shot put (9.92m), heptathlon (3604 points); **Milly Visser** 400m hurdles (1.07.55); **Oscar Turnbull** 800m (2.14.11), 1500m 4:23.66); **Xavier Hennessey** 400m (55.55).

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

NATIONAL QUALIFIERS ACHIEVED

Congratulations to those athletes who recently achieved national qualifiers:

Marco Boccaletti 110m hurdles; **Robbie Cullen** Open decathlon and U23 110m hurdles; **Oscar Turnbull** U14 800m and 1500m, **Xavier Hennessey** U18 pole vault; **Kobe Payne** U23 110m hurdles and 400m hurdles; and **Sam Price** U16 heptathlon and 100m hurdles.

RECORDS

Congratulations to these athletes who now hold current Club Bests:

Robbie Cullen Open pole vault 3.50m (no previous record), Open shot put 10.45m (previous 10.44m), Open discus 34.52m (previous 30.71m), Open javelin 52.90m (previous 33.66m), Open decathlon 6333 points (no previous record); **Andrew Kim** U14 pentathlon 1726 points (previous 1016 points); **Sam Price** U16 heptathlon 4195 points (previous 3664 points); **Chandra Rajapaksha Mudiyansele** Masters 55-59 pentathlon 2385 points (previous 2078).

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: February 10, The Ridge

Events: sprint hurdles, 100m, 200m, high jump, long jump, shot put – www.nswathletics.org.au/events/217656/

5000m CHAMPIONSHIPS AND SUPPORTING EVENTS: February 10, SOPAC Warm-Up track

Events: 5000m, 400m, 800m, pole vault, javelin, triple jump – www.nswathletics.org.au/events/200949/

SYDNEY NORTH REGIONAL CHAMPIONSHIPS + ALL-COMERS: February 17, The Crest Athletics

Please note this championship will now only be held on the Saturday, and All-Comer events have also recently been added for U13 to Masters including 60m, 3000m walk, 5000m walk and javelin

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

All athletes aged U7-U12 (born 2012-2017) are eligible, 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 also 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 17 – U7-U12 Sydney North Clubs Regional Champs, The Crest Bankstown *Entries open and please note the change to a one-day format.
- February 16-18 – U14-U18 ACT Championships, Woden Athletics Track *Entries now 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 – U18 + Open national medal standard athletes are encouraged to nominate for the Australian team at form.jotform.com/232828026815862; U18 + Open national level athletes are recommended to nominate for the Regional Australia Team at <https://form.jotform.com/232828026815862>**

COMPETITION GRID

New events have recently been added to the competition grid, which sets out what events are being held at which meets in NSW until the end of the season:

cdn.revolutionise.com.au/cups/nswathletics/files/srgafr56sifqmlsr.png

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, 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>

YOU ARE NEVER TOO OLD FOR ATHLETICS

Our 'Come & Try' Masters night was definitely proof you are never too old for athletics – and it is safe to say the 23 participants had a great time having a go at various track and field events. Thank you to all our wonderful helpers including parents, committee, Club officials and Senior athletes who helped make the night a success. Congratulations to our over-all place getters who will receive ribbons in due course:

- Men 60m – 1st Vishwanatha Suhrahmanya , 2nd Shawn Wigham, 3rd Prashant Kumar
- Women 60m – 1st Julie-Ann Wigham, 2nd Elizabeth Rann, 3rd Adele Durheim
- Men 100m – 1st Vishwanatha Suhrahmanya, 2nd Andrew Jordan, 3rd Shawn Wigham
- Women 100m – 1st Julie-Ann Wigham, 2nd Elizabeth Rann
- Men 600m – 1st Prashant Kumar, 2nd Souvik Ghosh, 3rd Chris Rann
- Men 800m – 1st Andrew Jordan, 2nd Souvik Ghosh
- High jump – 1st Prashant Kumar
- Men shot put – 1st Dylan Connell, 2nd Raaf Tawbe, 3rd Pranesh Liyanage
- Women shot put – 1st Karen Connell, 2nd Adele Durheim, 3rd Jenny Koot
- Men discus – 1st Dylan Connell, 2nd Chandra Rajapaksha, 3rd Raaf Tawbe
- Women discus – 1st Jenny Koot, 2nd Karen Connell, 3rd Adele Durheim
- Men weight throw – 1st Chandra Rajapaksha, 2nd Martin Redhead, 3rd Raaf Tawbe
- Women weight throw – 1st Karen Connell, 2nd Jenny Koot, 3rd Adele Durheim
- Men long jump – 1st Martin Redhead, 2nd Andrew Hennessey, 3rd Dylan Connell
- Women long jump – 1st Adele Dureim, 2nd Karen Connell, 3rd Jenny Koot
- Women triple jump – 1st Jenny Koot

Full results will be sent to all participants once compiled.



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 1 on Friday, February 9. 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

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
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carlingford
active health



wamee

