

# BALMAIN LITTLE ATHLETICS - JANUARY NEWSLETTER 2012

## BALMAIN 2ND AT INNER CITY ZONE CHAMPIONSHIPS!!

1st	Randwick Botany	2,839
2nd	Balmain	1,293
3rd	South Eastern	1,135
4th	Eastern Suburbs	923
5th	Canterbury	744
6th	Western Suburbs	741

This is a fantastic result for Balmain. We had 110 athletes participate over the weekend, including 9 U7's. 65 athletes have qualified for the Regional Championships. It was fabulous to have such a large and enthusiastic group of parents and children attend. Thank you to the parents who helped out at long jump and came and supported Balmain.

Special thanks to:

Andrew Kohlrusch, as zone coordinator, who was involved in organising the entire weekend;

Jill Hannaford and Prue Kohlrusch who made lunches for all the officials;

Don Kerr, Sara Lenehan, Anita Batho, Jim Merewether, Brett Nichol & Allan Hill who spent hours on the long jump pits on Saturday and Sunday;

Meagan Mannix who supported our athletes from 7.30 Saturday to last event Sunday;

David Murphy for providing physio to a few injured athletes;

Josie Nichol for team spirit, organising the march past and earning the club a massive 60 points, by winning all 6 of her events;

Marcus Reed for his entertaining breakdancing leading the March Past;

John Danson for an excellent relay run in the place of an injured Oliver O'Shea;

The O'Shea's for staying to the end to cheer on all the relay teams;

Ella Boyd, who ran an extremely exciting 4th leg in the junior girls relay, even though she was planning to leave much earlier to get ready for her first day of high school;

Victoria and Joe Basile who stayed and helped clean up Balmain's gear;

And the highlight of the weekend?

Lachlan Cooksey who had the entire stadium cheering him on as he finished the 800m.

Also a special mention to the U7 athletes who competed so well in their first zone championships. It is a big ask for the U7's to spend two days out at an athletics carnival. They had an excellent weekend with lots of support from their parents and between them went home with 6 medals. The girls gained gold, silver & bronze in the 500m! Well done U7's:

Gold	Ada Rand (500m)
Silver	Bronte Prentice (D) and Gracie O'Connor (500m)
Bronze	Bronte Prentice (SP) and Mia Azzi (LJ & 500m)
4th	Caiden Cleary (50m) and Matthew Brewster (500m)
5th	Mia Nieboer (70m) and Ada Rand (200m)
8th	Madeline Watson (D)
12th	Charlie King (LJ)

All results will be available mid-week and can be viewed at [www.laansw.com.au](http://www.laansw.com.au).

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## JOSIE NICHOL

Josie Nichol was recently selected to compete in the Triple Jump at the Hunter Track Classic in Newcastle in January. The Hunter Track Classic is an Open 'grand prix style' athletics meet, showcasing some of NSW and Australia's best athletes as well as some international competitors. Josie won Silver at the event with a jump of 12.67m which also qualified her for the IAAF Olympic Trials event in Melbourne next month.

Josie is aiming to gain selection in the Australian team to compete at this year's World Junior Championships in July in Barcelona, Spain.

Josie started out at Balmain in the U7's (having missed out on getting into the U6's with the rush of registrations following the 2000 Olympics) and is now in the U17's. Josie only qualified for her first regional championships in the U11's and her first state championships in the U14's. Josie won her first national title at last year's Junior Athletics Championships at 15 years of age. She went on to become the Australian All Schools champion triple jumper later in 2011 and is now ranked no. 1 in Australia in her age group..

Although this is Josie's last year with the club we look forward to following her progress as she continues with her successful athletics career. Good luck, Josie!

## NEW RECORDS

Congratulations to the following athletes who have broken records since the last newsletter:

Marnie Clarkson	U13G	Javelin - 28.66m
Ross Batho	U10B	400m - 1m08.1
Ellen Murphy	U6G	Discus - 11.03m

## COACHING

Tuesday training will continue for general coaching, including high jump.

## ADDITIONAL COACHING

Elite coaching sessions are running successfully and will continue on Wednesdays (long distance) and Sundays (sprints/starting blocks, hurdles, throws & jumps), particularly for those athletes who have qualified for regional championships. Again, please email coaches directly:

Long Distance - [francesbell06@yahoo.com.au](mailto:francesbell06@yahoo.com.au)

Sprints, hurdles, throws, triple and long jump - [david@alliedhealth.net.au](mailto:david@alliedhealth.net.au)

## TWILIGHT ATHLETICS

A reminder we are having a Twilight athletics event on Friday, 17 February 2012. More details to come.

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## LONG/TRIPLE JUMP RUN-UPS

Although Council has agreed to resurface the run-ups, it looks this will not take place until the off-season.

The run-ups have deteriorated and the committee requests that children only use half the run so as not to run over the existing holes. This shouldn't affect the younger groups with the shorter run-ups.

## NSW JUNIOR CHAMPIONSHIPS

These championships are held at Homebush on 10, 11 & 12 February for the U14-U20 age groups. Balmain has 6 athletes competing (representing a number of senior's clubs), who are hoping to gain selection in the NSW team to compete at the Australian Junior Championships in March. Good luck to Josie Nichol, Holly Campbell, Alex Kerr, Clementine Landels, Marnie Clarkson and Tiarna Mason.

## NSW MASTERS CHAMPIONSHIPS

A number of our parents compete in masters athletics. The NSW championships are being held on 25 & 26 February at Homebush. Good luck to Andrew Kohlrusch, Andrew Watson and David Murphy. If any other parents are interested in competing, go to [www.nswathletics.or.au](http://www.nswathletics.or.au) or have a chat with one of the above parents down at the oval.

## BALMAIN SENIORS ATHLETICS

The committee is considering starting a Balmain senior's club and is liaising with NSW Athletics about the details. Briefly, a seniors club would enable our athletes in the U12-U17's to transition to senior athletics, if they have the interest. There would be no requirement for them to do so and no additional cost. They would still compete at Saturday club competition, along with zone championships, etc. A seniors club would also enable any other athlete too old for little athletics and master (over 30's) athletes to join and allow those children who are at independent schools (with Saturday sport) to remain involved with athletics. Competition would vary from informal meets to NSW and national championships.

We will let you know more details in the future.

## COMMITTEE

Although we are not at the end of our season yet, we would really like some new parents to join the committee. The club is growing quickly and running smoothly and now would be a good time to consider joining. If you have any questions, have a chat to a committee member down at the track or email [balmainlittleathletics@hotmail.com](mailto:balmainlittleathletics@hotmail.com).

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## REGIONAL CHAMPIONSHIPS

There are 200 Little Athletics clubs, which are divided into 24 zones and 5 regions. Balmain is in Region 3 and our qualifying athletes from Zone will be competing against 25 other clubs for a chance to make it through to the NSW State Championships.

This year the top 4 placegetters (except U8's who do not progress past regionals) in a final will qualify for State, along with the next 6 fastest over all regions.

Regional Championships will be held on the weekend of 17, 18 and 19 February 2012 at The Crest Athletic Centre, Bass Hill. Further details on our website and at [www.laansw.com.au](http://www.laansw.com.au). The program of events is also available at LAANSW. The 3000m will take place on Friday, 17 February. There will be no club competition on Saturday, 18 February.

WE WILL BE PROVIDING T-SHIRTS TO REGIONAL QUALIFIERS, PLEASE EMAIL T-SHIRT SIZES TO [annabel.landels@ozemail.com.au](mailto:annabel.landels@ozemail.com.au) BEFORE FRIDAY 3 FEBRUARY SO YOU DON'T MISS OUT.

If you can't attend your event at Regionals, please advise Annabel as soon as possible in order that the next best athlete is given the opportunity to compete. Athletes that qualified for regionals are listed below:

Age	Name	Events
U8G	Layla Alekna	SP
	Mischa Belunek	70, 60H
	Tamara Lenthall	400, 700, LJ, SP
	Isabella Mardini	400, 700
	Nona Walne	70, 100, 60H, LJ
U8B	Samuel Chen	70, 100
	Oliver Kleppich	D
	Jackson Mitchell-Lane	60H
	Sam Notarangelo	70
	Nicholas O'Shea	100, 200, 700, LJ
U9G	Zara-Claire Azzi	60H, HJ, LJ
	Imogen Gobran	800, HJ
	Jessica Karabesinis	SP
	Demi-Love Kassem	400, 800

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Age	Name	Events
	Claudia Lenehan	SP
U9B	Lochlan Prentice	SP
	Oliver White	100
	Bruno Williams	D
U10G	Bianca Basile	70, HJ
	Nicolette Donofrio	60H, LJ
	Caitlin McManus-Barrett	1100W
	Stephanie Potter	70, 200
	Lilie Tyler	HJ, D
	Alyssa Wedd	800, 1500
U10B	Ross Batho	200, 400, 60H, LJ
	Angus Beer	800, 1500, 1100W
	Ethan Brouw	400
	Benjamin McGettigan	SP
	Jack Wilkins	HJ
U11G	Lara Bosnich	100, 200, 400, LJ
	Nina Cannane	D
	Sara Dougan	HJ, LJ
	Ava Kalinauskas	60H
	Hayley Webster	TJ
U11B	Harry Clarke	LJ
	Jamie Karabesinis	100, 200, 60H, LJ
	Nicky Kohlrusch	D, SP
	Rex Merewether	HJ, TJ
	Oliver O'Shea	100, 200, LJ
	Fraser Phillips	60H, 1500, HJ
	Nicholas Woodgate	TJ
U12G	Carys Batho	1500W

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Age	Name	Events
	Ella Boyd	200, HJ, SP
	Vivien King	1500W
U12B	Solomon Nivison-Smith	1500W, TJ
	Louis Tanner	LJ
	Sam Woolbank	1500W
U13G	Marnie Clarkson	HJ, LJ, TJ, D, J
	Lili Edser	400
	Alexandra Kerr	400, 800, 1500
	Maddy Kohlrusch	200H, D, J
	Clementine Landels	200, 80H, 200H
	Tiarna Mason	800, 1500, 3000
U13B	Monty Hannaford	200, 400, 200H, HJ, LJ, TJ
	James Hill	80H, 200H
	Alex Nichol	80H
	Finn Thompson	SP
U14G	Mia Bridle	200H, 800, HJ, LJ
	Emily Danson	100, 200
U15G	Eleanor Clarkson	D, SP
	Frances Potter	1500W
U15B	Andreas Damouras	100H, HJ, D
U17G	Holly Campbell	800, 1500
	Paige Campbell	400, 800, LJ, TJ
	Josie Nichol	100, 200, 100H, HJ, LJ, TJ

In addition, there have been a number of withdrawals from zone to region. Therefore the following Balmain athletes have also qualified in the following events:

12B 1500m & 800m    Jason Doric  
 12B 400m            Louis Tanner  
 13B 100m            James Hill  
 13B 400m            Luke Hodge  
 13B LJ                Alex Nichol