

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

CHERRYBROOK SENIORS NEWSLETTER No. 20

GOOD LUCK

Wishing the best of luck to Cherrybrook athletes competing at either the ACT Junior Championships in Canberra this weekend (please let Nicky Jenneke know your results) or our younger athletes at the ANSW Sydney North Regional Championships at SOPAC on Saturday.

CHERRYBROOK RESULTS AND ACHIEVEMENTS

NSW 5000m Championships and All-comers, Feb 10: athleticsnsw.anet.live/meets/30259/teams/759457

Throwers Club, Feb 11: athleticsnsw.anet.live/meets/30263/teams/761757

PERSONAL BESTS

Personal bests were achieved recently by: **Brendan Armstrong** 1500m (4:17.39); **Blake Billingsley** hammer throw (26.97m); **Justin Billingsley** hammer throw (29.98m); **Wade Billingsley** hammer throw (24.92m); **Rani Sharma** 400m (58.93).

Please note PBs achieved at LANSW events are not reported here. Athletes should report their ANSW personal best results to Nicky via text on 0448407716.

NATIONAL QUALIFIERS ACHIEVED

Congratulations to **Rami Sharma** who achieved national qualifier in U18 400m and **Teddy Hampton** in U18 pole vault.

RECORDS

Congratulations to **Anna Kely** who achieved a Club Best in Open women discus at 37.56m (previous 36.78m).

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/

PRESENTATION DAY ANNOUNCED

Our Senior presentation will be held on Sunday, June 2 at WPH Sports Club. Please save the date.

UPCOMING COMPETITION

SYDNEY NORTH REGIONAL CHAMPIONSHIPS + ALLCOMERS February 17, The Crest Athletics Bankstown

Entries are closed, details: www.nswathletics.org.au/events/200298/

- The full program should be available online by 12 noon on Friday – please check entry lists and notify ANSW of any errors or omissions.
- Please check in on arrival with team manager Nicky Jenneke (lady on the scooter) who will also be available on 0448407716.
- Athletes wishing to compete in a relay at these championships should verbally communicate an expression of interest to Nicky by 2pm on the day.

HUNTER THROWERS CLUB Thursday February 22, Hunter Sports Stadium Glendale

Shot put, discus, hammer throw – details: www.nswathletics.org.au/events/217659/

Entries now open:

forms.office.com/pages/responsepage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAAAAAAAAAAAAAAMAAP0ytIZUMEVOVEpEN1VRTFFHTEpYN1RUV0JHQ1k5QS4u

NSW MILERS Thursday February 22, The Crest Athletics Centre Bankstown

800m and 1500m, entries open soon – details www.nswathletics.org.au/events/217664/UPCOMING

CAMBELLTOWN HIGH VELOCITY Saturday February 24, Campbelltown Athletics Track

100m, 200m, 200m/400m hurdles, steeplechase, long jump, discus, high jump

Entries open soon: www.nswathletics.org.au/events/217665/

NARRABEEN POLE VAULT MEET Saturday February 24, Sydney Academy of Sport Narrabeen

Pole vault for 12yrs to Masters – details www.manlywarringahathletics.org.au/events/213003/

Entries close 11.45am on February 23: www.manlywarringahathletics.org.au/events/register/213003

SYDNEY TRACK CLASSIC March 23, ES Marks – High Performance Meet

Several former Cherrybrook athletes will compete at this event which will be well worth watching live, tickets: www.ticketebo.com.au/athletics-nsw/sydney-track-classic-2024

UPCOMING CHAMPIONSHIPS

NSW MASTERS CHAMPIONSHIPS March 2-3 Sydney Olympic Park Athletics Centre

Open to all registered athletes aged 30 years and older, entries close Friday February 16

Details: www.nswathletics.org.au/events/200951/

NSW JUNIOR CHAMPIONSHIPS March 7-10, Sydney Olympic Park Athletics Centre

Open to ANSW members aged U14-U20 (born 2005–2012 – athletes must be turning age 12-19 in 2024)

No qualification standard required, simply enter by 12 noon on Friday February 23 at

www.nswathletics.org.au/eventsregister/200954/

Draft timetable: cdn.revolutionise.com.au/cups/nswathletics/files/mrmtgti6tji9pzip.pdf

Note: Athletes must compete at this championship if they wish to compete in U14-U20 at Nationals.

NSW YOUTH CHAMPIONSHIPS March 14-17, Sydney Olympic Park Athletics Centre

Details: www.nswathletics.org.au/events/200954/

Entries open March 1 for ANSW athletes aged U8-U12 who have qualified by:

- Finishing 1st or 2nd in an individual event at the Regional Championships on February 17
- Have the fastest times from any ANSW championships or Treloar Shield – these athletes may apply for a rolldown spot
- Automatic qualification for all Para events, walks and hurdles

NSW OPEN CHAMPIONSHIPS March 14-17, Sydney Olympic Park Athletics Centre

Entries for U23 and Open athletes close March 1: www.nswathletics.org.au/eventsregister/200956/

No qualification standard required. Athletes must compete at this event if they wish to compete at Nationals. Details: www.nswathletics.org.au/events/200956/

AUSTRALIAN NATIONAL CHAMPIONSHIPS April 11-19, Adelaide, South Australia

Athletes from 12yrs to Open can qualify for Nationals by:

- Placing 1st, 2nd or 3rd at NSW All Schools or NSW Championships (or Youth Championships for U12)
- Achieving an entry standard by March 18, 2024. Standards can be viewed at:
 - Able-bodied athletes cdn.revolutionise.com.au/cups/aa/files/1kmmpgcuji2xqvyr.pdf
 - Para athletes cdn.revolutionise.com.au/cups/aa/files/0aurcjq2koouawp.pdf

Athletes must also compete at the NSW Championships for their age group

OCEANIA AREA CHAMPIONSHIPS June 4-8, 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 & FINAL CHANCES TO QUALIFY FOR NATIONALS

The competition grid sets out what events are being held at which meets until the end of the season in NSW at cdn.revolutionise.com.au/cups/nswathletics/files/srgafr56sjfqmlsr.png

Athletes still looking to qualify are encouraged to check the competition grid for any events we might have missed, however here is a list of the last qualifying opportunities for individual events after this weekend:

- 100m, 200m, 400m – March 7, Blacktown High Velocity
- 800m – February 22, NSW Milers Bankstown
- Shot put – February 22, Hunter Throwers Club
- High jump, discus, 200m hurdles, 400m hurdles – February 24 Campbelltown High Velocity
- Pole vault – February 24, Narrabeen Pole Vault meet
- 1500m, long jump, hammer throw – February 25, Hunter Summer Series
- Triple jump, 3000m, steeplechase, walks and sprint hurdles – no further NSW events, check ACT events

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 – especially at this busy time with lots of events happening. You can register via the Events Calendar.

FRIDAY NIGHT CLUB COMP

Friday night Club Competition is nearing the end of its season at Greenway Oval – at this stage (pending any weather postponements) Program 3 is scheduled to run on February 23 and Program 1 on March 1. The following two weeks are Ribbon Night (Program 2 at this stage) and a final Fun Night of novelty events. Please contact Nicky Jenneke if you wish to compete in any of the regular programs – all programs are available on the Club's website. Senior athletes may be asked to help run events and coach junior athletes 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
INTERNATIONAL

@ carlingford
active health



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