

Celebrating 30 years



Cherrybrook Athletics

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CHERRYBROOK SENIORS NEWSLETTER No. 22

OUR MASTERFUL MASTERS!

Good luck to all our Masters athletes who are competing at the NSW Masters State Championships this weekend at SOPAC. Details including timetable and start lists: www.nswathletics.org.au/events/200951/

Masters are encouraged to sit as a team in Bay 6. There will be team photos taken at 11am on Saturday and 12.45pm on Sunday. We encourage all available competing Cherrybrook Masters to take a few minutes to be included in the photos 😊.

CHERRYBROOK RESULTS

NSW Milers February 22: athleticsnsw.anet.live/meets/30562/teams/767851

Campbelltown High Velocity February 24:
athleticsnsw.anet.live/meets/30645/teams/769569

PERSONAL BESTS

Personal bests were achieved this week by **Robbie Cullen** discus (36.60m); **Harley Grace** 800m (2:06.16); and **Thomas Shannon** 800m (2:05.67).

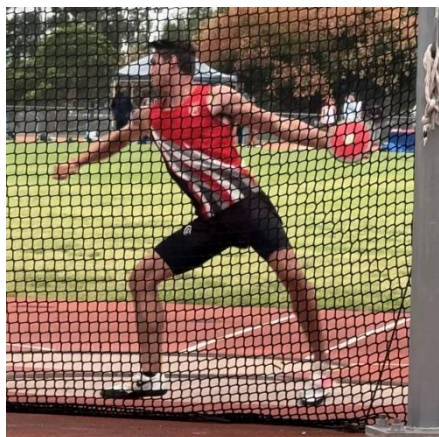
Athletes should report their ANSW personal best results to Nicky via text on 0448407716.

NATIONAL QUALIFIERS

Congratulations to **Zara Munroe** (pictured right) who achieved a national qualifier in U23 3000m steeplechase this week.



RECORDS



Congratulation to **Robbie Cullen** (pictured left) who threw a Club Best 36.60m in Open Men discus (previous 34.52m).

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 – Sunday June 2

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

UPCOMING COMPETITION

BLACKTOWN HIGH VELOCITY MEET Thursday March 7, Blacktown International Athletics Centre

Events: 100m, 200m, 400m

Entries close 12 noon on Wednesday, March 6: www.nswathletics.org.au/events/217673/

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

Entries have now closed, 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 close 11.59pm on Friday, March 1 (no qualification standard required) for U23 and Open athletes: www.nswathletics.org.au/eventsregister/200956/

Note: Athletes must compete at this event if they wish to compete at Nationals.

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/1kmmpgcu2xqvyr.pdf
 - Para athletes cdn.revolutionise.com.au/cups/aa/files/0aurciaq2koouawp.pdf

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

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

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 WITH A WORLD ATHLETICS PROFILE

Apologies to Aliyah Bennett who we missed last week from our list of athletes with a World Athletics Profile. If you believe you have a World Athletics profile and have not been included in the list, please notify Nicky Jenneke on 0448407716. All profiles can be found at: worldathletics.org/athletes

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: gofund.me/ea66404



ATHLETE FUNDING

Funding is available to athletes who compete at committee-approved intrastate, interstate and international competition.

Read the Cherrybrook Athletics Funding Policy to see if you qualify and, if so, lodge a claim by May 31, 2024 on the Club website: www.cherrybrookathletics.org.au/index.php/athlete-funding/

UNIFORM

With the championship season upon us, please check you have full Cherrybrook uniform to compete in. 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/

TURN UP OR TUNE IN TO WATCH ALL THE ATHLETICS ACTION!

Canberra Track Classic: The elite level Canberra Track Classic this weekend is part of the World Athletics Continental Tour Challenge and features four former Cherrybrook athletes: Imogen Breslin and Hannah Jones in 100m hurdles and Nick Andrews and Jacob McCorry in 110m hurdles.

Tickets, details and start lists: www.athletics.com.au/events/209951/

World Indoor Championships, Glasgow: This international event – also taking place this weekend (March 1-3) will be television live on SBS Viceland and SBS On Demand and features former Cherrybrook athlete Shelley Jenneke in the 60m hurdles heats at 9.25pm AEST on Sunday.

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/>

Some exciting volunteer opportunities are available at the State Championships and Sydney Track Classic where you could directly help some of our Olympic and Future Olympic Athletes

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



wamee

