



BALMAIN LITTLE ATHLETICS CENTRE

The AGM & presentation day marked the end of another busy season of Athletics.

The Season started with a group of hardy athletes competing in the **Cross Country and Road Walk State Championships**. We entered as many athletes, in as many age groups, as we could to maximise our chances of winning both individual and team medals. And to great results. Four team medals and two individual medals in the Cross Country and every walks team we entered won gold, with the U9 girls & boys and U10 girls & boys winning team golds to add to three individual medals.

Since our last AGM another of our committee members has been recognised as a State Volunteer of the Year. Andrew Kohlrusch won that award in 2013, Tim Batho in 2014 and **Angie Mastrippolito** was recognised for her service to our club at the 2015 LANSW AGM.

At that AGM Balmain was awarded **Gold Club** status for the very first time, as well as winning the Innovation & Technology award on the back of our social media & electronic timing initiatives.

Registrations opened in July under the eye of our new registrar, **Andrea Belunek**. At that stage we had no idea that come February we would be the **biggest Little Athletics Club** in Australia with 961 athletes.

That many athletes participating on a Saturday morning poses its challenges and our committee has risen to the task. They are a group of volunteers who have put together a season of Athletics for close to a thousand children in their spare time. When you look at it that way you realise what a task it is and what a fantastic job they have done.

It has been a year of other notable firsts, too. The biggest, and longest coming, being that after 44 years Balmain won the **Zone Championship**. We can only ever dream of emulating Randwick-Botany's extraordinary 43 years as champion club. In the meantime congratulations to all our athletes, coaches and parents for making this achievement possible.

It's been a year of improvements everywhere. An unbelievable **10,541 PBs** set this year. Over 520 athletes set 10 PBs or more during the season. The stories and pictures on Facebook, Twitter and Instagram have amazed and informed us. The numbers of athletes representing the club at Zone, Region and State have increased from the record numbers of last season. And club records continue to fall with an amazing **49 new records** set.

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 you all strive for yet another PB has been fantastic to watch.

So what is in store for us all next season? Apart from more PBs, more fun, and another possible Guinness World Record attempt, we will see a new Canteen & Amenity block and hopefully storage closer to the ground. Next year I hope to see one of our athletes reach the **"100 club"** for the very first time. Holly Roberts came very close this year by competing in 98 events during the season at KGO. Let's see if 100 is achievable.

We would like to thank all the athletes, parents, coaches and age managers for making the year such an enjoyable one. Special thanks must go to the members of the committee who have given so much time to the growth and development of our club. Balmain LAC could not function without their efforts and all the parents and athletes truly appreciate what they do.

See you next season!



SEASON HIGHLIGHTS

10541PBs. 528 athletes achieved 10 or more PBs.

49 Club Records broken by 30 athletes.

Cross Country & Road

Walks Walks 4 Team Gold, Individual 1G, 1S, 1 B. X-C: Team 1G, 1S, 2B; Individual 1G, 1B

State Relay. 56 teams competed, winning 17

medals. (6G, 7S, 4B). 50 teams achieved top 10 finishes

Zone. 251 athletes competed in 957 events.

BLAC Inner City Zone Champion Club. U7's won 16 medals (5G, 5S, 6B). 199 U8-17's qualified for Region. March Past Champions for 3rd year in a row.

Region. 130 medals (38G, 41S, 51B, 40 fourths). 66 athletes qualified for State in 124 events.

State. 24 medals (9G, 4S, 11B). 75 top 10 finishes.

Well done, Team BLAC!

2015/16 Age Champions & PB Champions—Girls

AGE	AGE CHAMPION	AGE RUNNER UP	AGE THIRD PLACE	PB CHAMPION	PB RUNNER UP	PB THIRD PLACE
6	Sophie Halleen	Kiara Stanley	Indie Roche	Amanda Matthews	Jasmine Cavanough	Lola Anderson
7	Madeleine Gifford	Mackenzie Jones	Lexi Modena	Alexis Monahan	Emma Balmond	Nina Maclaine
8	Angie le Roux	Zoe Howdin	Bronte Locane	Ella Hafford-McGovern	Alyssa-Pia Kelly	Zoe Crick Macy Tanner-Black
9	Remy Maguire	Ellie Barnett	Leah Russell	Audrey Sutton	Ava Diaz	Tynise Bowrey
10	Ellen Murphy	Elizabeth park	Rhianna Arifeae	Claudia Peterie	Meghan Boyle	Tilly Hannan Dominique Stevens
11	Ada Rand	Bronte Prentice	Maxi Lipic-Mcfadyen	Katie Paxton	Claudia Pegler	Madeline Watson
12	Mischa belunek	Alessia Dal Pane	Nona Walne	Sophie Virgona	Olivia Hadwen	Chloe Lombardi
13	Bridget Crick	Hannah Christie	Charlotte Korell	Jasmine Cook	Samara Beckett	Brianna Miller

Congratulations to all our Age Champions and PB Champions for 2015-16



AGE CHAMPIONS & PB CHAMPIONS 2015-16 — Boys

AGE	AGE CHAMPION	AGE RUNNER UP	AGE THIRD PLACE	PB CHAMPION	PB RUNNER UP	PB THIRD PLACE
6	Taj Locane	Sam Biesbroek	Ilias Patrikos	Lucas D'Agostino	Henry Schmidt	Hugo Hood
7	Jakub Belunek	Malik Adinkwuye	Harrison Day	Lucca Holbert	Remy Schouten	Nicholas Day
8	Zachary Thai	Harry Halleen	Lucas Perkovic	Sebastian Gonzalez	Kai Hasselberg	Joseph Dempsey Martin
9	Leon Schouten	Billy Blair	Josh O'Connell	Xavier Schmidt	Oliver Chaplin	Owen Toogood
10	Liam Kapsalis	Josh Chen	Luke Haddad	Andre Kouriel	Liam Black	Leo Jeffrey
11	Caiden Cleary	William Garside	Ben D'Agostino	Jacob Grozdanovski	Demetrius Boulougouris	Matthew Lubke
12	Sam Chen	Lucas Newman	Max Hilton	Oscar Bowers	Josh Hill	Declan Oddy
13	Thomas Virgona	Zane Santarossa	Bruno Williams	Joe Wilson	Josh Watson	Christopher Taylor Fowler

Congratulations to all our end of season Age Champions & PB Champions



SENIORS AWARDS

AGE CHAMPION: Solomon Nivison-Smith
RUNNER UP Stephanie Potter
THIRD Alessia Gangemi

PB CHAMPION Charlie Boyd
PB RUNNER UP Jerome Angr
THIRD Lachlan Cooksey
Kai Mirabito
Holly Roberts



FAREWELL to our Senior Seniors Marnie Clarkson, James Hill Maddie Kohlrusch & Che Macfarlane

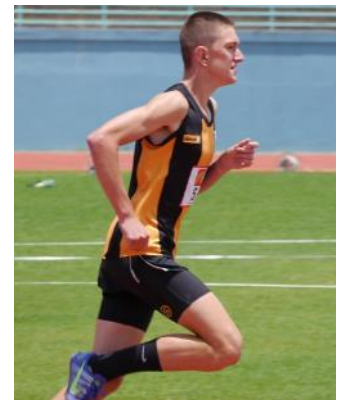
Seniors & Special Awards

FIVE YEAR AWARDEES

Alena Belunek	Mischa Belunek	Tynise Bowrey	Matthew Brewster
Emily Brewster	Joseph Britton	Charles Boyd	Madeleine Boyd
Sam Callanan	Nick Callanan	Leah Castillo	Josh Chen
Sam Chen	Bridget Crick	Lachlan Cooksey	Sienna Excell
Hugh Foster	Clark Foster	Frankie Foster	Abby Foster
William Garside	Anna Gough	Julia Gough	Lauren Hall
Taine Hasselberg	Mackenzie Hasselberg	Hazel Jacobs	Zoe Le Roux
Tess Landels	Owen Lee	Emma Lubke	Helena Macarthur
Aidan Mirabito	Kai Mirabito	Noah Mirabito	Ada Rand
Donovan Roberts	Cate Sandbach	Peter Sandbach	Xavier Schmidt
Zachary Schmidt	Hugh Smith	Jayda Stanley	Bridget Tooher
Jasper Vincent	Nona Walne	Ruby Woodgate	

REPRESENTATIVE ATHLETE OF A YEAR

Over the past twelve months **Angus Beer** has won medals across five championships, winning the LA Cross Country, winning medals at the State Relays and winning the 800, 1500 and 3000 events at Zone, Region, and at the LANSW State Championships. Along the way Angus set a new Region 3000m record.



10 YEAR AWARDEES



LONG SERVING ATHLETES

What an incredible achievement to have been with BLAC for 10 years.

They all joined in the same season with Steph & Angus starting in the Tots, Solomon in the U7s and James in the U8s.

Looking at the photos from their first season they don't seem to have changed a bit.

Well done our awesome foursome.

49 CLUB RECORDS BROKEN BY 30 ATHLETES

Kiara Stanley 6G 100m

Imogen Hamilton Akhurst 7G Discus

Harry Halleen 8B 400m & 700PS

Bronte Locane 9G 70m, 100m, 200m

Angie Le Roux 400m & 700PS

Josh O'Connell 9B 400m & 800m

Harry Banks 10B 1100m Walk

Liam Kapsalis 10B 70m

Ellen Murphy 10G 200m & 400m

William Garside 11B Javelin

Bronte Prentice 11G Javelin & Discus

Chloe Lombardi 12G Javelin

Mischa Belunek 12G Long Jump & Triple Jump

Thomas Virgona 13B 400m

James Park 13B 100m, 80m Hurd, 200m Hurd

Angus Beer 14B 400m, 800m, 1500m, 3000m, 1500m Walk

Isaac Sharwood 14B 100m

Jerome Angir 14B Shot Put

Laura Sutherland 14G 3000m

Zoe Scoufis 14G 1500m

Stephanie Potter 14G 80m Hurd, 200m

Eliza Swann 14G 100m

Henry Moffitt 15B High Jump

William Cornish 17B 800m, 1500m, 3000m, 1500m Walk

Bertie Swann 17B 200m

James Hill 17B 200m Hurd

Carys Batho 17G 1500m Walk & Shot Put

Nina Frissel-Thomas 17G 400m

Maddy Kohlrusch 17G Javelin

CLUB RECORDS

This year it seems that breaking club records has become common place within the club. Obviously this is in part due to club growth but this year has been something special.

Since BLAC grew in athlete numbers the record breaking tally each year has been growing slightly but has been relatively consistent.

2013 28 records by 19 athletes

2014 27 records by 20 athletes

2015 33 records by 23 athletes

However, this year our athletes were on fire! There was a massive 49 records by 30 different athletes.

This is a truly great achievement given that each year the bar is steadily being lifted.

PERSONAL BESTS

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

This season BLAC athletes achieved 10,541 PBs over the season with 528 athletes achieving over 10 PBs.

This season Sophie Halleen set 40 PBs, or 2 for every 3 events she competed in.

STATE CHAMPIONSHIPS

67 athletes in 124 events

9 GOLD

Jayda Stanley 9G 700m Walk
 Josh O'Connell 9B 800m
 James Park 13B 80m Hurd
 Steph Potter 14G 100
 Zoe Scoufis 14G 1500 & 3000
 Angus Beer 14B 800, 1500, 3000

4 SILVER

Eliza Swann 14G 100
 Isaac Sharwood 14B 200m Hurd
 Susie Douglas 15G 200m Hurd
 Lachlan Cooksey 17B Para 800

11 BRONZE

Billy Blair 9B 70m
 Chloe Lombardi 12G Javelin
 Sam Chen 12B 100
 James Park 13B 200H
 Steph Potter 14G 200 & 200H
 Henry Moffitt 15B High Jump
 Bertie Swann 17B 110mH
 Lachlan Cooksey 17B Para Discus, LJ & 100

75 top 10 finishes

Well done to ALL

PB CHAMPIONS

1ST SOPHIE HALLEN
 2ND LARA BALMOND
 3RD MADDIE BOYD



1ST XAVIER GONZALEZ
 2ND HARRY HALLEEN
 3RD SAM MURPHY



POINTSORE CHAMPIONS

U6 & U7 JAKUB BELUNEK 490pts

U8 - U17 ELLEN MURPHY 619pts



STATE REPRESENTATIVES 2015-16

Jerome Angir	Zara-Claire Azzi	Harry Banks
Carys Batho	Angus Beer	Mischa Belunek
Billy Blair	Ava Boeckenhauer	Josh Chen
Sam Chen	Hannah Christie	Marnie Clarkson
Jasmine Cook	Bridget Crick	Emma Cruzado
Lachlan Cooksey	Ben D'Agostino	Susie Douglas
Thomas Emery	William Garside	Luca Gillard
William Guthrie	Luke Haddad	Cooper Hall
Tilly Hannan	Josh Hill	Max Hilton
Harry Jones	Liam Kapsalis	Jamie Karabesinis
Jessica Karabesinis	Maddy Kohlrusch	Nick Kohlrusch
Chloe Lombardi	Matthew Madgwick	Remy Maguire
Caitlin McManus-Barrett	Kai Mirabito	Jackson Mitchell-Lane
Henry Moffitt	Ellen Murphy	Sam Murphy
Lucas Newman	Josh O'Connell	Maddox Oddy
James Park	Stephanie Potter	Bronte Prentice
Lochlan Prentice	Ada Rand	Max Rider
Leah Russell	Zane Santarossa	Zachary Schmidt
Zoe Scoufis	Isaac Sharwood	Jayda Stanley
Prada Stenberg	Dominique Stevens	Audrey Sutton
Matilda Swann	Bertie Swann	Eliza Swann
Thomas Virgona	Nona Walne	Josh Watson
Bruno Williams		





**AGE MANAGER OF THE YEAR
RICHARD CHEN**

VOLUNTEER AWARDS

- | | |
|-------------------------|------------------------------|
| AGE MANAGER OF THE YEAR | RICHARD CHEN |
| VOLUNTEER OF THE YEAR | IAN FOSTER |
| CLUB SERVICE AWARD | TIM & ANITA BATHO |



**VOLUNTEER OF THE YEAR 2016
IAN FOSTER**



No other sport requires more volunteers than Little Athletics. That makes the families that join us at Balmain very special as they assist all over the field. From timers to starters, rakers & spikers, marshals, recorders, implement retrievers, and our set up & pack up crews. A huge thank you to all

THANKYOU TO OUR WONDERFUL AGE MANAGERS

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

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

Many thanks are extended to this wonderful group of volunteers from all the athletes and parents of Balmain Little Athletics



BALMAIN LITTLE ATHLETICS COMMITTEE 2015/16

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 and as enjoyable as they can for the benefit of our kids. e are very lucky to see them all return in the same roles next season.



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|-------------------------|--|
| Tim Batho | Vice President, Region Treasurer, LANSW Comp Advisory Panel, Chief Championships Officer, LANSW Volunteer of the Year 2014 |
| Andrea Belunek | Registrar & Age Manager |
| Megan Beer | Treasurer, Banker & Age Manager |
| Anthea Azzi | Secretary, Legals & Affiliations |
| Andrew Kohlrusch | Championships Officer, Zone & Region Co, volunteer club coach, LANSW Volunteer of the Year 2013 |
| Richard Chen | Championships Officer & Team Selector, Age Manager |
| Peter Rand | Championships Officer, Team Selector |
| Kim Gane | Championships Officer & Balmain Athletics Club Registrar |
| Alan Hill | Canteen, Supplier, Transport logistics |
| Donnagh Murphy | Uniform ordering, sales & inventory |
| Paul Schmidt | Timing Gates & IT Support |
| Anita Batho | Social Media |

COACHING CORNER

We have had many enthusiastic coaches across all areas of Athletics this year. Thanks to Freya, Lizzie & Fran with the Tots and Emily & Jody with the U6s on Saturdays. Mike Hamlin-Harris, David Hudson, Mike Cronin, Cath Chatterton, Jody Potter, Emily Danson & Maddy Kohlrusch kept everyone trained and skilled up on Tuesdays & Thursdays.

A special thankyou to our volunteer coaches that assisted preparation for the State Relays, Zone, Region and the State Championships. Andrew Kohlrusch, Andrew Watson, Mel Murphy and Richard Chen.



OUR FABULOUS SPONSORS

This is **Cindy Kennedy's** fourth year as our major sponsor. As a committed local business woman Cindy wants to be involved in her community and we thank her for supporting our club. Through Cindy's support we have been able to invest in new Timing Gates which have greatly improved our competition.

Rozelle/Balmain Community Bank have part of their charter to provide financial assistance to local clubs & organisations. Their support has allowed us to purchase much needed competition and training equipment.

The Athletes Foot, Burwood owner & manager Jason Le Roux not only has three girls with the club but provides in-store vouchers for use as PB awards through the year.

Thank you to all these fantastic local businesses that sponsor us. As always, we encourage you to support those who support us.



Balmain/Rozelle
Community Bank
Branch  Bendigo Bank

