



**BALMAIN
LITTLE
ATHLETICS
CENTRE**

STATE RELAY RESULTS SPECIAL

It was a weekend of hot competition and even hotter weather over the two days of the State Relay Championships. Our athletes did the Club proud with stunning performances and incredible efforts from the entire squad across the weekend.

In total **1283 teams** from across NSW battled it out in running, throwing and jumping relays – with 667 teams competing on the Junior Day (U8-U11) and 616 teams on the Senior Day (U12-U17). This included **30 Junior and 15 Senior teams from Balmain**, our largest ever contingent at State Relays.

See page 2 for full results and column right for a summary, but I am delighted to report that we came away with a total of **12 medals in our bag** – including our **first State Relay Record** in as long as anyone can remember set by the U13 girls 4x100m squad. In total **38 of our 45 teams finished in the top10** in their event.

With so many fantastic performances across the board it's hard to single anyone out for special attention, but I would like to congratulate the U8G who had to rerun their final of the 4x100m and were able to hold on to the Bronze medal they had thought they had secured earlier. Also a hearty congratulations to our senior group who took home 4 gold medals on Day 2. The best result ever by this cohort of athletes. Well Done.

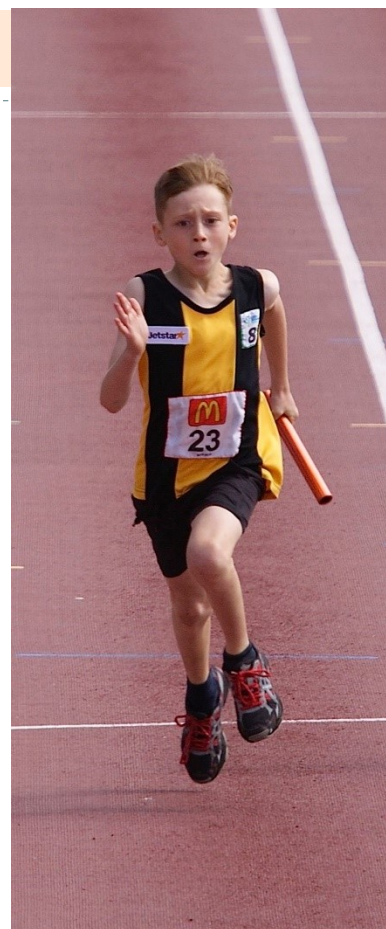
The LANSW officials complimented Balmain on the way the Club performed its duties, so **many thanks to all the parents** who helped with the running of events and to Tim Batho who officiated at the long jump for 6 hours in 38' heat.

Special thanks to **Richard Chen and Peter Rand** who did superb jobs managing the junior teams. Also thanks to the parents who assisted in **the coaching** of our baton changing, throwing and jumping, your efforts really paid off.

The Balmain club did itself proud this weekend. Our athletes were happy and humble receiving medals, they were the first to congratulate their opponents at the finish and as a team we were the most supportive club in the grandstand.

We're looking forward to seeing what we can now achieve at the Zone Championships on 13/14th December.

BLAC Committee



RESULTS SUMMARY

JUNIORS

1 Gold – U11Girls Long Jump/High Jump;

3 Silver – U11Boys & U10Boys Long Jump/High Jump and U9Mixed 4x200m;

3 Bronze – U9Girls, U9Boys and U8Girls 4x100m..

SENIORS

4 Gold – U12B Long Jump/High Jump, U13G 4 x 100m (& new State Record), U14B

Long Jump/High Jump, 12-15

Middle Distance (4 x 800m)

1 Bronze – U17Girls Shot/Discus

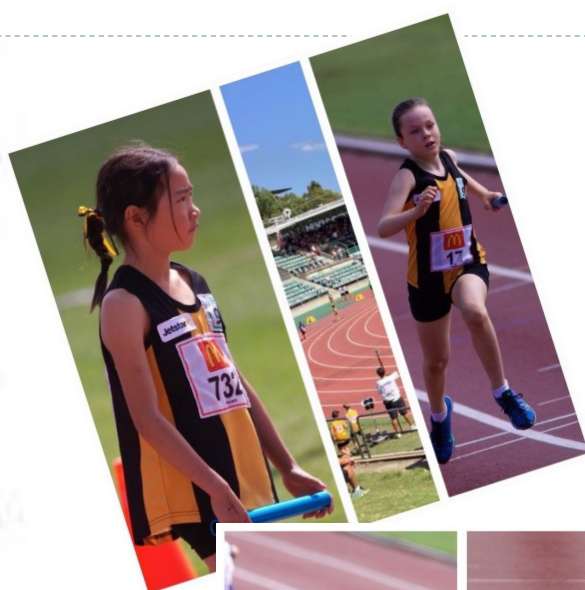
FULL RESULTS

	Girls Team	Boys Team
U8 4 x 100m	BRONZE	7th
4 x Long Jump	7th	10th
4 x Throws	9th	8th
Mixed 4 x 200m	4th	
U9 4 x 100m	BRONZE	BRONZE
4 x Long Jump	7th	11th
4 x Throws	4th	7th
Mixed 4 x 200m	SILVER	
U10 4 x 100m	17th	10th
4 x Jumps	10th	SILVER
4 x Throws	5th	5th
Mixed 4 x 400m	17th	
U11 4 x 100m	12th	13th
4 x Jumps	GOLD	SILVER
4 x Throws	7th	4th
Mixed 4 x 400m	8th	
Junior Middle Distance	7th	7th
U12 4 x 100m	6th	5th
4 x Jumps	11th	GOLD
4 x Throws	-	5th
Mixed 4 x 400m	11th	
U13 4 x 100m	GOLD	-
4 x Jumps	6th	-
4 x Throws	10th	-
Mixed 4 x 400	9th	
U14 4 x Jumps	-	GOLD
U15 4 x Jumps	-	6th
U17 4 x Jumps	7th	-
4 x Throws	BRONZE	-
Senior Middle Distance	-	GOLD

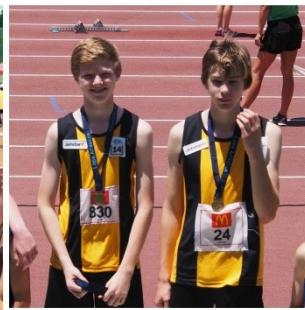
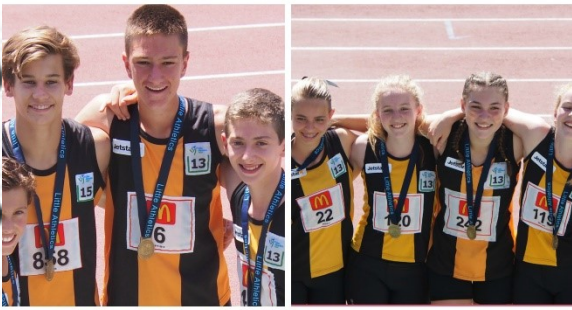
5 Gold medals. 3 Silver Medals. 4 Bronze Medals. 38 teams finished in the Top 10



*Juniors Day—Saturday 22nd November 2014
1 Gold. 3 Silver. 3 Bronze.*



For more pictures see our Facebook page Balmain LAC



LITTLE ATHLETICS NSW STATE
 Girls U 13 4 x 100 Metre
 Heat 1 Results Heats

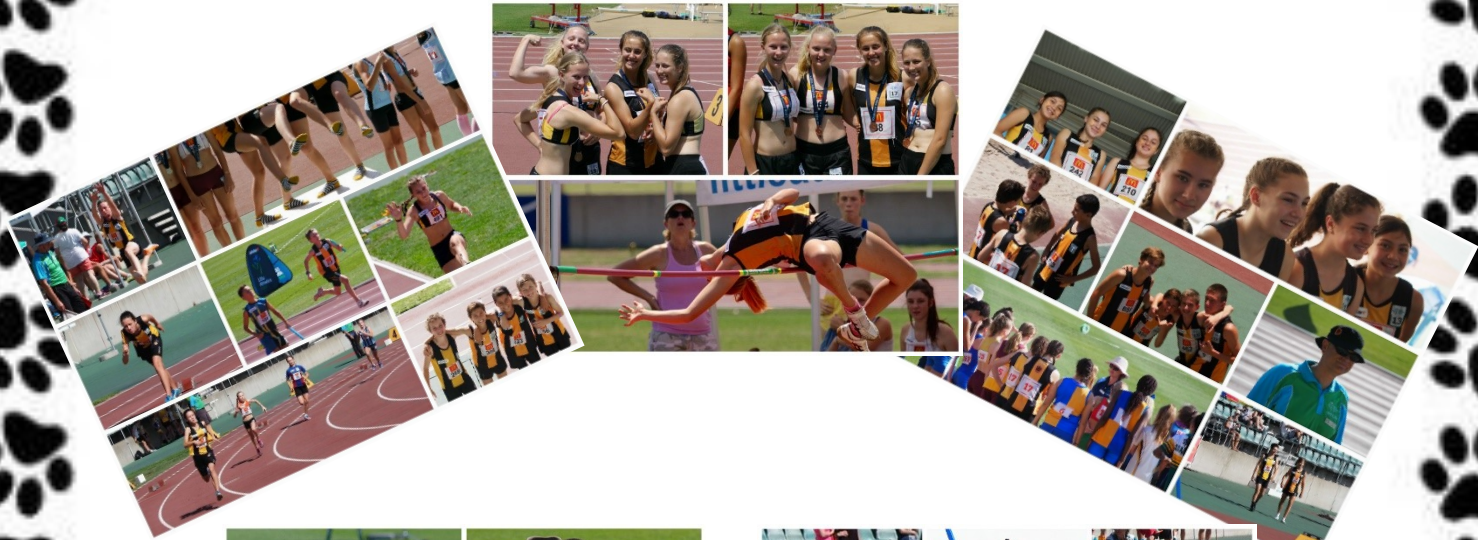
1	Balmain, 1	0	50.80
2	Sutherland, 11	0	53.23
3	Ku-Ring-Gai, 84	0	54.85
4	Cherrybrook, 219	0	55.50
5	Campbelltown, 36	0	57.35
6	Ryde, 38	0	58.16
	- Albion Park, 71	0	DNS



BALMAIN ON THE ROSTRUM

*Seniors Day—Sunday 23rd November 2014
 4 Gold. 1 Bronze.*

BLACK AND GOLD IN ACTION



LITTLE ATHLETICS NSW STATE
 Girls U 13 4 x 100 Metre
 Heat 1 Results Heats

1	Balmain, 1	0	50.80
2	Sutherland, 11	0	53.23
3	Ku-Ring-Gai, 84	0	54.85
4	Cherrybrook, 219	0	55.50
5	Campbelltown, 36	0	57.35
6	Ryde, 38	0	58.16
	- Albion Park, 71	0	DNS



For more pictures see our Facebook page Balmain LAC

ZONE IS ONLY 3 WEEKS AWAY!

The next major inter-club carnival on the BLAC calendar is Zone on the weekend of the 13th and 14th December.

Zone training this Sunday 9:15 – 10:30am at KGO for
LJ TJ SP Disc Sprints Walks Hurdles

Meanwhile preparations are underway for this year's March past. We are defending March-past champions and do not intend to concede our crown!



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