

# Cherrybrook Athletics Weekly

## EDITION 24



Dear Cherrybrook Athletics Families,

Welcome to Edition 24 of the Cherrybrook Athletics newsletter.

It was wonderful to see so many of our athletes and families come together last week at our Ribbon Night. The evening was a great celebration of the hard work, dedication and enthusiasm shown by our athletes throughout the season. It was fantastic to recognise their achievements and watch them proudly receive their ribbons, while also reflecting on the many memorable moments from the season. Thank you to everyone who attended and helped make the night such a special occasion for our Cherrybrook Athletics community.

We would also like to wish all **52 Cherrybrook athletes** competing at the NSW Junior Championships from 12 March to 15 March the very best of luck. We are proud of your hard work and dedication and look forward to hearing about your performances.

What's happening this Friday night, 13 March -

- We will be running on [Program 2](#) and featuring the following early events at 5.15pm (Please arrive promptly as any athlete who arrives after 5.30pm will not be able to join in)
  - Javelin U11 and U12
  - High Jump U13
  - Long Jump U14+
- Parents/carers with athlete surnames H-N are on Program 2 [duties](#) this week.
- Reminder: All remaining competition nights (13 March and 20 March) will be Non-Scoring Nights. This means that results achieved on these evenings will not contribute towards end-of-season major award point tallies. However, our athletes can still work towards earning their coloured patches, break club records and attain 100% attendance awards. We encourage all athletes to keep attending, competing strongly and finishing the season with energy and enthusiasm as we celebrate the final weeks of Cherrybrook Athletics season.

Our Cherrybrook Masters athletes delivered an outstanding performance at the Australian Masters Championships in Canberra, showcasing determination, skill and incredible team spirit across the weekend. Competing across track, field and throws events, our nine Mighty Masters represented the club with pride and brought home an impressive 25 medals – including 12 Gold, 5 Silver and 8 Bronze. From record-breaking performances to personal bests and podium finishes, it was a memorable championship for the Cherrybrook team. Read on for the full results and highlights on [Page 2](#).

**Athlete Funding** - Athletes and families are reminded about the Cherrybrook Athletics Athlete Funding program for athletes aged 12–18, which supports and recognises athletes who represent Cherrybrook at higher levels of competition. We encourage all eligible athletes and their families to review the updated Athlete Funding details available on our website [here](#). Please feel free to share this information with anyone who may benefit, and if you have any questions, please contact Sandra Moore at [sandra.l.moore@bigpond.com](mailto:sandra.l.moore@bigpond.com) who will be happy to assist.



2025-26 Cherrybrook Committee contact details [here](#)

2025-26 Season Calendar including Championship events [here](#)

Link to previous newsletters [here](#)  
Uniform shop information [here](#)

Links to Programs -

[Program 1](#)

[Program 2](#)

[Program 3](#)

Friday night parent duty roster [here](#)

**YELLOW** - Nicholas Bathur 7B, Elaria Daher 7G, Candice Daher 9G, Jason Fu 8B, Ashleigh Mansell 14G, Aria Meng 8G, Sage Pradhan 9G, Paige Simonson 8G, Elizabeth Wu 12G, Oliver Wu 9B, Nyrah Yapa 7G

**GREEN** - Nicholas Bathur 7B, Elaria Daher 7G, Ashleigh Mansell 14G, Aria Meng 8G, Sage Pradhan 9G, Paige Simonson 8G, Oliver Wu 9B, Nyrah Yapa 7G

**RED** - Ashleigh Mansell 14G, Aria Meng 8G, Sage Pradhan 9G, Nyrah Yapa 7G

**BLUE** - Ashleigh Mansell 14G, Aria Meng 8G, Sage Pradhan 9G

**GOLD** - Ashleigh Mansell 14G, Aria Meng 8G, Sage Pradhan 9G

## 🏆 Canberra Conquest: 9 Mighty Masters, 25 Medals!

Our 9 Mighty Masters took over the Australian Masters in Canberra, and the results were nothing short of legendary. From the track to the throwing circles, the spirit of competition was on full display. The team is coming home with a massive haul of 25 medals overall, including 12 Gold, 5 Silver, and 8 Bronze!

## 🏆 The Golden Sweep & Multi-Medal Hauls

- Jill Taylor (W70): A near-perfect weekend! Jill secured 5 Gold medals (Hammer, Weight Throw, Discus, Shot Put, and Throws Pentathlon) and 1 Silver in Javelin (joking that it "spoiled the golden run" we think it's still pretty elite!).
- Japie Kruger (M35): A true utility athlete! Japie took 2 Gold (Pentathlon, Javelin), 2 Silver (800m, Shot Put), and 3 Bronze (400m, Long Jump, and Discus).
- David Beattie (M45): A dual-threat champion, claiming 2 Gold medals in both High Jump and the Pentathlon.
- Jane Wegener (W40): Showed her dominance in distance, taking Gold in her favorite event, the 8km XC, and a Silver in the 10k.
- Samir Malkoun (M40): A massive weekend with 1 Gold (1500m Walk) and 3 Bronze medals (Hammer, Throws Pentathlon, and Weight Throw). He also secured two New PBs in Weight Throw and Discus (5th).

## 🏆 Podium Finishes & Record Smashers

- Jenny Koot (W45): A record-breaking spree! Jenny took 2 Bronze medals (Discus and Throws Pentathlon). She set a New PB and Club Age Group Record in the Throws Pentathlon with 2254 points and a PB in the Weight Throw.
- Caleb Wegener (M40): Ran a fantastic race to secure the Silver medal in the 5k.
- Dylan Connell (M45): Earned a hard-fought Bronze in Shot Put and placed 5th in Hammer with a New PB and Club Age Group Best.

## 🏆 Personal Bests & Grit

- Michael Armstrong (M55): Put on a show in the 800m, finishing 8th in a highly competitive field with a shiny New PB of 2:36.

*A Note on Masters Racing: In Masters Athletics, athletes compete in 5-year age group brackets (e.g., W40 for women aged 40–44, M55 for men aged 55–59).*

*Congratulations to all 9 of our Masters! You've proven once again that age is just a number and PBs are always there for the taking.*

## 🏆 BEYOND THE TRACK

While the medals are shiny, the highlight of the trip was the legendary Cherrybrook spirit. Between events, the team made plenty of time for dinner and drinks, celebrating PBs and reinforcing the friendships that make our club so special. It wasn't just a competition; it was a weekend of great company and even better memories! 🍷🍔

See our Facebook and Instagram posts for photos 📸

**Thank you to our 2025-2026 sponsors:**



## Coloured Patch Program, Fun Night and Club presentation

### Club Coloured Patch Program

Coloured patch awards are all about encouraging athletes to be true all-rounders. Open to athletes in the 7-15s age groups, coloured patches reward participation, improvement and effort across multiple track and field events, not just one “pet” event.

Achievements can be earned at Friday night club competition as well as LANSW / ANSW sanctioned events, provided results are verifiable online. Athletes are rewarded with five levels of coloured patches, making this a fantastic tool for goal setting and motivation.

It's important to know that:

- each result can only be used once
- standards are gender and age-specific
- results can be recorded out of order however, patches must still be awarded in sequence. This means that even if a red-level standard is achieved, the yellow and green patches must be completed and earned first.

Submitting your coloured patch forms:

- Please give your completed forms to your age manager by Friday 20 March
- If you want to use State Championship results, the completed form must be emailed to [cate.e.grace@gmail.com](mailto:cate.e.grace@gmail.com) by 6pm Monday 23 March at the latest.
- Any forms received after this time means that patches will not be available for collection until next season.

Download the coloured patch recording sheets and standards [here](#).

### Club Fun Night

Our final night for this season is **Friday 27 March**. Our annual Club Fun Night is a highlight of the calendar and a great chance for athletes, families and volunteers to come together and celebrate the year's successes in a relaxed and fun atmosphere.

Thank you once again for being such an important part of the Cherrybrook Athletics community. We look forward to finishing the year on a high together.

### Save the date - End of season Club presentations

Mark your calendars for our annual Club presentation events at the Greenway Oval Clubhouse:

Junior Presentation

- **Sunday 29 March from 3 - 6pm**
- Age Groups: 6s to 15s+
- Participation: Friday Night competition, State Relays, as well as Zone, Regionals or State Championships

Senior Presentation

- **Sunday 14 June from 5 - 8pm**
- Age Groups: 10s to Masters
- Participation: Treloar Shield, Senior State Relays, State Permit Meets or National Championships

Keep an eye on your inbox for your invitation! Some athletes may be recognised at both presentations, depending on which competitions they participated in. If you're unsure, please ask, we're happy to clarify.

Thank you to our 2025-2026 sponsors:

