

# BALMAIN LITTLE ATHLETICS CENTRE STATE RELAY SPECIAL EDITION

WOW – What a weekend! The sun shone brightly at Homebush for the 2 days of the State Relay competition, and our Little Athletes did the Club proud with stunning performances and incredible effort across the entire squad.

In total 1330 teams from across NSW battled it out in running, throwing and jumping relays – with 719 teams competing on the Junior Day (U8-U11) and 611 teams on the Senior Day (U12-U17). This included 14 Junior and 6 Senior teams from Balmain.

See page 2 for a full run down of the results (or column right for the summary), but I am proud to be able to tell you that this was our best Club performance at the State Relay carnival for some years. Which makes me incredibly excited about the Zone-Region-State interclub season to come after Xmas ☺.

For many of our athletes, this was their first experience of competing at SOPAC, and I hope they enjoyed it. I certainly enjoyed watching them perform so well on the big stage in what can only be described as blistering heat!

My thanks to the parents who volunteered, and to those who just came to support and cheer from the stands. Special thanks to David Murphy, Kim Brouw & Frankie Bell who wrangled, coached, supported & cajoled our kids to these fantastic results. And enormous thanks to Tim Batho who not only organised every member of every team, training sessions, coaches and parent volunteers but also, along with Anita, Carys and Ross, cheered on all the teams over the entire weekend. Your support was greatly appreciated.



Meagan



## Results Summary

### 3 MEDALS

U11 Boys Long/High SILVER  
U11 Girls 4 x 100m BRONZE  
U12 Girls 4 x 100m SILVER

### TRACK RELAYS

9 out of 14 teams made it through from the heats to the final.

### FIELD RELAYS (No heats - all straight finals)

5 out of 6 teams finished in the top 10

## Honourable Mentions...

To the parents who volunteered to measure, rake & replace the high-jump bar over the weekend: Ronnie Azzi, Anita Batho, Pauline Bosnich, Michelle Comer, Jennifer Douglas, Cath Emmerson, Annabel King, Sharyn Lenthall, Ally MacDonald, Jeff McFadyen, Rosa Savoca & Lindsay Tyler. Extra special thanks to Pauline Bosnich for surviving a marathon 2 hour stint on the High Jump in full mid-day sun!



**BALMAIN  
LITTLE  
ATHLETICS  
CENTRE**  
Est. 1972

# STATE RELAY FULL RESULTS

Age	Event	Girls		Boys	
U8	4 x 100m	SABRINA TUTERI SOPHIE DELANEY LILY MAHE MAXII LIPIC-MCFADYEN	6 <sup>th</sup> in final	LUKE WILKIE CHARLIE KING ALEC PETERSON HARVEY MENDONCA	2 <sup>nd</sup> in heat
U9	4 x 100m	NONA WALNE TAMARA LENTHALL RUBY WOODGATE TARINDHI FERNANDO	5 <sup>th</sup> in final	NICHOLAS OSHEA SAMUEL CHEN JACKSON MITCHELL-LANE TOBY ROBERTSON	8 <sup>th</sup> in final
U9	2 x Shot Put 2 x Discus	CHLOE LOMBARDI (SP) OLIVIA FARISH (SP) MADELEINE HARDY (D) SASHA CASTILLO (D)	9 <sup>th</sup>		
U9	Mixed 4 x 200m	NONA WALNE TAMARA LENTHALL		NICHOLAS OSHEA SAM CHEN	7 <sup>th</sup> in final
U10	4 x 100m	ZARA-CLAIRE AZZI MAGGIE O'REILLY BRIDGET CRICK KIERA LANE	5 <sup>th</sup> in final	CHARLES LEWIN JACK SCOTT JOSHUA WATSON MARCELLO PAUL	5 <sup>th</sup> in heat
U10	2 x High 2 x Long	CLAUDIA LENEHAN (HJ) ELLA FLETCHER (HJ) CHLOE HARMAN (LJ) JESSICA KARABESINIS (LJ)	8 <sup>th</sup> in final	DOMINIC MARSHALL (HJ) SEBASTIAN JUDGE (HJ) BENJAMIN COMER (LJ) STEFAN VASILIOU (LJ)	19 <sup>th</sup>
U10	2 x Shot Put 2 x Discus			REUBEN WARNER VAN DIJK (SP) WILLIAM GUTHRIE (SP) BRUNO WILLIAMS (D) HUNTER HANNAFORD (D)	10 <sup>th</sup>
U11	4 x 100m	MATILDA SWANN ELIZA SWANN LILIE TYLER BIANCA BASILE	Bronze	BENJAMIN MCGETTIGAN CODY CONWAY LIAM ROY HUGH ALDERSEY	4 <sup>th</sup> in heat
U11	2 x High 2 x Long			ETHAN BROUW (HJ) MATTHEW MADGWICK (HJ) ROSS BATHO (LJ) KAI MIRABITO (LJ)	Silver
U12	4 x 100m	LARA BOSNICH ANNIKA PEDERSEN SUSIE DOUGLAS PHOENIX LEVY-BELL	Silver	JAMIE KARABESINIS OLIVER OSHEA JOHN DANSON RILEY TRAN-HUYNH	3 <sup>rd</sup> in heat
U12	Mixed 4 x 400m	LARA BOSNICH ISABELLA HASSELBERG		JONATHON MICHALOPOULOS ZACHARY MARSHALL	7 <sup>th</sup> in final
U13	4 x 100m	ALESSIA GANGEMI CARYS BATHO BILLIE MILAKOVIC EMILY PAPAS	5 <sup>th</sup> in heat		
U13	2 x High 2 x Long			SOLOMON NIVISON-SMITH (HJ) ROBBIE WHITE (HJ) LEWIS PARFITT (LJ) LOUIS TANNER (LJ)	9 <sup>th</sup>
U14	Mixed 4 x 400m	ALEX KERR TIARNA MASON		MONTY HANNAFORD SAM WOOLBANK	7 <sup>th</sup> in final

## BALMAIN ON THE ROSTRUM



**¾ of the U11 Boys Awesome Foursome Jumpers** (Ross Batho, Kai Mirabito, Ethan Brou – Missing Matthew Madgwick, who had to leave before the medal ceremony)

### U11 Boys Long/High Jump Silver

Our U11 jumpers literally got things off to a flying start for Balmain on Saturday. In the long jump leg, Ross posted the longest jump of the event, backed up by great jumping from Kai. Then to the high jump leg where Ethan claimed the second highest jump in the competition (a PB), enabling him and Matthew to bring the team home in silver medal position. Congratulations boys.



**The U12 Girls 4 x 100m relay team** (Susie Douglas, Lara Bosnich, Annika Pedersen, Phoenix Levy-Bell)

### U12 Girls 4 x 100m Silver

A blisteringly fast heat saw our U12 girls secure a place in the 4 x 100m final, which turned out to be one of the most contentious races of the day. After an agonising wait, 2 official protests (not from us) and 2 disqualifications for illegal baton changes (not us either!), our girls were finally able to mount the rostrum and receive their silver medals. Congratulations girls.



**The Jinx Is Broken! Our U11 Girls 4 x 100m relay team receive their bronze medals** (Eliza Swann, Bianca Basile, Lilie Tyler, Matilda Swann)

### U11 Girls 4 x 100m Bronze

Our U11 girls' success this year is all the sweeter for the fact that at the last 2 State Relay carnivals they were disqualified. This year the jinx was well and truly broken; qualifying fourth fastest for the final, and upping the pace even more in the final to secure the bronze medal. Proof positive that persistence pays off! Congratulations girls.



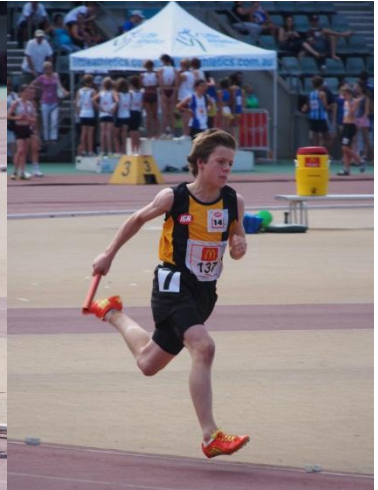
# BLACK AND GOLD IN ACTION



Text-book baton changing by Tamara Lenthall & Nick O'Shea in the U9 Mixed 4 x 200m.



Strong running and excellent pace from Jonathon Michalopoulos in the U12 Mixed 4 x 400m.



Even with a sore foot, Monty Hannaford demonstrates how effortless a sub-60 second 400m can look (U14 Mixed 4 x 400m).



Toby Robertson & Sam Chen in the U9 Boys 4 x 100m with a baton change even the Jamaicans would be proud of !



The U8 Girls Sprint Quartet enjoy a snake to celebrate making the final (Maxii Lipic-McFadyen, Sabrina Tuteri, Sophie Delaney, Lily Mahe)



Hunter Hannaford & Bruno Williams demonstrating their mastery of the discus spin technique in the U10 Boys Throws.



Zara-Claire Azzi brings home the U10 Girls 4 x 100m team with a great display of power and determination.