



# BALMAIN LITTLE ATHLETICS CENTRE

As Christmas approaches, we reach half way in the Little A's Season. And what a half it's been.

With more athletes registered this season than ever before, we've seen Saturday mornings running with almost clock-work efficiency to accommodate nearly 800 athletes competing their hearts out each week. Hardly a week has passed without a Club record being broken. We've had our most successful outing in living memory to the NSW State Relay Championships, and many of our club members have experienced great success in the school athletics events that have been happening in parallel. To top it off, over 200 of our athletes will be representing the Club at the up-coming Zone Championships – that's 25% more athletes than last year's team.

None of this would be possible without our Committee and the army of volunteers who have worked tirelessly on and off the track on training days, competition days and behind the scenes. Special thanks to Tim Batho and the Championships Committee of Peter Rand and Richard Chen for their long hours spent compiling and selecting Relay and Zone teams. Also to Amanda and Alan Hill who have succeeded brilliantly in running the canteen and BBQ. Grant Beer and Ian Foster need all our thanks for arriving at the oval just after 6:30am each week to get the ground prepared for competition. And finally thank you to all the parents for your amazing contribution so far, and in advance for the second half of the season. May Santa fill all your stockings to the brim. To everyone, I wish you a relaxing break, a Merry Xmas and a Happy New Year. See you when we return on Jan 11.

David



\* Stop Press \* - we are delighted to announce that we have received confirmation of grants to refurbish KGO. Thank you to all parents who supported our application. More details to follow in the New Year.



## Dates for your diary

**Saturday 21, 28 December & 04 Jan**  
Christmas break.

**Saturday 11 January 2014.**  
Competition recommences.  
Training recommences Tues Jan 14.

**Voluntary Zone Team Training**  
Sunday 29<sup>th</sup> Dec, Sunday 12<sup>th</sup> Jan &  
Sunday 19<sup>th</sup> Jan, 8:30-10am at KGO  
Sprints, Hurdles, Discus & Shot Put  
email [info@balmainlac.org.au](mailto:info@balmainlac.org.au) to register  
for any training day including the events  
you would like to train in on that day.

**Saturday 25 & Sunday 26 Jan 2014**  
NO CLUB COMP - Zone Championships – ES  
Marks.



## Zone Team Announced

Parents of those athletes who applied to represent the Club at Zone should have received an email from the Club this week regarding team selections and the process for confirming your spot in the squad.

If your child is unable to take up their place in the team, please let Tim Batho know **AS SOON AS POSSIBLE** as we have reserves eager to step into any vacancies.

Please contact Tim Batho as a matter of urgency if you have not received the briefing note: [timbatho@hotmail.com](mailto:timbatho@hotmail.com).



# RECORDS AND RESULTS



## Club Records

Congratulations to the following athletes on setting new Club records this month:

**Ellen Murphy** U8G Discus 15.13m  
**Angus Beer** U12B 800m 2.25.09  
**Ethan Brouw** U12B 400m 1.03.86  
**Lara Bosnich** U13G 400m 1.03.73  
**Alex Kerr** U15G 400m 1.01.77  
**Alex Kerr** U15G 800m 2.29.02  
**Clementine Landels** U15G 90mH 14.35  
**Jake Owens** U17B Javelin 41.92



## Personal Best Awardees

Well done to **Kathryn Lecours** (pictured opposite with Jason from The Athlete's Foot) and **Rebecca Laycock** for winning the latest PB Awards. These athletes have achieved the most personal best points in Saturday competition up until the 14<sup>th</sup> December.

## Out of Club Success

Many congratulations to **Angus Beer & Sara Dougan** (pictured left) who last month became National Champions at the Australian PSSA All Schools Athletics Carnival in Brisbane.

In weather conditions that might have got the better of the best of us (including several hail storms) Sara and Angus showed what pedigree athletes they are, Sara winning gold in the 100m and silver in the 200m & 4x100m relay, whilst Angus smashed his PB in a characteristically gutsy 800m run which he led from start to finish.



Meantime, at the Australian All Schools competition for High School students in Townsville, **Clementine Landels** finished 5<sup>th</sup> in the final of the U16 sprint hurdles. In the High School system athletes compete in 2 year age groups, so Clementine was mostly competing against girls a year older than herself - which bodes well for next year! Well done, Clemmie.

And good luck to U12's **Stephanie Potter and Angus Beer** who are off to New Zealand in January to represent NSW in the annual Trans-Tasman Challenge. We wish you safe travels and great fun in Auckland.



## AGE MANAGERS' WRAP



At the half way mark in the season we asked our Age Managers to let us know about some of the performances in their age groups that really stood out for them. Here's what they said...

### The mighty U6 Girls

When measuring improvement, the U6 Girls are hard to beat. Prior to September, most of the girls had not run a race, held a discus or jumped a long jump. How far they have come!

In the first few weeks we had many blocked ears at the starting line in anticipation of the gun. Mid-season the girls are looking formidable on the starting line (see photo below) – toes behind the line, ready positions, looking to the finish line and focused, waiting for our wonderful starter Peter to give the word.

The girls are also really enjoying their field events. We are concentrating on 'pushing' our shot puts and the majority of girls now throwing well over 2 metres – well done!

The girls have also learnt how to do fast run-ups, high knees and arms, taking off on one leg and landing on two and always walking forward out of the pit in the long jump.

The girls' parents have also been on a steep learning curve, but what a well-oiled machine we are now. The girls keep us on our toes, with a number of long standing club records under threat. Watch this space in 2014! Our meeting results on the club website look like a fabulous rainbow of greens, yellows, reds and blues. The girls as a group have certainly come a long way.

While the girls enjoy the events, an ice block, packet of nerds, sausage sizzle or all three is the highlight of the day. Most importantly, the girls are such a lovely, friendly, supportive group and are enjoying making friends in-between (and sometimes during) events.







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### U12 Girls PB Queen

The U12 age group has a bumper crop of talented athletes, but we'd like to make special mention of **Olivia Cermak's** performance on December 7 when she set three PBs plus a fifth place in the walk, before being injured in the long jump and unable to run in the 400m. Olivia has been a keen and regular participant this season, which makes continually setting new PB's particularly tough. Well done, Olivia, for such sustained improvement.

### U12 Boys Team Effort

In another group overflowing with talent it's hard to pick just one highlight, but my favourite is the string of PBs achieved by the boys as a group over recent weeks. On 27 November, 10 from 13 boys beat their PB for the 1500m, followed up the next Sat by 14 from 16 beating their PB in the long jump, followed the next Sat by 16 from 17 bettering or equalling their PB for high jump. All three are tough events, which shows what a great bunch of boys the U12's are, and that they can keep getting better and better when they all put their minds to it and encourage each other.



### U14s Giant Leaps

The system for results entry is pretty smart – it alerts you if you are trying to enter data it assumes is incorrect, like putting the girls' results in the boys' race, or the U15s' results in the U17's. It also alerts you if the result you are entering is more than 20% better than an athlete's current PB...because who could make an improvement like that?! The U14's, that's who! Last time we did Triple Jump all but 1 of the U14's achieved a PB, the majority of those improving by over 20% and **Jordan Willis** putting over a metre on his previous best jump. And this season the 'are you sure, that's more than 20% better than their PB?!' pop up has popped up practically every week for 2 U14 athletes – **Charles Boyd** & **Lachlan Cooksie** who have made great improvements all round but especially in the 1500m, taking a whopping 30 seconds off their respective times. Way to go guys ☺.

### "How to be a Champion"

By Grantland Rice

You wonder how they do it,  
 You look to see the knack,  
 You watch the foot in action,  
 Or the shoulder or the back.  
 But when you spot the answer  
 Where the higher glimmers lurk,  
 You'll find in moving higher  
 Up the laurel-covered spire,  
 That most of it is practice  
 And the rest of it is work.





## SENIORS' NEWS



### High Schools Knock Out

On Monday, 9 December in Townsville a number of Balmain senior girls gathered for the Schools National Knockout Championships.

There were some great results in the intermediate division, including Alex Kerr (1st in 800m), Marnie Clarkson (1st in HJ), Clementine Landels (1st in 90mH) and Georgia Page (pb in LJ). The team came 5th overall.

In the senior division Annabelle Parmigianni was 1st in HJ and an extremely exciting middle distance relay had the crowd on their feet when the team, including Holly and Paige Campbell won by 1/100th of a second. Overall the senior team came 6th.

### Treloar Shield Round Up

Balmain LAC athletes and parents continue to represent our senior club in weekly competition. Angus Beer, Lauren Hall, Ethan Brouw, Clem Landels, Marnie Clarkson and Annabelle Parmigianni have helped BAC to 16<sup>th</sup> of 39 Clubs in the Junior Division. While in the Masters (35+) division a team comprised almost entirely of BLAC parents are running 2<sup>nd</sup>.

These combined results have lifted Balmain Athletics into 4<sup>th</sup> position in the Treloar Shield interclub competition with only one round to go.

There is still time for BLAC athletes to register and compete in the post Xmas competition. See the ANSW website for the full calendar of post Xmas competitions and events [www.nswathletics.org.au](http://www.nswathletics.org.au)



Balmain girls in the Intermediate team, from left to right: Georgia Page, Clementine Landels, Alex Kerr and Marnie Clarkson.



Andrew Kohlrusch powering away at the start of the 800m.

# BLAC SOCIAL MEDIA

Check out the Club's new Facebook Page and Twitter.

Like us on Facebook or follow us on Twitter to receive up to date Club news and wet weather information.

**FB: Balmain Little Athletics Centre**  
**Twitter: @BalmainLAC**



# THANKS TO OUR SPONSORS

The club could not operate without the help of our sponsors, supporters and parent volunteers. We thank you for your support.

## CONTACT US

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