

# BALMAIN LITTLE ATHLETICS CENTRE ZONE SPECIAL EDITION

It was a weekend of contrasts in weather, with sweltering heat on Saturday and pelting rain on Sunday. But across the entire weekend flowed a continuous stream of smiling faces, brilliant efforts and great performances from the Balmain team.

The U7's handled themselves like consummate professionals in their first Zone Carnival. U7's do not progress beyond the Zone round, and instead amassed an impressive swag of 20 medals. It was particularly pleasing to see a Balmain clean sweep in the U7 Girls long jump (see page 4 for more).

In the U8 – U17's 104 of our 137 competitors automatically qualified for the Region round by finishing in the top 6 in their event(s). Indicative of the strength of the Balmain team is the fact that 24 of those athletes automatically qualified for 4 or more events. And we are awaiting official ratification of 2 Zone sprint and long-jump records broken by Balmain athletes during the carnival. We also expect more of our athletes to qualify for the additional qualification spots at Region. See page 3 for the list of athletes who are potential candidates for these additional positions. We anticipate confirmation of additional qualifiers from LAANSW late next week.

In the points-based Club competition, Randwick Botany continued a now 41 year winning streak...but I'm delighted to announce that Balmain ran them a very close 2<sup>nd</sup> this year and I remain confident that we can and will beat them for the title in the coming seasons.

Zone is planned and organised almost entirely by volunteers, and I would like to recognise the BLAC committee for their hard work before, during and after the event, as well as all parents who helped to run the Long Jump pits across the 2 days. In particular I would like to thank Tim and Annabel for the great job they did managing our boy and girl teams, and David, not only for his efforts in ensuring that the athletes had opportunities for

extra training in the lead up to zone, but also for organising all of our equipment and supplies for the weekend. Thank you!  
Meagan



## Results Summary

### UNDER 7'S 20 MEDALS

8 Gold, 7 Silver, 5 Bronze. All U7's who competed made a final.

### UNDER 8- UNDER 17

104 out of 137 athletes automatically qualified for the Region round at Sylvania Waters on 16<sup>th</sup> & 17<sup>th</sup> Feb. Additional qualifiers on performance will be confirmed w/c 4<sup>th</sup> Feb.

### BLAC CHAMPION CLUB RUNNER UP

## Region Training

**Sunday 3rd Feb** - Sprints then hurdles with David; Discus & Shot Put with Andrew K & Andrew W. No Cain this week for jumps. Some Jav at the conclusion of general training.

**Sunday 10<sup>th</sup> Feb**, 4 coaches available again for Sprints/Hurdles, throws & LJ/TJ.

Please email David your intention to attend and for which 2 events (3 for Jav people). [david@alliedhealth.net.au](mailto:david@alliedhealth.net.au)

# AUTOMATIC REGION QUALIFIERS

Congratulations to the 104 athletes who finished in the top six of their events, and qualify automatically to compete in the Region round on Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> of Feb.

Age	Name	Events
U8	Luke Wilkie	60mH
U8	James Egan	700mPS
U8	Charlie King	70m
U8	Thomas Comer	100m
U8	Caiden Cleary	200m, 400m, 700mPS, LJ
U8	Finn Williams	SP
U9	Owen Douglas	700mW
U9	Lucas Newman	LJ, HJ
U9	Noah Mirabito	700mW
U9	Jackson Mitchell-Lane	70m, 60mH
U9	Sam Chen	70m, 100m, 200m, LJ
U9	Oliver Kleppich	D
U9	Toby Robertsen	700mW
U9	Daniel Feneley	400m, 800m, 700mW
U10	Bruno Williams	400m, 800m, 1500m, D
U10	Sebastian Bezzina	200m, LJ, HJ
U10	Will Guthrie	D, SP
U10	Joshua Watson	60mH
U10	Lauchlan Prentice	D, SP
U10	Benjamin Comer	70m
U10	Sam Murphy	70m, 1100mW
U10	Hunter Hannaford	60mH
U10	Taine Hasselberg	1100mW
U10	Sebastian Judge	60mH,HJ
U11	Ross Batho	400m, 60mH, LJ, D
U11	Angus Beer	400m, 800m, 1500m, TJ
U11	Benjamin McGettigan	SP, D
U11	Kai Mirabito	TJ
U11	Liam Roy	1500m
U11	Matthew Madgwick	400m, 800m, 1500m, HJ
U12	Oliver O'Shea	100m, 200m, LJ, HJ
U12	Jamie Karabesinis	100m, 200m, 60mH, LJ
U12	James Westbury	400m, 800m
U12	Riley Tran-Huynh	60mH
U12	Nicholas Woodgate	400m, 1500mW, TJ
U12	Nicky Kohlrusch	LJ,HJ,Jav
U12	Jude Abbott	TJ
U12	Darcy Abbott	800m, 1500m
U12	John Danson	100m, 1500m, Jav
U13	Louis Tanner	100m, 400m, 200mH
U13	Solomon Nivinson-Smith	3000m, LJ,TJ
U13	Sam Woolbank	800m
U13	Matthew Basile	D
U13	Jason Doric	400m, 800m, 200mH
U13	Kieran Brown	400m, 3000m, 80mH
U14	Monty Hannaford	100m, 200m, 400m, LJ, HJ, TJ
U14	James Hill	90mH, 200mH, LJ,TJ
U17	Jake Owens	100m, LJ, TJ, D, Jav
U17	Bryn Chapman	100m, 200m, LJ, HJ, D, SP
U17	Andreas Damouras	110mH, LJ, HJ, TJ
U17	Ethan Willis	400m, 800m, 1500m, LJ, HJ, TJ

AGE	NAME	EVENTS
U8	Samantha Callanan	D, SP
U8	Mia Azzi	LJ, 60mH
U8	Bronte Prentice	D, SP
U8	Ada Rand	400m, 700m, 200m
U8	Sabrina Tuteri	60mH, 100m
U8	Mackenzie Hasselberg	SP
U9	Isabella Mardini	400m, 800m
U9	Tamara Lenthall	400m, 800m, HJ, LJ
U9	Lara Madgwick	800m
U9	Nona Walne	60mH, 70m, 100m, LJ
U9	Beth Crawford	800m, 60mH, 200m
U9	Ruby Woodgate	100m, 70m
U9	Chloe Lombardi	D, SP
U10	Zara-Claire Azzi	70m, 60mH, LJ, HJ
U10	Kiera Lane	200m
U10	Jessie Karabesinis	D, SP
U10	Claudia Lenehan	HJ
U10	Robyn Burns	1500m
U10	Chloe Harman	1100mW
U11	Stephanie Potter	100m, TJ
U11	Lucy Owens	D
U11	Lilie Tyler	TJ, LJ, HJ
U11	Eliza Swann	100m, 200m
U11	Matilda Swann	100m, 200m
U11	Laura Sutherland	800m, 1500m
U11	Bianca Basile	60mH,HJ, TJ
U11	Lauren Hall	TJ
U11	Holly Roberts	1100mW
U11	Caitlin McManus-Barrett	1100mW
U11	Sophie Gobran	HJ
U12	Holly Anderson	D, SP, Jav
U12	Lara Bosnich	100m, 200m, 400m, 800m
U12	Aislinn Lenehan	Jav, SP
U12	Sara Dougan	LJ, 100m
U12	Elysia Cook	1500mW, 400m, Jav
U12	Ella McCutcheon	60mH
U12	Isabella Hasselberg	TJ
U12	Ava Kalinauskas	1500mW, TJ
U13	Alexis Campbell	800m, 1500m
U13	Carys Batho	1500mW, 200m, LJ, D,SP
U14	Marnie Clarkson	HJ, D, Jav, 100m, SP
U14	Clementine Landels	200mH
U14	Alex Kerr	400m, 1500m, 200m, 800m
U14	Tiarna Mason	800m, 1500m
U14	Scarlett Lenehan	Jav
U14	Maddy Kohlrusch	TJ, Jav, 80mH, 100m
U15	Mia Bridle	1500m,HJ, LJ, 800m
U15	Emily Danson	100m, 200m
U15	Annabelle Parmigiani	LJ, HJ, TJ
U17	Eleanor Clarkson	SP, D, 3000m
U17	Frances Potter	1500mW, Jav, 800m
U17	Paige Campbell	200m, 400m, 800m, LJ
U17	Holly Campbell	400m, 800m, 1500m

## POTENTIAL REGIONAL QUALIFIERS BASED ON PERFORMANCE AT ZONE

The following is a list of athletes we believe are candidates for the additional positions available at the Region Carnival. We will be notified w/c 4<sup>th</sup> which athletes have attained places at Region..

Age	Name	Events
U8	Luke Wilkie	400m, LJ
U8	Charlie King	Discus
U8	Thomas Comer	70m
U8	Matthew Brewster	Discus
U9	Abraham Omage	HJ
U9	Lucas Newman	70m
U9	Zac Burkitt	SP
U9	Noah Mirabito	HJ, Discus
U9	Toby Robertson	200m, 400m
U10	Will Guthrie	HJ (depending on count back)
U10	Marcello Paul	200m, 400m, 800m
U10	Sebastian Judge	LJ
U11	Ethan Brouw	HJ
U11	Benjamin McGettigan	HJ (depending on count back)
U11	Jacob Hogan	60mH, 100m
U12	Jude Abbott	200m, 1500m
U13	Solomon Nivinson-Smith	HJ
U13	Matthew Basile	SP, Jav
U13	Jason Doric	HJ
U13	Jordan Willis	TJ
U13	Lachlan Cooksie	200m, 800m, Discus
U13	Kieran Brown	800m

AGE	NAME	EVENTS
U8	Chloe Ciallella	700mPS
U8	Mackenzie Hasselberg	Discus
U9	Lara Madgwick	HJ
U9	Grace Dougan	SP
U9	Olivia Farish	Discus
U9	Ruby Woodgate	100m, 70m
U10	Jasmine Cook	1100mW
U10	Kiera Lane	70m
U10	Claudia Lenehan	SP, 1100mW
U10	Chloe Harman	200m, Discus
U11	Stephanie Potter	200m
U11	Lillie Tyler	Discus
U11	Celia Bridle	HJ
U11	Olivia Cermak	1100mW
U11	Caitlin McManus-Barrett	Discus
U11	Sophie Gobran	1100mW
U12	Nina Cannane	Discus
U12	Aislinn Lenehan	HJ
U12	Elysia Cook	1500m
U12	Thomessia Mason	800m
U12	Isabella Hasselberg	TJ
U12	Daisy Hannaford	200m
U12	Lucy Melville	LJ, TJ, 200m
U13	Alexis Campbell	LJ
U13	Billy Miliakovic	200m

Photo courtesy of Instant Photos Australia



### Honourable Mentions...

To the parents who gamely risked sun-stroke on Saturday and pneumonia on Sunday to flag, spike, measure, rake, record & wrangle/marshal the 2 long jump pits over the weekend. With special thanks to those of you who volunteered for extra shifts to fill the gaps left by those who didn't turn up for their rostered duties.

Feedback from the Chief Jumps Judge was incredibly complimentary on how smoothly the LJ ran.

It takes more than a spot of rain and a double shift on the long jump to dampen the spirits of Lars Kleppich (left), Richard Chen (centre), Michael Bosnich (right). We're wondering whether they can jump as well as rake?!



## SUPER SEVENS

Balmain's youngest and most inexperienced group of athletes took to their first Zone Championship with joy, excitement and just a pinch of determination. They walked away on Sunday as hardened veterans and loaded down with medals.

Our Under 7 Girls won 6 of their 8 events and collected 14 of the 24 medals on offer. Every one of the seven girls who went out to Blacktown made at least one final and when not competing they watched and cheered each other on, all the time supported by their tireless Age Manager who attended each of their events. Notable performers were Emily Brewster, Ellen Murphy and Abigail Omage (all pictured right) who each won four medals from their four events, including a clean sweep in the long jump.

The boys thrived in the purpose built Olympic venue and competed with pride, enthusiasm and sportsmanship, bringing 6 medals back home to King George Oval. The Balmain boys were up against a very strong contingent from Randwick-Botany but they made their presence felt as again all the boys qualified for at least one final. In the medal hunt, Christian Caldwell also went four from four with 2G, 1S, 1B whilst Josh Chen collected at Silver and Angus Gobran a Bronze.

The future of the club is looking very bright in these young stars' hands.



**The mighty Callum Beer flexing his muscles in the Shot**



**A Clean Sweep in The Long Jump** (Emily Brewster, Ellen Murphy, Abigail Omage)



**Josh Chen and Ellen Murphy showing off their medals and victory smiles**

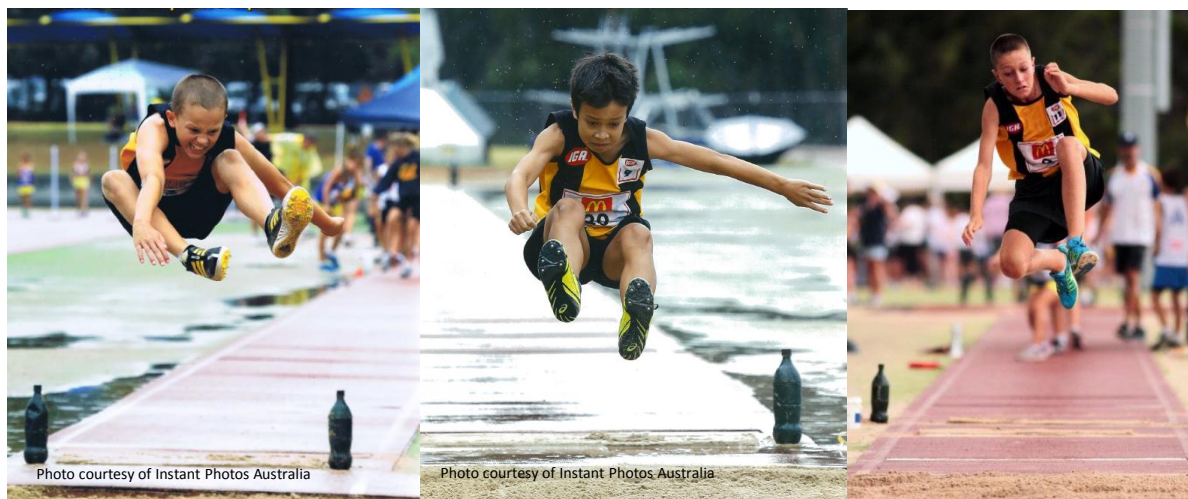
**Congratulations to the 7 U7 athletes who between them earned an amazing 20 Zone medals across a range of track and field events.**

Ellen Murphy – 3G, 1S  
 Abigail Omage – 2G, 1S, 1B  
 Emily Brewster – 3S, 1B  
 Billie Palmer - 1G, 1B  
 Christian Caldwell – 2G, 1S, 1B  
 Josh Chen – 1S  
 Angus Gobran – 1B

# BALMAIN FLYING HIGH (AND LONG!)



The Under 11 Girls show great form in the long jump. Left to Right: Stephanie Potter, Lauren Hall, Lilly Tyler, Lucy Owens



Not to be outdone by the girls, our boys show us that small men hang tough. Nicely co-ordinated shoes, boys!  
Left to right Ross Batho (U11 LJ), Sam Chen (U9 LJ), Angus Beer (U11 Triple Jump)



Whilst on Sunny Saturday, Jessie Karabesinis (left) and Zara-Claire Azzi make a dent in the perfectly smooth sand, watched on by the Balmain parent crew



# BALMAIN IN ACTION



In the sprint hurdles, Ross Batho (U11 top) and Jamie Karabesinis' (U12 middle) close study of Sally Pearson's lead leg pays off in their respective races. Whilst Sabrina Tuteri (bottom) decimates the field in the U8 girls race.



Ada Rand (U8) strolls back to the stands after another great race to qualify for Region



Under 17 boys Jake Owens, Ethan Willis and Andreas Damouras in a moment of team solidarity during the triple jump competition