



## BALMAIN LITTLE ATHLETICS CENTRE

And so we come to the end of a very busy season of Athletics. Twelve months ago we had many plans and goals for the year ahead. Happily those plans have not only been fulfilled, but exceeded all expectations!

The club secured funding that enabled the building of **6 new long jump run ups** and installation of safety poles & netting to convert the shot put rinks into **2 discus circles**. All completed during the off season.

The off season also saw BLAC enter **Cross Country and Road Walk teams** in the State Championships for the first time. We didn't expect the success we achieved where every team we entered won a medal.

When registrations opened in July we had no idea that by February we would be the **equal biggest club in NSW** with 933 registered athletes. A far cry from 5 years ago when we had 330.

Of course that many athletes participating on a Saturday morning posed many challenges. There is still work to do, but we would like to think that as a group of volunteers putting together a season of athletics in their spare time, the Club has done a fantastic job.

It has been a year of both individual and club success across every facet of Athletics. **It has been a year of firsts, a year of improvements and a year packed full of fun and friends.**

It's been the first time we've used 3 High Jump sets, the first time we've had 8 Long Jump run ups, the first time we've had 3 discus set ups, the first time we've had electronic timing gates. It's the first time we've had age groups numbered in the 70's & the first time those age groups have had 3 Age Managers.

It's been a year of improvements everywhere. An unbelievable **10,515 PBs** set. We've had **bigger, better rego packs**. The stories and pictures on Facebook, Twitter & Instagram have amazed & informed us. The number of athletes representing the club at **Zone, Region & State** have massively increased from the record numbers of last season. And many club records broken each week.

And it has been a year packed full of **fun & friends**. The wonderful Presentation Day slide show demonstrated exactly what it is to be part of a club. Spending time challenging yourselves, making new friends and then supporting these friends each and every Saturday, as all of you strive for yet another PB. It's been fantastic to watch.

What are we planning for **next season**? To roll out timing gates across all the tracks. The Council are about to lodge a DA for a new combined toilet, change room and canteen block, plus a new separate storage shed to house all our gear. We will replace our oldest high jump bags and donate those old bags to Bourke LA who don't have a single piece of HJ equipment. We will also be announcing some new opportunities for our older athletes to coach and be coached.

Little Athletics in general and our club in particular relies upon the parents, carers and friends of our athletes to volunteer for the many roles required to run our Saturday competition. From the Committee, Age Managers, volunteer coaches, data enterers, rakers, spikers, measurers, starters, timers, marshals, BBQ grillers, canteen sellers, ground set-uppers, equipment packers. There is a job for everyone and this year we seemed to have everyone in a job. **On behalf of our athletes we thank you for your year-long assistance** and for making the year such an enjoyable one.

Over the past season we have had staff at Little Athletics NSW ask us "*what is your club doing down there at Balmain, you guys are growing and doing so well?!*" **How could we not do well** when we have the most magnificent examples of volunteers and community spirit right in our midst? Supporting, coaching and simply encouraging all our kids to do one thing..... just to be their best.

BLAC Committee



### SEASON HIGHLIGHTS

**10515 PBs.** 500 athletes achieved 10 or more PBs.

**33 Club Records** broken by 23 athletes. Mackenzie Jones broke an amazing 5 U6 records.

**State Relay. 45 teams competed, winning 9 medals** (5G, 3S, 4B). 38 teams achieved top 10 finishes.

**Zone. 225 athletes competed in 770 events.** BLAC team achieved over 2000 club points - the first time in living memory that any club other than Randwick Botany has broken the 2000 mark. U7's won 13 medals (6G, 2S, 5B). 162 U8-17's qualified for Region in 390 events. 32 athletes auto-qualified for Region in 4 or more events. March Past Champions for 2nd year in a row.

**Region. 80 medals** (27G, 26S, 27B, 32 fourths). Angus Beer (u13) won 4 gold medals, 3 in Region Record breaking times. Josh Chen (u9) won 3 gold and 1 silver medal

**State. 65 athletes progressed from Region to State. 19 medals** (7G, 5S, 7B). Half of our athletes made a final in one or more of their events.

**And 1 Winning JetStar Jump** by our entire athlete body.

Well done, team BLAC. What a fantastic result. See you next season

## 2014/5 AGE CHAMPIONS & MOST IMPROVED BOYS



*“Congratulations to our Age Champions & Most Improved boys”*

Age	Age Champion	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place	Most Improved	2 <sup>nd</sup>	3 <sup>rd</sup>
6	Jakub Belunek	Malik Adinkwuye	Harrison Day	Frederick Bolton	Nicholas Day	Lachlan Ornsby
7	Zachary Thai	Kai Hasselberg	Lucas Perkovic	Oskar Botwood	Elliot Tolz	Ashton Brown
8	Joshua O'Connell	Leon Schouten	Billy Blair	Xavier Schmidt	Louis Lusty	Noah Carr
9	Josh Chen	Liam Kapsalis	Harry Banks	Luke Haddad	Hugh Smith	Aidan Mirabito
10	Matthew Brewster	Benjamin D'Agostino	Caiden Cleary	William Gar-side	Alessandro Carozza	Aiden Carter Matthew Lubke
11	Lucas Newman	Sam Chen	Abraham Omage	Finn Dolan	Henrique Loureiro	James Smith
12	Bruno Williams	Thomas Virgona	Joshua Watson	Zane Santarossa	Sam Murphy	Bailey Grozdanovski
13	Kai Mirabito	Isaac Sharwood	Benjamin McGettigan	Will Seaward	Indie Nielsen-Wood	Simon Peyrachon

## 2014/5 AGE CHAMPIONS & MOST IMPROVED GIRLS



*“Congratulations to our Age Champion and Most Improved girls”*

Age	Age Champion	2nd Place	3rd Place	Most Improved	2nd	3rd
6	Mackenzie Jones	Meg O'Connor	Isabelle Fitzpatrick	Imogen Hamilton-Akhurst	Emmanuella Omage	Ava Burke
7	Angie Le Roux	Zoe Howdin	Ida Lawlor	Emilia Williams	Greta Rand	Gabriela Corby Amelie Morris
8	Brooke Constantinidis	Remy Maguire	Charlotte Calic	Isla Murdoch	Elise Adland Puma Chiacchio	
9	Ellen Murphy	Abigail Omage	Ava Boeckenhauer	Imogen Leese	Emelia Brophy	Sienna Jones
10	Ada Rand	Maxi Lipic McFadyen	Mia Azzi	Anabel Watson	Sophie Wakeling	Gracie O'Connor
11	Tamara Lenthall	Nona Walne	Mischa Belunek	Amy Outram	Maya Harvey	Maddison Jones
12	Bridget Crick	Lucy Crawford	Chloe Harman	Brianna Miller	Claudia Lenehan	Ella Cook
13	Stephanie Potter	Emma Cruzado	Laura Sutherland	Sophia Hadwen	Claudia Callegari	Holly Roberts

## SENIORS

**AGE CHAMPION:** Solomon Nivison-Smith

2nd: Will Cornish

3rd: Vivien King

**MOST IMPROVED:** Charlie Boyd

2nd: Lachlan Cookesy

3rd: Nina Frissel-Thomas

**FAREWELL** to our Senior Seniors, Emily Danson & Paddy Reynolds



## Seniors & Special Awards

### 5 YEAR AWARDEES

Congratulations to the following athletes for completing their 5th season with Balmain LAC

Carys Batho

Callum Beer

Caiden Cleary

Killian Douglas

Charlie King

Matthew Lubke

Ellen Murphy

Laura Sutherland

Ross Batho

Lachlan Begg

Owen Douglas

Joshua Hill

Jessica Karabesinis

Max Lusty

Katie Sutherland

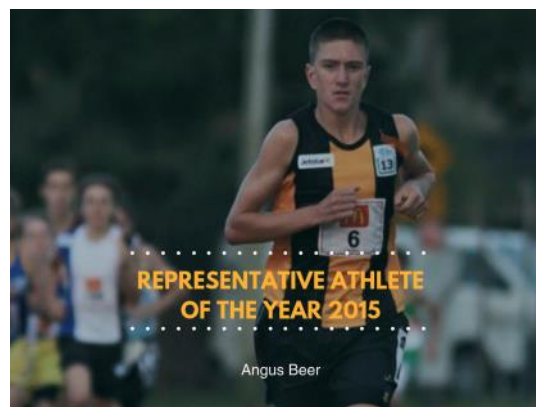
Madeline Watson



### REPRESENTATIVE ATHLETE OF THE SEASON

The club wanted to recognise the particularly stellar achievements of one of our athletes this season, U13 Angus Beer.

Angus won 4 events at Zone, setting 4 Zone records. He won 4 events at Region, setting 3 Region records. He went on to win 3 gold medals at the State Championships.



## CLUB RECORDS

It seems that breaking records has become common place within the club, but as little as 5 years ago the number of records broken in the season was 5 records by 3 athletes. It is in stark contrast to this year where we had a phenomenal 33 records set by 23 athletes.

This year we had more records broken on a single Saturday competition in February than the whole 2010 season.

The breaking of a BLAC club record is a notable achievement. Some of our record holders also hold the corresponding State record. Many of the club records have stood the test of time. Some are 20-30 years old. Anyone that has spent any time looking at them will recognise the quality of the athletes that have gone before.

This year we have one athlete, Mackenzie Jones, that has broken 5 records by herself; a truly fantastic achievement.

## PERSONAL BESTS

Probably the most important statistic that we as a club keep track of is PBs. You would all know that this is an achievement benchmark that we seek to recognize and reward at BLAC and we encourage our athletes to see this as the primary goal. Everyone can seek to be better than they were yesterday or last time they competed.

This season BLAC athletes achieved 10,515 (8941) PBs across the season. 500 of our athletes achieved 10 or more PBs.

This year the winner of our most improved in club, Caitlin McManus-Barrett, set an amazing total of 46 PB's across the season, setting a PB every other time she competed.

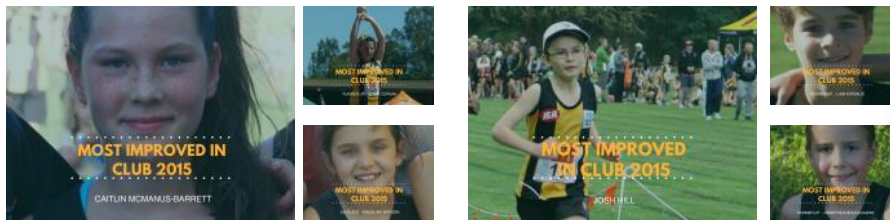
## 33 CLUB RECORDS BROKEN BY 23 ATHLETES

Jakub Belunek U6 Boys	70m	Isabella Mardini U11 Girls	1500m
Mackenzie Jones U6 Girls	50m, 70m, 100m, 200m, 300m Pack Start	Thomas Virgona U12 Boys	200m, 400m
Joshua O'Connell U8 Boys	700m	Stephanie Potter U13 Girls	100m, 80mH, 200mH
Josh Chen U9 Boys	70m	Sophia Hadwen U13 Girls	3000m
Harry Banks U9 Boys	700mW	Angus Beer U13 Boys	800m, 1500m,3000m
Tilly Hannan U9 Girls	Shot Put	Ross Batho U13 Boys	Javelin
Ellen Murphy U9 Girls	70m	Nicky Kohlrusch U14 Boys	HJump
Bronte Prentice U10 Girls	Discus	Carys Batho U15 Girls	Shot Put
Matthew Brewster U10 Boys	1500m	Will Cornish U15 Boys	3000m
Max Rider U10 Boys	HJump	Marnie Clarkson U17 Girls	Discus
Nona Walne U11 Girls	60mH	James Hill U17 Boys	200mH
Mischa Belunek U11 Girls	100m, TJ		



## MOST IMPROVED IN CLUB

<b>Girls</b>	1st	Caitlin McManus-Barrett	<b>Boys</b>	1st	Joshua Hill
	2nd	Olivia Cermak		=2nd	Liam Kapsalis &
	3rd	Madeline Watson			Demetrius Boulougouris



## POINT SCORE CHAMPIONS



U6/7	Mackenzie Jones	455 points
U8-U17	Ellen Murphy	618 points



OUR STATE REPS RECEIVING THEIR REPRESENTATIVE HOODIES AND BAGS

## STATE REPRESENTATIVES 2015

Zara-Claire Azzi	Harry Banks	Carys Batho
Ross Batho	Angus Beer	Mischa Belunek
Ava Boeckenhauer	Matthew Brewster	Ethan Brouw
Samantha Callanan	Josh Chen	Sam Chen
Marnie Clarkson	Caiden Cleary	Jasmine Cook
Lachlan Cooksey	Luca Cruzado	Ben D'Agostino
Alessia Dal Pane	Finn Dolan	Jason Doric
Owen Douglas	William Garside	William Guthrie
Monty Hannaford	Tilly Hannan	Sienna Jones
Liam Kapsalis	Jamie Karabesinis	Maddy Kohlrusch
Nicky Kohlrusch	Vivien King	Xavier Lee
Tamara Lenthall	Chloe Lombardi	Henrique Loureiro
Matthew Madgwick	Isabella Mardini	Caitlin McManus-Barrett
Kai Mirabito	Noah Mirabito	Henry Moffitt
Ellen Murphy	Sam Murphy	Lucas Newman
Abigail Omage	Abraham Omage	James Park
Stephanie Potter	Bronte Prentice	Lochlan Prentice
Holly Roberts	Zachary Schmidt	Isaac Sharwood
James Smith	William Smith	Max Smith
Dominique Stevens	Bertie Swann	Eliza Swann
Matilda Swann	Ella Tanner-Black	Thomas Virgona
Nona Walne	Bruno Williams	

## AND SO TO STATE...

...the culmination of a lot of hard work from our athletes, coaches and not forgetting parents and carers.

The result – 19 Medals

### 7 Gold

Caiden Cleary - U10B High Jump  
 Angus Beer - U13B 800m, 1500m, 3000m  
 Ross Batho - U13B javelin  
 Nicky Kohlrusch - U14B High Jump  
 Lachlan Cooksey - U15B para 800m

### 5 Silver

Josh Chen - U9B 70m  
 Matt Brewster - U10B 1500m  
 Ethan Brouw - U13B 800m, 1500m  
 Steph Potter - U13G 200m Hurdles

### 7 Bronze

Ellen Murphy - U9G 70m  
 Josh Chen - U9B 100m  
 Harry Banks - U9B 700m Walk  
 Thomas Virgona - U12B 400m  
 Matthew Madgwick - U13B 800m  
 Henry Moffitt - U14B High Jump  
 Lachlan Cooksey - U15B para 100m

And that fabulous **clean sweep** in the U13 boys 1500m.

This compares to 9 Medals (2 Gold, 3 Silver, 4 Bronze) in 2014

Finalists (Top 8) in 43 events - half of our competing athletes achieved this goal.



## VOLUNTEER AWARDS

- Volunteer of the Year: **Matthew Woodgate**  
Age Manager of the Year: **Andrea Belunek**  
Club Service Awards: **Robyn Hammond & Julian Potter**  
Volunteer Award: **Anita Batho, Ian Foster, Grant Beer, Amanda Hill**



*We recently had the chance to sit down with Robyn Hammond and chat about her involvement with BLAC. This is what she said...*

**BLAC:** Robyn, there wouldn't be a parent at Balmain LAC that's been here longer than you have. When did your family start at the club & how many of your girls came that first time?

**RH:** We joined the club in 2001 after returning from 3 years in Singapore. Our first glimpse of Little Athletics was seeing expat Australian kids using the Singapore University track for Little A's on Saturday mornings. It was too hot for our girls to compete there so we waited until we returned to Sydney to enrol Jody and Fran. Jody was 7 (U8s), Fran was in tots and I was pregnant with Steph. Steph did tots as soon as she was able!

**BLAC:** You have been the Age Manager for Stephanie's group for some time now. How long has it been and what other roles have you and Julian had over the years?

**RH:** I have been age manager for Steph's group since U7's or 8's. I enjoy being involved with the familiar faces, particularly seeing the girls develop their skills and grow. Other roles at the club...there have been a few! I was the Club secretary for a year, and Julian was on the committee for a while and put his hand up for Club President for about 4 – 5 years.

In the 'old' days, I recorded all the results at the results table of all the athletes after every event. That was before I became the age manager. I missed seeing my girls compete as we were stuck at the table all morning. It wasn't the best place to be.

**BLAC:** Are there any particularly memorable BLAC moments that always bring a smile?

**RH:** On a personal level, watching my girls compete makes me happy. Hanging out with the group of parent helpers each week is fun. We have been together a while!

**BLAC:** You must have seen many changes in the club over the years. What things do you think have changed for the better? And is there anything you miss or would like to see come back?

**RH:** I think things have changed radically over the years and all for the better. Julian was instrumental in getting the club website a long time ago, which changed everything. Before

the website, Julian would gather all the results we had recorded at the results table and spend hours entering them into an Excel spreadsheet. It took about 5 hours each Saturday! Now each age group does their own entries and it makes things so much quicker. In previous years, the age managers also used to hand write little result tickets for each kid to take home. Now they can look everything up online. I don't think there is anything I would bring back!

**BLAC:** Every athlete seems to have a favourite event or one that they dread doing. Is it the same for an Age Manager?

**RH:** I don't think I have a favourite event. I suppose the only time consuming events are the long distance ones when age groups are mixed and we have to sort out the age groups at the finish line. It's not hard, just takes a while.

**BLAC:** All your daughters have represented the club at the State Championships at different times. Is there any advice you would give either parents or athletes about competitions, be it at King George or representative level?

**RH:** My advice for the parents of the younger kids is to always be encouraging of their kids. As long as they are doing their best and potentially achieving PB's when they compete, that's all you can ask for. With competing at the next level, it's about having fun. As soon as the fun goes, the kids can lose interest. And don't push too hard. Injuries happen when kids over train.

**BLAC:** Steph can potentially register with us for a few more years. Will we see you both in 2018/19?

**RH:** We most certainly will be involved until 2018/19. That will be 18 years with the Balmain club! Steph is so passionate about athletics in summer and soccer in winter. She would be lost without her sport. Being active and engaged in sport for teens is so important. Thankfully we don't need to do any persuasion about that. All our girls have loved sport and being active. I will probably miss my Saturday morning role when I don't have to do it anymore!

## THANK YOU TO OUR WONDERFUL AGE MANAGERS

Our Age Managers are the heart & soul of our club as they lead, encourage, support and coach for 20 Saturday mornings a season.

Each & every one deserves our thanks and gratitude for the time and energy that they have invested into our kids.

And to our dedicated team of coaches who gave up their own time, even on occasions when their own children weren't involved, to volunteer and prepare our athletes for State Relays, Zone Champs, Region Champs and State Champs: Andrew Watson, Andrew Kohlrusch, Ian Guthrie, Phil McManus, David Hudson, Mike Hamlin-Harris, Julia Scott, Emily Danson, Maddy Kohlrusch and the incredible Tots Trio of Jody Potter, Fran Potter & Freya.



## AND TO OUR FABULOUS SPONSORS

This year was **Cindy Kennedy's** third season as our major sponsor and we have been very lucky to have her support. Cindy is a Balmain mum, resident and businesswoman who wants to be involved in and support community organisations. We thank her for supporting our little organisation. Through Cindy's support the club has been able to invest in the new timing gate system.

### Rozelle/Balmain Community Bank

don't have the word "community" in their name for decorative purposes. It is part of their business charter that a portion of profits be distributed to local clubs and organisations. So thank you for your support this year which enabled the purchase new competition and training equipment, and we look forward to doing even more with you next season.

### The Athletes Foot, Burwood

Jason Le Roux and TAF, Burwood was associated with Balmain well before any of his three kids joined up. Jason gives us a rebate for each shoe purchase as well as provides in-store vouchers for us to present as PB awards.



A very big and appreciative thank you to all our sponsors. They aren't Jetstar, McDonalds or a corporate Little Athletics sponsor; they are local people investing their money in our club. We urge you all to support those people that support us.



BURWOOD 9715 2580



Balmain/Rozelle  
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## FINALLY A BIG THANK YOU TO OUR COMMITTEE

With impeccable team work, this group of people work tirelessly in-front of and behind the scenes to make the Little Athletics experience as good as they can for the benefit of our kids.

<b>David Murphy</b>	President, Centre Manager, volunteer club coach
<b>Tim Batho</b>	Vice President, Region Treasurer, LANSW Competitions Advisory Panel, Chief Championships officer
<b>Angie Mastrippolito</b>	Registrar
<b>Megan Beer</b>	Treasurer, Banker & Age Manager
<b>Anthea Azzi</b>	Secretary & Committee Chief Whip
<b>Andrew Kohlrusch</b>	Championships Officer, Zone & Region Co-ordinator, volunteer club coach
<b>Richard Chen</b>	Championships Officer & Team Selector, Age Manager
<b>Peter Rand</b>	Championships officer & Team Selector
<b>Kim Gane</b>	Championships officer
<b>Alan Hill</b>	Canteen, Supplies, Transport logistics
<b>Donnagh Murphy</b>	Uniform ordering, sales & inventory
<b>Paul Dolan</b>	IT

Farewell to Angie & Paul who are stepping down from the Committee, and a big welcome to the Committee for Season 2015/6 to Andrea Belunek (Registrar) and Paul Schmidt (IT)



**CONGRATULATIONS**

U13 HOLLY ROBERTS  
Winner of the 5 Day Holiday  
to the Gold Coast thanks to  
the generosity of JetStar.