

Celebrating 30 years



Cherrybrook Athletics

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CHERRYBROOK SENIORS NEWSLETTER No. 24

TERRIFIC 27 REPRESENT CHERRYBROOK AT OPEN AND YOUTH STATE CHAMPIONSHIPS THIS WEEKEND

Good luck to our 27 athletes competing in the ANSW Open and Youth State Championships at SOPAC this weekend (March 14-17). Please be sure to read the competition rules to avoid any 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 – a WhatsApp group will be set up to inform athletes of photo times and to share news of medals, PBs etc throughout the championships.

MAGNIFICENT MEDAL HAUL FROM OUR JUNIORS

Our Junior athletes excelled at the ANSW Junior State Championships last weekend with three state champions – **Sam Price** in long jump, **Teddy Hampton** in pole vault and **Viktorija Calusic** in high jump – among a mighty haul of 24 medals, not to mention a swag of impressive PBs. Our athletes also put on an outstanding display of camaraderie, teamwork and excellent efforts in track and field events.

Congratulation to all those who competed and thank you to all spectators who cheered them on.

Our medallists are:

- **Samuel Price** U16 – GOLD long jump; SILVER discus; BRONZE 100m hurdles
- **Teddy Hampton** U17M – GOLD pole vault
- **Viktorija Calusic** U20 – GOLD high jump
- **Aryan Bharati** U14M – SILVER javelin; BRONZE discus
- **Henry O'Neil** U15M – SILVER high jump
- **Nisini Rajapaksha Mudiyansele** U15W – SILVER pole vault; BRONZE discus; BRONZE triple jump
- **Aliyah Bennett** U15W – SILVER 1500m; SILVER 3000m
- **Nehara De Mel** U16W – SILVER discus
- **Xavier Hennessey** U18M – SILVER pole vault
- **Sarah-Anne Koot** U18W – SILVER 100m hurdles
- **Olivia Moresi** U18W – SILVER high jump
- **Andrew Kim** U14 – BRONZE 90m hurdles
- **Oscar Turnbull** U15M – BRONZE 400m
- **Brendan Armstrong** U16 – BRONZE 2000m steeplechase
- **Lani Khiroya** U17W – BRONZE triple jump
- **Justin Billingsley** U17 – BRONZE hammer throw; BRONZE pole vault
- **Caitlin Brennan** UI8W – BRONZE 400m hurdles



MASTERS MUSCLE THEIR WAY INTO MEDALS

Last weekend five Cherrybrook Masters competed at the NSWMA Throws Open Pentathlon, achieving some truly amazing results:

- **Jill Taylor** – GOLD (F65-69) 2946 points
- **Robert Clark** – SILVER (M60-65) 2605 points
- **Jenny Koot** – SILVER (F45-49) 1977 points
- **Dylan Connell** - BRONZE (M45-59) 2013 points
- **Raaf Tawbe** – 4th (M39-45) 2013 points



CHERRYBROOK RESULTS

ANSW Junior State Championships: athleticsnsw.anet.live/meets/31242/teams/777887

LIVE RESULTS for this weekend's Open and Youth Championships: results.nswathletics.org.au/

PERSONAL BESTS

Benson Armstrong 100m (14.42); **Aryan Bharati** discus (36.98m), javelin (31.87m); **Blake Billingsley** javelin (27.01m); **Justin Billingsley** hammer throw (31.73m); **Brendan Armstrong** 800m (2:04.79); **Laila Burkhardt** 90m hurdles (16.14); **Nehara De Mel** discus (36.42m), shot put (11.55m); **Sophie Durheim** 90m hurdles (13.95); **Xavier Hennessey** 100m (11.60); **Andrew Kim** 100m (12.82), 90m hurdles (14.33), 400m (59.47); **Rani Sharma** 200m (26.24), 400m (58.90); **Ashleigh Mansell** 1500m walk (17:10.84); **Nisini Rajapaksha Mudiyansele** pole vault (2.50m); **Ryan Redhead** javelin (37.65m); **Samuel Price** 100m hurdles (13.48), discus (54.22m), long jump (6.17m); **Madison Tabrett** 80m hurdles (14.02), 400m (1:06.96); **Layla Tawbe** javelin (33.22m); **Raaf Tawbe** javelin (33.88m); **Amy Timms** 1500m (5:12.83), 800m (2:33.43); **Harry Wigham** 100m (12.51), 200m (25.68).

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

RECORDS

Congratulations to **Ashleigh Mansell** who set a new Club Record in U14W 1500m walk at 17:10.84; and current Club Best results to **Aliyah Bennett** U14W 1500m 4:41.49 (previous 4:52.90) and 3000m 10:20.48 (previous 10:43.09); **Nisini Rajapaksha Mudiyansele** U16W pole vault 2.50m (previous 2.25m); and **Raaf Tawbe** Masters 30+ 800g javelin 33.88m (previous 31.26m).

Athletes who believe they have broken a record should notify 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

Congratulations to all our athletes who medalled at NSW Junior State Championship and therefore have automatically qualified for Nationals.

Athletes who achieved national qualification last weekend include:

Aryan Bharati U14 discus; **Andrew Kim** U14 90m hurdles, 100m, 400m; **Oscar Turnbull** U15 400m; **Aliyah Bennett** U15 800m; **Nisini Rajapaksha Mudiyansele** U15 pole vault; **Nehara De Mel** U16 discus; **Sophie Durheim** U16 90m hurdles; **Sam Price** U16 100m hurdles, long jump, discus; **Teddy Hampton** U17 pole vault; **Lani Khiroya** U17 100m hurdles; **Marco Boccaletti** U18 110m hurdles, 400m hurdles; **Idris Burkhardt** U18 2000m steeplechase; **Xavier Hennessey** U18 pole vault; **Caitlin Brennan** U18 400m hurdles; **Sarah-**

Anne Koot U18 100m hurdles; **Olivia Moresi** U18 high jump; **Rani Sharma** U18 400m; **Thomas Shannon** U20 3000m steeplechase; **Viktorija Calusic** U20 high jump.

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.](#)

Athletes from age 12 to Open can qualify for nationals by:

- Placing 1st, 2nd or 3rd at NSW All Schools or NSW Championships
- Achieving an entry standard by March 18, 2024: 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.

RED BOOK ORDERS

Our Red Book annual report is a record of the Cherrybrook Athletics season for all our athletes, from our youngest members of the Cherrybrook Crew to our oldest Masters. It is a record of events, results, awards, and special moments complete with lots of photos taken throughout the season. The Red Book – usually close to 100 pages in full colour – is finalised after presentation day and will then be made available free to all Club members, either to view and/or download via our website or as a printed copy for you to read and keep, however WE ONLY PRINT AS MANY COPIES AS ARE ORDERED to avoid waste. You can order either in person at our Presentation Day, or via an online form which will be emailed around the same time. Please keep an eye on emails for further details.

ATHLETICS NSW CENTRE OF EXCELLENCE TOURS

Athletics NSW is offering a limited number of tours of its new Centre of Excellence to the athletics community. This is an opportunity to ask questions about the Centre of Excellence, its services and program offerings for athletes and coaches before the centre officially opens in April. Tours will take approximately 30-45 minutes, book via: www.nswathletics.org.au/eventsregister/230817/

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

Final timetables and start lists: www.nswathletics.org.au/events/200955/

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

Final timetable and start lists: www.nswathletics.org.au/events/200956/

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

See details above about how to qualify and enter.

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

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

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. **We are also now selling bike pants/short compression pants for \$35.** 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.

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