

Celebrating 30 years



Cherrybrook Athletics

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CHERRYBROOK SENIOR NEWSLETTER No. 21

MEGA MEDAL HAUL!

Congratulations to our medallists from both the ANSW Sydney North Regional Championship at Bankstown and the ACT Junior and Masters Championships in Canberra last weekend.

Please join us in a round of applause for our ANSW Regional Championships medallists, noting GOLD and SILVER winners automatically qualify for the new ANSW Youth State Championships in March:

- **Evie Mattiazzo** U8G – GOLD long jump, GOLD 500m, SILVER 200m
- **Jude Alkhateeb** U10G – GOLD 100m, GOLD 200m
- **Chase Mattiazzo** U11B – GOLD 400m, SILVER 800m, BRONZE long jump
- **Finn Leivesley** U11B – GOLD 200m, SILVER high jump, SILVER long jump
- **Imogen Connell** U11G – GOLD high jump, GOLD discus, GOLD shot put
- **Zoe Jordan** U11G – SILVER 400m, SILVER 800m
- **Ryan Maher** U12B – SILVER high jump, BRONZE long jump, BRONZE triple jump
- **Oliver Halfhide** U12B – GOLD 1500m, SILVER 800m
- **Ashleigh Mansell** U12G – GOLD 800m, GOLD long jump, SILVER 400m
- **Madison Tabrett** U12G – GOLD 200m, GOLD 400m, GOLD high jump



And a round of applause also for our ACT Junior and Master Championships medallists:

- **Hannah Storey** U16 – BRONZE 400m
- **Lani Khiroya** U17 – GOLD triple jump, SILVER long jump, SILVER 100m hurdles
- **Marco Boccaletti** U18 – GOLD triple jump, GOLD long jump, SILVER high jump, SILVER 110m hurdles, SILVER 400m hurdles
- **Sarah Koot** U18 – SILVER 100m hurdles, SILVER long jump
- **Jenny Koot** Masters 45-49 – GOLD javelin



CHERRYBROOK RESULTS AND ACHIEVEMENTS

ANSW Sydney North Regional and All-comers, February 17:

athleticsnsw.anet.live/meets/30437/teams/764315

ACT Junior and Master Championships:

capitalathleticsresults.com.au/Results/Season2023_24/Championships/U14_U18_Champs/Web/

All Comers, February 18: <https://athleticsnsw.anet.live/meets/30438/teams/764286>

PERSONAL BESTS

Personal bests were achieved this week by **Justin Billingsley** 200m (30.39); **Robbie Cullen** shot put (11.85m); **Ashleigh Mansell** long jump (4.01m); **Madison Tabrett** 400m (1:08.52).

Athletes should report their ANSW personal best results to Nicky via text on 0448407716.

NATIONAL QUALIFIERS ACHIEVED

Our apologies and congratulations to **Nisini Rajapaksha Mudiyansele** whose national qualifiers in U15 heptathlon, high jump, pole vault and discus have been missed in previous newsletters.

Also congratulations for national qualifiers in the past week to **Marco Boccaletti** U18 110m hurdles and 400m hurdles; **Caitlin Brennan** U18 400m hurdles; **Robbie Cullen** U23 shot put and 400m hurdles; **Lani Khiroya** U17 100m hurdles; **Sarah Koot** U18 100m hurdles; **Kobe Payne** U23 400m hurdles.

RECORDS

Congratulation to **Robbie Cullen** who threw a Club Best of 11.85m in Open Men shot put (previous 10.45m).

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

CAMBELLTOWN HIGH VELOCITY Saturday February 24, Campbelltown Athletics Track

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

Entries now closed. Event details including final timetable:

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

Entries have now closed, 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)

****Entries close at 12 noon this Friday February 23 (late entries will be available until Sunday)**

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/1kmmppgcuj2xqvyr.pdf
 - Para athletes cdn.revolutionise.com.au/cups/aa/files/0aurciaq2koouawp.pdf

Details and draft timetable: www.nswathletics.org.au/events/200956/

Entries: www.nswathletics.org.au/eventsregister/200956/

Reminder: Athletes must compete at NSW Championships for their age group to be eligible for Nationals

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/srgafr56sifqmlsr.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:

- 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
- 100m, 200m, 400m – March 7, Blacktown High Velocity
- Triple jump, 3000m, steeplechase, walks and sprint hurdles – no further NSW events, check ACT events

WORLD ATHLETICS PROFILES

Elite athletes who meet a high performance criteria are given a World Athletics Profile. Our most recent Cherrybrook athlete to receive a World Athletics profile for 400m hurdles is Milly Visser.

Other Cherrybrook athletes with World Athletics profiles are: Caitlin Brennan, Emily Britton, Idris Burkhardt, Corey Dewar, Locky Dewar, Zac Hayward, Xavier Hennessey, Matthew Joyce, Anna Kely, Lani Khiroya, Sarah Koot, Nicole McCrostie, Olivia Moresi, Kobe Payne, Nisini Rajapaksha Mudiyansele, Thomas Shannon, Rani Sharma.

If you believe you have a World Athletics profile and have not been included, please notify Nicky Jenneke on 0448407716. You can view the profiles at worldathletics.org/athletes

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.

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 find out more and register via <https://www.nswathletics.org.au/events/219059/>

There are some exciting volunteer opportunities available at the State Championships and Sydney Track Classic where you could directly help some of our Olympic and future Olympic athletes.

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