

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

29th March 2021

CONGRATULATIONS

CONGRATULATIONS to **Julie Charlton** who once again broke her **Australian Record** in the Secured Shot at the **Melbourne Track Classic** in **February**.

CONGRATULATIONS to **Daniel de Sacaruda** who broke **Cherrybrook Records** at the **NSW Junior Championships** (Shot & Hammer).

CONGRATULATIONS to **Matt Joyce** who broke two Masters **Cherrybrook Records** at the **Illawong Revesby Workers Challenge** (400m) and the **Bankstown Milers** (800m).

CONGRATULATIONS to **Sam Dale** who broke the women's open **Cherrybrook Record** in the long jump at the **Queensland Track Classic**.

CONGRATULATIONS to **Alysha Burnett** who broke the women's open **Cherrybrook Record** in the shot put at the **Sydney Track Classic**.

CONGRATULATIONS to **Nick Andrews** who broke the men's open **Cherrybrook Record** in the 110m Hurdles at the **NSW Open**.

CONGRATULATIONS to the 20 **Cherrybrook Athletes** who competed in 33 events at the **NSW Open Championships** securing 8 medals (5 **Gold**, 2 **Silver** and 1 **Bronze**). Congratulations to our **State Champions** **Julie Charlton** (wheelchair 200m, wheelchair 800m and secured Javelin), **Nick Andrews** (110m Hurdles) and **Alysha Burnett** (Shot Put).

CONGRATULATIONS to the 41 **Cherrybrook Athletes** who competed in 85 events at the **NSW Junior Championships** securing 25 medals (1 **Gold**, 13 **Silver** and 11 **Bronze**). Congratulations to our **State Champion** **Tayla Moore** (U14 Discus).

CONGRATULATIONS to **Brianna Worsfold** on her performances at the **Australian Combined Championships** where she recorded 5 PBs in her seven events.

CONGRATULATIONS to **Chandra Rajapaksha Mudiyanse** (Best Newcomer) and Jenny Bishop (Sprints/Hurdles) on being nominated in the annual **NSW Masters Awards**. **CONGRATULATIONS** to **Jill Taylor** (Multi Events – Women) and **Robert Clark** (Multi Events – Men) for winning their awards.

CONGRATULATIONS to our **Dual Athletes** who competed at the **NSW Little Athletics Championships** in appalling conditions and yet still produced so many impressive performances.

AUSTRALIAN TRACK AND FIELD CHAMPIONSHIPS

Good luck to all the Cherrybrook athletes competing at the **2021 Australian Athletics Championships** to be held at **Sydney Olympic Park Athletic Centre** from **12- 21 April 2021**.

CHERRYBROOK RECORDS

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at robclark307@gmail.com .Records at the start of the season are set out in the 2019-2020 Red Book and on the Club website under Centre Records located at <https://www.cherrybrookathletics.org.au/index.php/seniors-results-records/>

There is also a file showing Masters Bests in 10 year age groups under the same link.

RESULTS

Only results from Cherrybrook Club competition and State permit meets eg Allcomers, Treloar Shield events and State/National events will be reported by the club.

As this season is structured differently from previous years (with a much greater focus on interclub events by ANSW rather than lots of ANSW run events) if you compete at other meets please send your results, along with proof of performance to Robert Clark at robclark307@gmail.com .

Melbourne Track Classic 11th February 2021

Name	Age	Event	Result	Place	Detail
Julie Charlton	22	Secured Shot Put 3kg	6.18m	1st	PB AR

Gosford Throwers Meet 18th February 2021

Name	Age	Event	Result	Place	Detail
Carl Wiberg	12	Discus 1kg	33.63m		PB

Illawong Revesby Workers Track Challenge 20th February 2021

Name	Age	Event	Result	Place	Detail
Teddy Hampton	13	High Jump	1.45m		
Julia Baxter	19	100m	13.34s		
		100m Hurdles	15.25s		
Emilia Duncan	17	100m Hurdles	14.70s		
Matt Joyce	32	400m	54.56s		PB CB
Francesca Sugiaman	19	100m	12.64s		
		200m	25.90s		
Caitlin Russell	13	100m	13.69s		PB
		200m	28.17s		PB
Nick Andrews	24	100m	10.46s		
		200m	21.51s		
Alysha Burnett	24	Shot Put 4kg	13.86m		

Bankstown Milers, The Crest 25th February 2021

Name	Age	Event	Result	Place	Detail
Ryan Jones	20	Triple Jump	13.38m		PB
Matt Joyce	32	800m	2:01.10s		CB

NSW Open, U23 and Para Championships, Sopac 5th – 7th March 2021

Name	Age	Event	Result	Place	Detail
Caitlin Russell	13	100m	13.44s	42nd	PB
		200m	27.57s	36th	PB
Tara Webb	15	Long Jump	5.20m	13th	
		Triple Jump	10.89m	11th	
Vicktorija Calusic	15	High Jump	1.60m	10th	
Ryan Frykberg	16	1500m	4:19.93s	39th	PB
Daniel de Sacaruda	16	Discus 2kg	43.08m	5th	PB
Anna Kely	17	Javelin 600g	31.39m	14th	
Kailyn Joseph Para Amb	19	Long Jump	4.14m	Silver	
Francesca Sugiaman	19	100m	12.64s	32nd	
		Long Jump	5.51m	10th	
Julia Baxter	19	100m Hurdles	14.87s	6th	
		400m Hurdles	67.22s	7th	
Sam Dale	20	Long Jump	6.04m	Bronze	
Sara Kely Para Amb	20	Discus 1kg	19.22m	9th	
		Long Jump	3.56m	6th	
		Shot 4kg	5.95m	7th	
Amie Bowrey	20	Long Jump	5.27m	12th	PB
		Javelin 600g	39.61m	8th	PB
Ryan Jones	20	Long Jump	6.03m	9th	
		Triple Jump	13.04m	7th	
Elizabeth Staples	20	High Jump	1.65m	7th	
Julie Charlton Para WC	22	Shot Put 3kg	5.97m	5th	
		200m	50.59s	Gold	
		800m	4:35.30s	Gold	
		1kg	16.54m	Silver	PB
		Javelin 500g	10.60m	Gold	
Joel Davidson	22	100m	11.76s	67th	
Nick Andrews	23	110m Hurdles	13.45s	Gold	PB CB
Alysha Burnett	23	Shot Put 4kg	13.97m	Gold	
Matt Joyce	32	800m	2:03.14s	21st	
Kim Neuenkirchen	53	Shot Put	4.06m	6th	
		Discus	6.46m	4th	

Summer Down Under Canberra 6th – 8th March 2021

Name	Age	Event	Result	Place	Detail
Kim Neuenkirchen	54	100m	23.72s		
		200m	49.55s		PB
		400m	1:42.30s		PB

Canberra Track Classic, AIS 11th March 2021

Name	Age	Event	Result	Place	Detail
Nick Andrews	24	100m	10.52s	4th	
		110m Hurdles	13.81s	2nd	
Sam Dale	20	Long Jump	6.04m	4th	
Alysha Burnett	24	High Jump	1.80m	2nd	

NSW Junior & Youth Championships, Sopac 12th - 14th March 2021

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Caitlin Russell	U14	100m	13.23s	9th	PB
		200m	27.96s	4th	
Teddy Hampton	U14	Javelin	20.74m	9th	PB
		High Jump	1.40m	4th	
		Triple Jump	8.98m	8th	
Lani Khiroya	U14	80m Hurdles	14.83s	11th	PB
		High Jump	1.30m	6th	
		Triple Jump	9.80m	4th	PB
Fergus Cheng	U14	Long Jump	4.45m	7th	PB
Carl Wiberg	U14	Discus 1kg	34.13m	5th	PB
Leela Ingram	U14	100m	14.62s	25th	
		200m	31.88s	18th	
Justin Billingsley	U14	Hammer	14.65m	4th	PB
		Javelin	29.47m	4th	PB
Marco Boccaletti	U15	200m Hurdles	32.65s	6th	
		High Jump	1.40m	8th	
Idris Burkhardt	U15	1500m	4:36.20s	11th	PB
		3000m	9:43.92s	4th	PB
Olivia Moresi	U15	400m	61.28s	6th	PB
		High Jump	1.55m	Silver	
Sarah Lovell	U15	90m Hurdles	18.42s	9th	PB
		Javelin 500g	29.41m	4th	PB
Louise Lovell	U15	90m Hurdles	DQ		
		High Jump	1.35m	11th	PB
		Javelin 500g	23.54m	8th	PB
Xavier Hennessey	U15	100m	12.47s	16th	
		200m Hurdles	29.13s	Bronze	
		Long Jump	5.34m	4th	PB
		Triple Jump	11.52m	Silver	PB
		Javelin 700g	26.84m	7th	PB
Sarah-anne Koot	U15	90m Hurdles	14.22s	4th	PB
		200m Hurdles	32.36s	Bronze	
Amy Timms	U15	3000m	12:07.56s	20th	PB
Isabella Fisher	U15	400m	58.71s	Bronze	PB
		800m	2:21.70s	Bronze	PB
Caitlin Gurney	U15	Javelin 500g	19.65s	10th	PB
		1500m	5:20.71s	22nd	PB

NSW Junior & Youth Championships, Sopac 12th - 14th March 2021 (continued)

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Madison Mitchell	U15	200m Hurdles	33.65s	4th	
Tayla Moore	U16	Shot Put 3kg	10.85m	6th	PB
	U14	Discus 1kg	31.53m	Gold	PB
Tara Webb	U16	100m	13.34s	16th	
		Long Jump	5.35m	4th	
		Triple Jump	11.02m	Silver	
William Austin	U16	100m Hurdles	14.30s	Bronze	PB
		200m Hurdles	28.29s	Silver	PB
		Discus 1kg	43.18m	7th	PB
Viktorija Calvsic	U16	High Jump	1.66m	Silver	
Jessica Coppolelli	U16	Discus 1kg	24.37m	8th	
Daniel de Sacaruda	U17	Shot Put 5kg	13.62m	Silver	PB CB
		Discus 1.5kg	45.79m	Silver	
		Hammer 5kg	45.43m	Bronze	PB CB
		Javelin 700g	37.39m	10th	
Ryan Frykberg	U17	1500m	4:15.98s	9th	PB
		3000m	9:21.13s	9th	PB
Corey Dewar	U17	800m	2:07.06s	11th	PB
Brianna Worsfold	U17	Discus 1kg	38.33m	Bronze	PB
		Shot Put 3kg	13.87m	Silver	PB
		Javelin 500g	36.12m	4th	PB
Lachlan Dewar	U17	400m	53.95s	10th	PB
		400m Hurdles	61.46s	5th	PB
		800m	2:07.80s	12th	PB
Emilia Duncan	U18	100m Hurdles	14.31s	Silver	
Millena Visser	U18	400m Hurdles	72.58s	5th	
Anna Kely	U18	Discus 1kg	31.91m	7th	
		Shot put 3kg	12.71m	4th	
		Javelin 500g	35.49m	6th	
Joseph Ayoade	U18	100m	11.24s	8th	
		200m	23.28s	6th	
Isaac Cheng	U18	400m	52.71s	11th	
		800m	2:05.27s	14th	PB
Robbie Cullen	U18	High Jump	1.90m	Silver	
		Javelin 700g	53.10m	Bronze	PB
Donovan Bradshaw	U18	100m	10.90s	Silver	PB
Francesca Sugiaman	U20	Long jump	5.64m	7th	
		100m	12.61m	11th	
		200m	27.51s	16th	
Julia Baxter	U20	100m Hurdles	14.68s	8th	PB
		400m Hurdles	66.22s	Bronze	PB
Kailyn Joseph (AP)	U20	Long jump	4.00m	Bronze	
Elizabeth Staples	U20	High Jump	1.60m	5th	

NSW Junior & Youth Championships, Sopac 12th - 14th March 2021 (continued)

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
James Gladman (AP)	U20	100m	16.33s	Silver	
		200m	35.61s	4th	
		Long jump	3.12m	Bronze	PB
		Shot put 4kg	7.46m	Silver	PB

Sydney Track Classic, Sopac 13th March 2021

Name	Age	Event	Result	Place	Detail
Alysha Burnett	24	Shot 4kg	14.41m	1st	PB CB
Julie Charlton	22	Secured Shot Put	6.11m	1st	
Nick Andrews	24	110m Hurdles	13.66s	2nd	

Australian Combined Championships, Melbourne 24th - 25th March 2021

ATHLETE	AGE	EVENT	RESULT	PLACE	DETAIL
Brianna Worsfold	U17	100m Hurdles	17.22s		PB
		High Jump	1.43m		PB
		Shot Put 4kg	13.75m		
		200m	27.22s		PB
		Long Jump	5.07m		PB
		Javelin 600g	34.20m		
		800m	2:47.85s		PB
		U17 Heptathlon	4207pts	9th	PB

Queensland Track Classic, Brisbane 27th March 2021

Name	Age	Event	Result	Place	Detail
Alysha Burnett	24	High Jump	1.80m	3rd	
Sam Dale	20	Long Jump	6.32m	3rd	PB CB
Nick Andrews	24	110m Hurdles	13.59s	2nd	

Bankstown Invitational, The Crest 27th March 2021

Name	Age	Event	Result	Place	Detail
Matt Joyce	32	800m	2:02.56s		
Francesca Sugiaman	19	100m	12.69s		
Amie Bowrey	13	800m	2:45.18s		PB
Leela Ingram	24	100m	14.94s		