

# BALMAIN LITTLE ATHLETICS CENTRE REGION RESULTS SPECIAL EDITION

I am excited to be able to report on the fantastic 2 days of athletics enjoyed by all our Region representatives at Sylvania Waters last weekend. Our 140+ athlete team bagged 88 medals (compared to 59 last year) in some stunning performances across track and field events in conditions that ranged from irritating drizzle on Saturday to some wet and wild moments on Sunday. See column right for the headlines and pages 2-10 for all the details.

Congratulations to all our representative athletes. We are enormously proud of everyone who took to the track or field in black and gold last weekend - of your performances and of the way you handled yourselves in the difficult weather conditions and amidst the pressures of the Region round.

My thanks to the parents who helped in the running of the long jump pits and the timing/marshalling area - some of you getting very, very wet in the process. Special thanks to those parents who did double and some triple shifts to fill the holes in the roster left by those parents who failed to show for their rostered duty. The event simply can't run without all the duty positions filled so we are very appreciative of your extra help.

Like Zone, Region is planned and organised entirely by volunteers, and I would like to recognise the BLAC committee who worked as hard before, during and after Region as they did for Zone. In particular I would like to thank the Championships Team of Tim Batho, Peter Rand & Richard Chen; Kim Gane, Ian Guthrie & Tim (again) for being our official Officials for the carnival; and Andrew Kohlrusch, our Zone Co-Ordinator, who put the whole Region weekend together hot on the heels of organising Zone (as it was our Zone's turn to host Region this year).



Our 'showing of the colours' crew. Check out Balmain Little Athletics Centre on Facebook for more Region Pics

## Results Summary

**88 medals - 31 Gold, 28 Silver, 29 Bronze.**

**5 Region Records** – U12B400m, 800m & 1500m, all set by Angus Beer. U13G 100m by Sara Dougan. U15G 800m by Alex Kerr.

**28 athletes auto qualify for State in 44 events.** And with lots of 3rd & 4th place-getters in our very strong Region we expect up to 18 more athletes to make the State round via Qualifications on Performance, giving a total of 46 athletes across 75 track and field events.

**8 athletes won Gold medals in 2+ events.**

Josh Chen (U8B) achieved 4 gold medals from 4 events.

Angus Beer 3 gold in 3 Region Record times + bronze in the Junior Boys relay.

# AMAZING EIGHTS

The Under 8s don't progress beyond the Region round this year, but with this depth of talent it's going to be really exciting next year when, as Under 9s, they can.

	GOLD	SILVER	BRONZE
Tilly Hannan		SP	
Ellen Murphy	100m; 200m	Discus	
Abigail Teni Omage	LJ	70m	100m; 200m
Madeline Stevens			700mPS
Helena MacArthur			LJ
Harry Banks		700mPS	
Josh Chen	LJ; 70m; 100m; 200m		
Angus Gobran		200m	
Cooper Hall		Discus	
Alex Howdin	Discus		



## STATE AUTO-QUALIFIERS

Congratulations to the following athletes who placed in the top 2 in their events at Region and therefore not only won a gold or silver medal but automatically qualified for State.

Gold	U10G	Beth	Crawford	1100mWalk
Gold	U10G	Isabella	Mardini	800m & 1500m
Gold	U10G	Nona	Walne	Long Jump
Gold	U10G	Ruby	Woodgate	High Jump
Gold	U10B	Sam	Chen	70m
Gold	U11B	Bruno	Williams	400m
Gold	U12B	Ross	Batho	Shot Put & Javelin
Gold	U12B	Angus	Beer	400m, 800m & 1500m
Gold	U13G	Lara	Bosnich	400m
Gold	U13G	Sara	Dougan	100m & Long Jump
Gold	U13B	Jamie	Karabesinis	80mH & 200mH
Gold	U15G	Marnie	Clarkson	High Jump
Gold	U15G	Clementine	Landels	90mH & 200mH
Gold	U15G	Alex	Kerr	400m & 800m
Gold	U15B	Monty	Hannaford	400m
Silver	U9G	Samantha	Callanan	Shot Put
Silver	U9G	Bronte	Prentice	Discus
Silver	U10G	Mischa	Belunek	70m
Silver	U10G	Beth	Crawford	400m
Silver	U10G	Nona	Walne	60mH
Silver	U10B	Sam	Chen	100m
Silver	U10B	Owen	Douglas	1100mWalk
Silver	U10B	Nick	O'Shea	Long Jump
Silver	U11G	Jasmine	Cook	1100mWalk
Silver	U11B	Sam	Murphy	1100mWalk
Silver	U11B	Bruno	Williams	800m
Silver	U12B	Ethan	Brouw	800m & 1500m
Silver	U13G	Sara	Dougan	80mH
Silver	U13G	Susie	Douglas	200mH
Silver	U13B	Jamie	Karabesinis	Long Jump
Silver	U14G	Carys	Batho	1500mWalk & Discus
Silver	U14B	Bertie	Swann	200mH
Silver	U15G	Marnie	Clarkson	Discus
Silver	U17G	Emily	Danson	Long Jump
Silver	U17B	Bryn	Chapman	High Jump

## FINGERS CROSSED!

Congratulations to the following athletes who placed 3rd in their events at Region and therefore won a bronze medal. Those indicated with a "q" also stand a chance of qualification for State in one of the 'next 8 best performer across all Regions' spots.

Bronze	U9G	Gracie	O'Connor	700mWalk
Bronze	U9B	Matt	Brewster	800m q
Bronze	U10G	Tamara	Lenthall	High Jump
Bronze	U10B	Oliver	Kleppich	Discus q
Bronze	U10B	Henrique	Loureiro	200m q
Bronze	U10B	Noah	Mirabito	1100mWalk q
Bronze	U10B	Lucas	Newman	Long Jump q
Bronze	U11B	Will	Guthrie	1100mWalk
Bronze	U11B	Theo	Kidd	High Jump q
Bronze	U11B	Xavier	Lee	Triple Jump q
Bronze	U11B	Bruno	Williams	1500m q
Bronze	U12G	Stephanie	Potter	60mH
Bronze	U12G	Matilda	Swann	100m q
Bronze	U12B	Ross	Batho	Discus q
Bronze	U12B	Ethan	Brouw	400m q
Bronze	U13B	Jamie	Karabesinis	Triple Jump q
Bronze	U13B	Nicky	Kohlrusch	High Jump q
Bronze	U14B	Bertie	Swann	90mH q
Bronze	U15G	Marnie	Clarkson	100m & Shot Put q
Bronze	U15B	Monty	Hannaford	Long Jump q
Bronze	U17G	Emily	Danson	100m q
Bronze	U17G	Fran	Potter	1500mW q
Bronze	U17B	Jake	Owens	Javelin q
Bronze		Junior	Relay	4 x 100m

Congratulations to the following athletes who just missed out on medals at Region but also stand a chance of qualifying for State in one of the 'next 8 best performers across all Regions' spots. This is a real indication of the quality of the competition in our Region.

U10B	Sam	Chen	Long Jump
U10B	Henrique	Loureiro	400m
U10B	James	Smith	800m
U10B	William	Smith	800m
U11G	Zara-Claire	Azzi	100m & Long Jump
U12G	Eliza	Swann	100m
U12G	Lauren	Hall	Triple Jump
U12G	Caitlin	McManus-Barrett	1500mWalk
U14G	Carys	Batho	Shot Put
U15G	Alex	Kerr	1500m
U17G	Emily	Danson	200m

FEBRUARY 2014

Check out Facebook for More Pics!

# MEDALS GALORE



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# TRACK ACTION

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Anyone planning not to take up their spot at State should please notify Tim Batho as soon as possible so that the Zone can offer the spot to the next placed athlete. 0438595134 or [timbatho@hotmail.com](mailto:timbatho@hotmail.com)

### Additional training

will be available on Sundays 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> March, 8:30 - 10:00 am at KGO for all athletes that have qualified for the State Championships.

**NB NO TRAINING SUNDAY 23<sup>rd</sup> FEB** because all the Coaches will be competing in their own State Champs in Newcastle!

All events are available other than HJ.

Please email [info@balmainlac.org.au](mailto:info@balmainlac.org.au) to confirm attendance and nominate the events that you would like to do.

## 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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