

BALMAIN LITTLE ATHLETICS - MARCH 2012 NEWSLETTER

PRESENTATION DAY

Venue currently being finalised, details will be sent out next week.

Any athlete who has completed either 5 or 10 years at the club and who has not previously received an award, please email annabel.landels@ozemail.com.au.

COMMITTEE

We are pleased to announce that the committee has agreed to continue next season. We also look forward to welcoming Kim Gane, Megan Beer, Anthea Azzi, Cain Sarah and Richard Chen to the committee.

TRAINING

Our club has increased by 39% this season and we are conscious that we also need to expand our coaching sessions available to athletes. Therefore, for next season, we will look to increase our coaches to 4 on Tuesdays (open to all athletes U7+).

David Murphy, Andrew Watson and Cain Sarah (parents of the club with coaching qualifications) have also been running additional training sessions in the lead up to zone, regional & state carnivals in the disciplines of sprints, hurdles, throws, triple and long jump, along with Frankie Bell in middle & long distance.

We plan to continue these sessions. Further details will be available next season.

CLUB RECORDS

Congratulations to the following athletes who have broken records recently:

Fraser Phillips (U11B) High Jump - 1.41m
Tiarna Mason (U13G) 1500m - 5m16.35
Nicholas O'Shea (U8B) Shot Put - =6.68m

STATE MULTI EVENT

Matthew Basile, Ross Batho and Bianca Basile recently competed in the Little Athletics State Multi event. This event takes place annually, at a regional Little Athletics Centre and requires athletes to compete in 6 events over Saturday and Sunday, with points awarded and totalled for an overall score. This year the event was held in Cessnock over a very wet weekend in March. Ross gained Silver, Bianca came 18th from 48 competitors and Matthew came 26th from 36. Well done.

BALMAIN LITTLE ATHLETICS - MARCH 2012 NEWSLETTER

LAANSW STATE TRACK AND FIELD CHAMPIONSHIPS

Good luck to all athletes competing at the Little Athletics State Track and Field Championships from 23-25 March 2012.

JOSIE NICHOL

We have been eagerly following Josie progress as she has been jumping closer and closer to the World Junior qualifying triple jump mark of 12.90m. At the recent Melbourne Track Classic, televised on Channel 9, Josie jumped a pb of 12.82m.

Last weekend at the Australian Junior Championships, Josie competed up an age group to try for a world junior qualifier. Josie jumped 12.90m on her second attempt, securing a qualifying distance and making a spot in the Australian team to compete in Barcelona a real possibility.

Josie then went on to compete in her own age group and jumped a massive 13.25m, smashing the meet record of 13.14m and the national record of 13.13m set in 1999. Josie will find out next week if she has been selected in the Australian Spark Team for the upcoming Junior World Championships.

AUSTRALIAN JUNIOR CHAMPIONSHIPS

The Australian Junior Championships is the premier athletics event for U14 - U20 athletes. The 2012 championships were held at Sydney Olympic Park from March 14 - 18. Balmain had 5 dual registered athletes compete and all performed extremely well, with the following results:

Josie Nichol (U20)	Silver in Triple Jump (World Junior qualifier)
Josie Nichol (U18)	National champion in Triple Jump (Meet and National record)
Clementine Landels (U14)	National champion in 80m hurdles
Marnie Clarkson (U14)	Silver in High Jump (in a jump off), 10th in 200m hurdles, 4th in Discus, 7th in 100m, Gold in 4x100 relay
Holly Campbell (U17)	8th in 1500m, 13th in 800m
Tiarna Mason (U14)	7th in 800m