

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

CHERRYBROOK SENIORS NEWSLETTER No. 23

OUR FABULOUS 44 FRONTING UP FOR STATE JUNIORS

Good luck to our 44 athletes competing in the ANSW Junior State Championships at SOPAC this weekend (March 8-10). Please be sure to read the competition rules to avoid issues and check entry lists – contact Athletics NSW if there are any errors or omissions. Please also check the timetable for any late changes.

Cherrybrook athletes are encouraged to sit together in Bay 6, where team photos will be taken at allocated times – if you are not yet on the Cherrybrook State Juniors WhatsApp chat, please see Nicky in Bay 6.

MARVELLOUS MEDAL HAUL FOR OUR MASTERS

Last weekend six Cherrybrook Masters athletes competed in 32 events at the NSW Masters State Championships at SOPAC, coming away with a massive haul of 19 medals – 8 GOLD, 5 SILVER and 6 BRONZE. Congratulations to our medallists:

- **Robert Clark** – GOLD hammer throw, GOLD weight throw
- **Chandra Rajapaksha Mudiyansele** – GOLD triple jump, BRONZE 400m
- **Jill Taylor** – GOLD discus, GOLD hammer throw, GOLD weight throw, GOLD long jump, GOLD triple jump, SILVER shot put, BRONZE 60m
- **Dylan Connell** – SILVER hammer throw, BRONZE shot put, BRONZE weight throw
- **Jenny Koot** – SILVER discus, SILVER hammer throw, SILVER weight throw
- **Martin Redhead** – BRONZE Javel, BRONZE weight throw



CHERRYBROOK RESULTS

Masters State Championships:

athleticsnsw.anet.live/meets/31070/teams/772311

PERSONAL BESTS

Chandra Rajapaksha Mudiyansele achieved personal bests in Masters (55-59) in 60m (8.52), 400m hurdles (1:21.73), discus (25.45m), triple jump (9.70m), and high jump (1.35m), while, on his debut in Masters athletics, **Martin Redhead** achieved PBs in shot put (7.86m), discus (18.79m), javelin (19.97m), weight throw (7.68m), long jump (3.65m), triple jump (7.25m).

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

RECORDS

Congratulations to **Chandra Rajapaksha Mudiyansele** who ran a Masters (55-59) club best of 8.52 in 60m (previous 8.61).

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/

NATIONAL QUALIFIERS

Athletes who have achieved national qualifiers are encouraged to compete at the Athletics Australia National Track and Field Championships in Adelaide on April 11-19. You can check qualifiers/entry standards at www.athletics.com.au/entrystandards/

- Juniors U13-U20 should enter by March 19 at: www.nswathletics.org.au/events/223233/
- Opens (including U23s) should enter by March 19 at: www.nswathletics.org.au/events/223275/

PRESENTATION DAY – Sunday June 2

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

If any family would like to sponsor an award (such as sprints, throws or jumps) at a cost of \$350 for three years, please contact Nicky Jenneke.

UPCOMING COMPETITION

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

We are excited to announce Cherrybrook athlete **Anna Kely** is making her Sydney Track Classic debut after being selected to compete in shot put. She will join several former Cherrybrook athletes including Nick Andrews, Samantha Dale, Shelly Jenneke, Hannah Jones, and Jacob McCorry to compete alongside the best in the country.

The athletics action will be well worth watching live: www.ticketebo.com.au/athletics-nsw/sydney-track-classic-2024

Full details: www.nswathletics.org.au/events-page/sydney-track-classic/



SYDNEY'S FASTEST KID March 23, ES Marks

This event being held during the Sydney Track Classic is an opportunity for athletes aged 6-10 to run 100m on the same track as their athletics heroes. Young athletes will also get the opportunity to participate in other athletics-based activities during the evening.

More info or nominate at: www.nswathletics.org.au/events/227199/

UPCOMING CHAMPIONSHIPS

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

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

Main round entries now closed, late nominations close on Tuesday March 12:

forms.monday.com/forms/33e43b4327adeb5bd7569473ce29c08e?r=use1

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

Main round entries now closed, late nominations close Tuesday March 12:

forms.monday.com/forms/48dcf0ab4efa02ff426e63e5e47732b7?r=use1

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

Athletes from 12 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 and Open athletes, including Para athletes, are welcome to nominate for the main competition.

- U18 + Open national medal standard athletes are encouraged to nominate for the Australian Team at <https://www.athletics.com.au/national-teams-storage/oceania-athletics-area-championships/> by 5pm on April 5
- U18 + Open national level athletes are recommended to nominate for the Regional Australian team by March 10 at <https://www.athleticsnorthqld.org.au/teams/>

Athletes in U16 (born 2009 or 2010) and U20 (born 2005 or 2006) who would like to be part of the action in Fiji are invited to nominate for a place in the Team Challenge, with teams of athletes from any state being organised by Athletics North Queensland. The event is self-funded.

Nominate by March 10 at: forms.monday.com/forms/0dff67ee1cc3aa8b661e98ad2a4db792?r=use1

CELEBRATING OUR ALUMNI

We would like to note some remarkable results from former Cherrybrook athletes:

At the Canberra Track Classic, **Lauren Clark** (daughter of our Senior Records and Rankings officer and Masters Athlete Robert) came 6th in hammer throw (50.43m); **Imogen Breslin** (trained by Cherrybrook coach Mick Zisti) came 6th in 100m hurdles (13.94); and **Jacob McCorry** came a terrific 3rd in 110m hurdles (13.89).

Meanwhile **Michelle “Shelly” Jenneke** (daughter of Seniors Competition co-ordinator and Cherrybrook life member Nicky) represented Australia in 60m hurdles at the World indoor Championship in Glasgow – clocking 7.97 in the heats to progress to the semis, where she ran 8.05 and missed the final.

ATHLETE FUNDING

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

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

gsa planning

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

@ carlingford
active health



wamee

