

## BALMAIN LITTLE ATHLETICS CENTRE END OF SEASON WRAP

We love reaching this time of the year and taking the opportunity to reflect on the season as it comes to an end. Last year we thought we had had such a great season we might never see a season like it again. How wrong we were! This season has seen the Club grow again in size and reach new heights of success, both at Saturday morning competition and on the inter-club stage.

Those of you who were able to join the end of season celebrations will already know what a fantastic season it was for the Club. Amongst all the fun and friendship this season, we've seen superb results. Here are some of the highlights:

BLAC athletes achieved 8941 PBs across the season. Almost 60% of all athletes achieved 10 or more PBs.

33 Club records broken.

State Relays – 9 medals (3 Gold, 3 Silver, 3 Bronze)

Zone – Over 200 athletes competed. U7's won 6 medals (2 Gold, 2 Silver, 2 Bronze). U8-U17 145 athletes progressed to the Region round. 2 Zone records broken. BLAC Champion Club runner up....and March Past Champions.

Region – 88 Medals (31 Gold, 28 Silver, 29 Bronze). 46 athletes progressed to the State finals. 5 Region records broken.

State – 9 Medals (2 Gold, 3 Silver, 4 Bronze). BLAC athletes placed in top 10 in almost all events. 2 State records.

Beyond the core LAANSW competition, our athletes have demonstrated their athletic skills at LAANSW State Multi-Event Championships, the LAANSW Trans-Tasman Challenge and at State and National levels of both primary and high school competitions.

Of course none of this would be possible without the army of volunteers who plan, set up, wrangle, time, measure, record, rake, run the canteen, enter results, manage our teams and run the 'back office' of the Club. The Club's success is your success. Thank you!

The BLAC Committee

(See David's President's report in full on page 2– Ed ©)



Many thanks to everyone who came along to the annual Presentation Day celebrations. Special thanks to Leichardt Mayor Darcy Byrne, our local MP Jamie Parker and our lovely sponsors Cindy Kennedy of McGrath Real Estate and Balmain/Rozelle Community Bank for joining us and presenting awards. Many congratulations to all our Age Champions, State Reps, Record Breakers & Special Awardees. See following pages for details.

Presentation Day concluded my year as president of the Balmain Little Athletics Centre. It has been a very busy year and one that has seen many challenges as well as many successes both on and off the sporting field.

Although many people see the start of the season competition in September, for your club committee planning and organising this season started as presentation day ended. The time and effort they put in allowed our athletes to enjoy themselves each Saturday. Thanks go to you all.

I am pleased to announce that our committee remains intact for next season, and will be joined by Paul Dolan who many of you will know from his commanding performance on the BBQ this season! The club was supported by three sponsors this season. Cindy Kennedy of McGrath Real Estate Agents has a fantastic record of supporting local community events and we are very fortunate to have Cindy as the major sponsor of our club. Balmain-Rozelle Community Bank joined us this season, and The Athletes Foot, Burwood, continued their long association with us. Each have announced their intention to continue their support and sponsorship of BLAC in season 2014/15. I encourage you all to support those who support us. A particular highlight of the year was BLAC setting a Guinness World Record. Please don't try to find it in the book. Ours is one of 30,000 records of which only 6,000 are on their website!

We saw record breaking Registration numbers again this season. We are now the 3<sup>rd</sup> biggest club in the State, with the added challenge of the vast majority of these athletes aged 10 or below. I look forward to these athletes moving through the age groups so that we can be as strong in the Seniors as we are in the 7s & 8s.

The greatest challenge this season was how to effectively run a program of events with unprecedented numbers of U6 to U10 aged athletes. I hope you all recognise the fantastic job your committee did to achieve a well-constructed, well organised and efficient Saturday morning competition. The Council worked with us by adding a further sprint track and keeping the field cut and marked all season. We purchased more printer timers which reduced the wait between events, we used more temporary throwing rinks and we purchased more hurdles so that those races were done on an eight lane track all season.

Waiting before and during an event is frustrating but over the past 2 years this waiting time has been much reduced, with plans underway to reduce this even further. Using a 3<sup>rd</sup> HJ set and the

addition of 6 run ups at the LJ pit should mean less waiting and no more long jumping off the grass. I would like to acknowledge the work of Peter Rand who has dealt with Council and our local member Jamie Parker to secure funding for this project.

Volunteers are the life blood of Little Athletics, without them the club cannot function or exist. So thank you to everyone who volunteered in all capacities during the season. Our most important Saturday volunteers are our Age Managers. Theirs is the most important role in the club as they set the tone, create the atmosphere and deliver what I know was an enjoyable season of athletics. Supporting the Age Managers were the timers, spikers, measurers, rakers, fetchers, recorders, marshals & data enterers. Thank you all.

Thanks to parents who appeared at 7:30am to help set up the ground. For most age groups this was rostered 3 times during our 20 week season. My special thanks go to Grant Beer and Ian Foster who met me at 6:30am each Saturday to unlock, get gear out for the 7:30 crew to deal with, set up throwing rinks and hang nets. Without them we would not have been able to start on time.

As we grow in scale, so do our costs. We haven't done weekly raffles, fund raisers, trivia nights, or chocolate drives as some other clubs do. We have been very lucky to have an extremely well run canteen and BBQ. Those of you who have assisted there will have seen Amanda & Alan Hill and Paul Dolan doing a fantastic job which has raised much needed funds for the club while providing a great exit lunch for our athletes.

Thank you to our Vice President Tim Batho. It feels a little odd when I look at my list of phone calls and emails and I have more coming and going to Tim than I have contact with my wife. Tim's sound advice and support has been invaluable. This year saw him spend hours emailing updates, compiling rosters and team lists, acting as the Region Treasurer, attending LANSW competition panels and officiating at the Region & State Champs.

Lastly, congratulations to all our athletes. You have run, jumped and thrown your way into the record books. Not only the Guinness World Record book but the Club record books by being part of the 3<sup>rd</sup> biggest club in the State. You have set almost 9,000 PBs this year and done so while cheering and supporting your friends. The friendship, support and spirit of Balmain LAC is what makes this club special and each of you have made that happen. Congratulations to you all for your incredible achievements this season and I look forward to seeing you next season.

# END OF SEASON WRAP

## COACHING

This season saw us add to our coaching ranks of a Tuesday afternoon to help cope with the number of athletes wanting to attend. Mike Hamlin-Harris continued his long association with BLAC coaching High Jump. Mike also competed again this season and cleared 2m. How about you measure that on a wall and step back for a look. Scott joined us and did a tremendous job coaching both sprints and middle distance, at different times. It was great to see how our athletes responded to his enthusiasm. We had a team of junior coaches to assist all the senior coaches on Tuesdays. Thanks to Emily, Maddie and Clem for all your hard work, particularly keeping the U7s and U8s on the move. A special thank you must go to our volunteer coaches. Once again a team of parents ran coaching sessions leading up to State Relays, Zone, Region and State Championships on Sunday mornings. Each one competed at State and National level in their heyday and have used their knowledge and experience to help our athletes. So thank you Andrew Watson, Andrew Kohlrusch, Ian Guthrie and Cain Sarah for your time and efforts.



## Communications

In addition to our monthly newsletter, this year we ventured into the world of social media with our new Facebook page and Twitter account. Please "like" and "follow" Balmain LAC. It is a great way to keep up to date with news and info.



## TOTS 2013/14

What a big year for littlies with a record number of Tots registering this season.

With continual smiles and happy faces we saw them totter, run, jump, throw, hurdle and have a great time every Saturday morning at King George Oval.

This could only be achieved through the fantastic efforts of our Tots Team. If we could only harness the enthusiasm and energy of our Tots' coaches - Bridget, Freya, Lizzie, Kyle and Frances, we could power most of Sydney.

The Tots enjoyed an updated 3 week program just like the big athletes this season as well as having their own sprint track to race and hurdle on.

We look forward to seeing you in September when you will join the U6s next season.



Congratulations to all our Age Champions & Most Improved Athletes.

AGE	Age Champion	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place	Most Improved
6	Kai Hasselberg	Hugo Bogue Lucas Perkovic		Michael Yfantis
7	Tane Dolan	Tadhg Donnellan	Billy Blair	Tom Huber
8	Josh Chen	Angus Gobran	Arlo Merewether	Harry Banks
9	Matthew Brewster	Caiden Cleary	Ben D'Agostino	Gus Moses
10	Sam Chen	Nicholas O'Shea	Lucas Newman	Matthew Seery
11	Bruno Williams	Josh Watson	Theo Kidd	Sam Murphy
12	Angus Beer	Benjamin McGettigan	Kai Mirabito	Giacomo Paul
13	Nicholas Woodgate	John Danson	Jonathon Michalopoulos	Nicky Kohlrusch

AGE	Age Champion	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place	Most Improved
6	Macy Tanner-Black Angie Le Roux		Zoe Crick	Zoe Howdin
7	Charlotte Calic	Ellie Barnett	Petra Reynolds	Lucy Wakeling Jade Ward
8	Ellen Murphy	Abigail 'Teni Omage	Emily Brewster	Kathryn Lecours
9	Presley Vella	Mia Azzi	Ada Rand	Sienna Rawnsley Gracie O'Connor
10	Beth Crawford	Tamara Lenthall	Nona Walne	Sophia Fallon
11	Bridget Crick	Chloe Harman	Zara-Claire Azzi	Robyn Burns
12	Stephanie Potter	Lilie Tyler	Laura Sutherland	Taylor Watt
13	Lara Bosnich	Elysia Cook	Nina Cannane	Sabine Hattersley

<b>Seniors</b>	Solomon Nivison-Smith	Alessia Gangemi	Lucy Eller	Lachlan Cooksey
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# SPECIAL AWARDS

## Most improved in Club - Girls

1<sup>st</sup> Georgia Wrigley; 2<sup>nd</sup> Ava Boeckenhauer; 3<sup>rd</sup> Tilly Hannan

## Most improved in Club – Boys

1<sup>st</sup> Max Van Der Merwe; 2<sup>nd</sup> Josh Watson; 3<sup>rd</sup> Lucas Perkovic

## Point Score Champion U6/7

Kai Hasselberg

## Point Score Champion U8/17

Ellen Murphy

## Age Manager of The Year

Melanie Murphy

## Volunteer of The Year

Grant Beer

## Club Service Awards

Paul Dolan, Ian Foster, Amanda Hill, Loni & Leanne Karabesinis, Nicole McGettigan

## 5 Year Awards

Rebecca Tooher

Lara Bosnich

Tamara Lenthall

Phoebe Lowe

Gracie O'Connor

Thomas Britton

Maia Vincent

Sasha Castillo

Jamie Karabesinis

Ethan Brouw

Caitlin McManus-Barrett

Marnie Clarkson

Eleanor Clarkson

Matthew Lubke

Ella Fletcher

Olivia Cermak

Chloe Lombardi

## 10 Year Award

Clementine Landels

## LANSW VOLUNTEER OF THE YEAR 2013

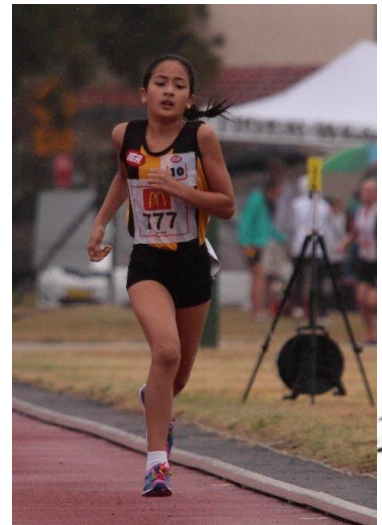
July saw **Andrew Kohlrusch**, announced as the LANSW Volunteer of the Year. This was in recognition for his years as a club committee member, club coach and Saturday official as well as being the Zone Co-ordinator who organised and ran the Zone Champs, and this year took on the extra duty of organising the Region Champs. To organise one of these events during the year is a big enough endeavour but to do two is a tremendous achievement. Many congrats and all our thanks, Andrew (seen right in action in the Seniors competition).



# RECORD BREAKERS

Tane DOLAN  
Harry BANKS  
Angus GOBRAN  
Ellen MURPHY  
Abigail 'Teni OIMAGE  
Isabella MARDINI  
Nona WALNE  
Beth CRAWFORD  
Lucas NEWMAN  
Sam CHEN  
William SMITH  
Oliver WHITE  
Bruno WILLIAMS  
Theo KIDD  
Stephanie POTTER  
Angus BEER  
Ethan BROUW  
Ross BATHO  
Lara BOSNICH  
Alex KERR  
Clementine LANDELS  
Marnie CLARKSON  
Maddy KOHLRUSCH  
Jake OWENS  
Eleanor CLARKSON

U7 500METRES PACK START  
U8 700M PACK START  
U8 700M PACK START  
U8 400 METRES , DISCUS, 200M  
U8 LONG JUMP  
U10 800 METRES  
U10 60m HURDLES  
U10 1100m WALK  
U10 HIGH JUMP  
U10 70 METRES  
U10 800 METRES  
U11 200 METRES  
U11 400 METRES  
U11 HIGH LUMP  
U12 60m HURDLES  
U12 1500 METRES, 800 METRES  
U12 400 METRES  
U12 JAVELIN  
U13 400 METRES  
U15 400 METRES, 800 METRES  
U15 90 METRE HURDLES  
U15 DISCUS, SHOT PUT  
U15 JAVELIN  
U17 JAVELIN, LONG JUMP, TRIPLE JUMP, DISCUS  
U17 DISCUS



# STATE REPRESENTATIVES

Zara Azzi	Bianca Basile
Carys Batho	Ross Batho
Angus Beer	Mischa Belunek
Lara Bosnich	Matthew Brewster
Ethan Brouw	Samantha Callanan
Bryn Chapman	Sam Chen
Marnie Clarkson	Jasmine Cook
Beth Crawford	Emily Danson
Sara Dougan	Owen Douglas
Susie Douglas	Monty Hannaford
Jamie Karabesinis	Alex Kerr
Theo Kidd	Oliver Kleppich
Nicky Kohlrusch	Clementine Landels
Xavier Lee	Henrique Loureiro
Matthew Madgwick	Isabella Mardini
Caitlin McManus-Barrett	Noah Mirabito
Samuel Murphy	Lucas Newman
Nick O'Shea	Jake Owens
Stephanie Potter	Bronte Prentice
James Smith	William Smith
Bertie Swann	Eliza Swann
Matilda Swann	Thomas Virgona
Nona Walne	Bruno Williams
Ruby Woodgate	Lachlan Cooksey



## STATE UPDATE

What a massive weekend we all had at State! Congratulations to all BLAC athletes who represented the club at State this season.

2 Gold medals, each with accompanying State record. (Take a bow, Angus Beer.)

3 Silver Medals. Alex Kerr, Ethan Brouw, Ross Batho.

4 Bronze Medals. Alex Kerr (again), Ethan Brouw (again), Monty Hannaford, Sara Dougan.

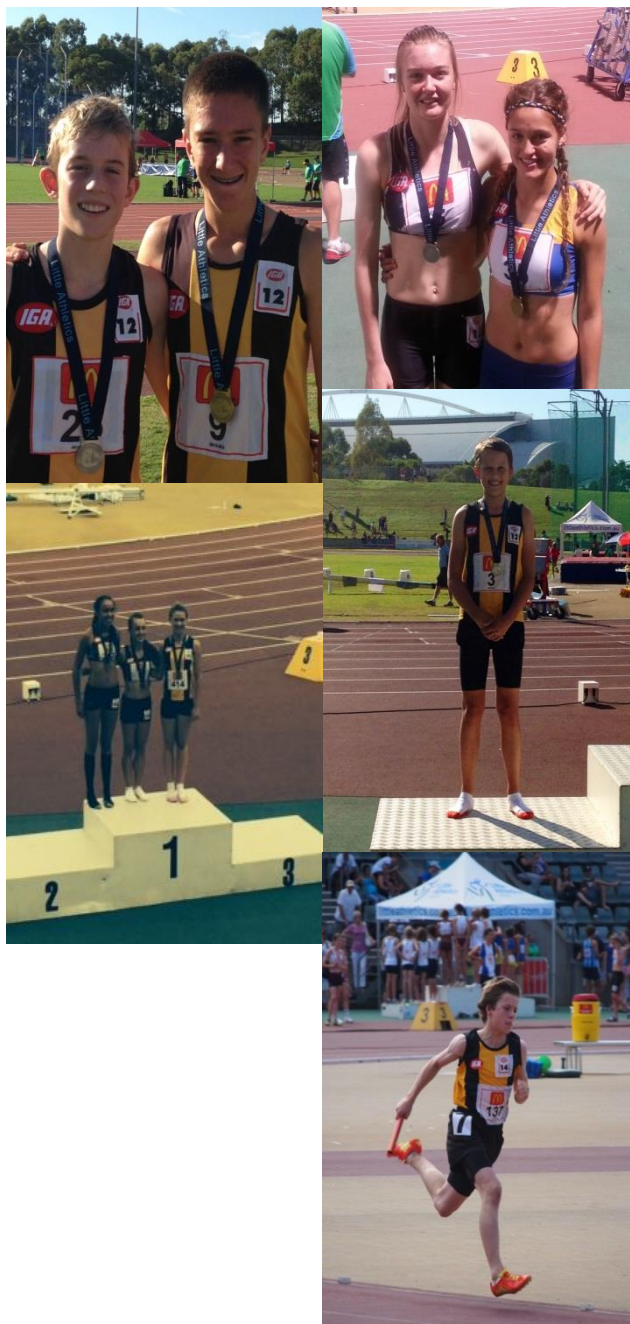
More top 10 finishes than we could count with confidence, so let's confidently say "lots"!

PB's left, right and centre.

And incredible sporting behaviour everywhere you looked from the entire Balmain team - shaking hands with competitors, cheering for team-mates, congratulating victors, consoling those who didn't do as well as they had hoped, and generally being a delight to be around.

Supporter of the weekend award shared equally between Callum Beer, Josh Chen and Jessie Karabesinis all of whom spent most of the weekend at SOPAC supporting their older siblings and other BLAC team mates without actually competing themselves.

Many thanks to the parent helpers who quietly and efficiently fulfilled their rostered duties. David & Tim had very positive feedback from the event officials about how well organised and helpful our helpers were. Give yourselves a gold star.





# WINTER CROSS-COUNTRY SEASON

Missing Little A's already? Thinking about getting into Cross Country ahead of the Little Athletics' very own version of the Winter Games (the Cross-Country and Road Walks Champs in the winter school holidays)?!

If so, Ku-ring-gai Little Athletics Centre run a great Little A's Cross Country series during the winter in prep for State. A few Balmain athletes have competed in this series in the past and with such strength this year in our Middle Distance ranks, we thought there might be some more BLAC athletes interesting this year.

Details below.



Ku-ring-gai Little Athletics Centre Inc.

All children aged 5 and over on 30th September 2013 are welcome to compete in our 2014 Winter Cross Country Season

When and Where - Our season starts on Sunday 4th May 2014 and, with the exception of the day of the Little Athletics NSW State Championships, will be held every Sunday until 3rd August 2014. First day events start at 3.30pm at Bannockburn Oval, Bannockburn Road, Pymble. After the first day events will start at 3.15pm.

Registrations – On the first day Little Athletes can register from 2.30pm. Course orientation for all runners and parents will start at 3.00pm.

Winter season fees - Registered Little Athletes \$10 by cash or cheque

Unregistered children \$58 - \$10 by cash or cheque to Ku-ring-gai LAC plus card payment of LANSW fee via the internet

Distances - U6 525 metres  
U7 and 8 825 metres  
U9 and 10 1687 metres  
U11 to U14 2280 metres  
U15, U17 and Open 2280 metres

Parents may participate in the Open event at their own risk. An informal event will be held for younger siblings.

More Information – Is available from:-  
Cross Country Officer Wally Phillips 9418 1058  
Centre Secretary Paul Duffell 9449 4831  
or phduffell@gmail.com

We were very lucky to have Sydney's own Peppercorn Food Company provide all the sausages and hamburger patties, and a van to cook it all for our Presentation Day. How tasty were they? I will certainly be looking for them at Woolies from now on. A big thank you to Peppercorn Foods, Peter the driver and our happy crew of chefs in the van.



## 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

info@balmainlac.org.au  
www.balmainlac.org.au

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