

## BALMAIN LITTLE ATHLETICS CENTRE

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

We've seen record numbers of athletes competing at and for Balmain. With growing athlete numbers, we've seen more coaches at training on Tuesdays, and more coaching sessions for those who have competed, or hope to compete, in inter-club carnivals. Hardly a week has passed without a Club record being broken. We've had a hugely successful outing 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.

None of this would be possible without the Committee and the small army of volunteers who have worked tirelessly to fit many more kids into the same space and time at King George's Oval every Saturday morning. Thank you all for your amazing contribution so far, and in advance for the second half of the season. May Santa have your names written in capitals on his Nice List ☺.

To everyone, I wish you a relaxing break, a Merry Xmas and a Happy New Year. See you when we return on Jan 12.

Meagan



**Zone Team Announced**  
See Pg 5 for Details

### Dates for your diary

**Saturday, 22, 29 December & 05 Jan**  
Christmas break.

**Saturday 12 January 2013.**  
Competition recommences. Training recommences Tuesday Jan 15.

**Zone Team Training 8.30-10.00 on Sundays 23<sup>rd</sup> December, 13<sup>th</sup> & 20<sup>th</sup> January.** Email David Murphy to register for any training day including the events you would like to train in on that day. [david@alliedhealth.net.au](mailto:david@alliedhealth.net.au)

**Saturday 26 & Sunday 27 Jan 2013**  
NO CLUB COMP - Zone Championships – Blacktown.



### Personal Best Winner

Massimo Pernicano was the latest winner of a \$100 gift voucher from The Athlete's Foot, Burwood because he earned the most personal best points at the club in the U8-U17 age groups to date. Well Done Massimo!





## PEOPLE IN PROFILE



This month we asked some of our oldest and newest Age Managers to tell us about themselves and their roles. This is what they said...

### **Andrea Belunek U6G**

I have three kids participating in Little As this season - Jakub (Tiny Tots), Alena (U6G) and Mischa (U9G). This is the first time I have ever been an age manager. There are around 35 girls taking part in the U6 competition. I enjoy watching the girls trying their best and having fun every week. The U6 girls are an enthusiastic group and we've got a great bunch of parents who help out every week with timekeeping, measuring, recording, supporting and encouraging the girls. The best advice I can give other parents is to get involved, because if your kids see you having a go and trying something new, then the kids will do the same! Also, don't be afraid of making a mistake.



The U6 Girls in action

### **Elise McHugh U6G**

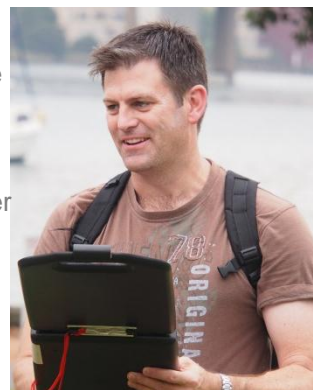
I've got three kids at Little Athletics - Nina (U12G), Tom (U9B) and Tessa-Rose (U6G). Little Athletics has been a great activity for us because it's one of the few sports where all three kids can be in the same place at the same time. I help Andrea with the U6 girls and this is the first time I have done anything official at Little A's. I love seeing all those enthusiastic little faces each week and three events is the perfect mix for them. Andrea and I have been greatly helped by all the super keen parents

in this group and as a result we have all be learning together. Apologies parents for any late events data entry (that would be me). I've been amazed by how keen everyone is to check their PBs! Go kids! In all my years at little A's, this is the first year I have looked at the site (my kids are another story!).

### **Andrew Watson U10B**

I have been age manager for these boys since they started in U7's and it's great to see that most of them return year after year, plus bringing their friends along. This year we have over 30 boys. My kids are Maddie (U8G), Josh (U10B) & Oliver, who is only 2. I personally have a great interest in athletics & it keeps me busy during the summer months - coaching, involvement with Competition Advisory Panel for Athletics NSW and competing with Balmain Senior Club. Of all the aspects, age managing is probably the most rewarding, as it provides the opportunity to help the kids look to improve week after week & chase the ultimate goal of the PB (together with the obligatory fist pump / air punch when a PB is recorded!)

We are also fortunate to have a great core group of parents who help run the events week after week ensuring things run smoothly and keeping lost children to a minimum!





## FOCUS ON...



Anyone who's seen the **U14's** around the oval can't have failed to notice how much fun this age group seems to have. Whether it's chatting as they stroll the Walk (has anyone told them it's meant to be a race?!) or smashing their way through the Club's record books - there's barely a record left standing once this lot have passed through an age group. Some of the U14's have been coming to Balmain since they were U6's. Some only joined the crew this season – but have slotted in seamlessly and are also having a ball. So, we set out to find out what makes the U14's such a special group.

The answer seems to be fun, camaraderie and a healthy dose of friendly rivalry. Fostered by a love of events they are individually good at; a shared loathing of the walk (see earlier!); and, apart from Alex, Tiarna & Monty who are very very good at it, a view that someone's having a joke at their expense by calling the 400m a sprint! See how they explain it below...

### Clemmie

I joined Balmain in the under U6's. My favourite event is the hurdles because that is the only one I can do properly. I really like being in the under 14's, it a small group so we all know each other. My most memorable moment would probably be when I was in the mixed relay's in the U8's and won a silver!

### James

I have been doing Athletics for 6-7 years now. I have really enjoyed it. I have made many new friends and have had lots of fun. My favourite events have been the short distance running events such as 100 and 200. I have loved the long jump and also the hurdles of both distances. I have participated in the zone carnivals for most of my years at Balmain and have made it through to regional twice. I also have a younger brother Joshua who is currently in the under 9's. I am now looking forward to the zone championships.

### Maddison

I joined BLAC this year. I joined because I enjoy athletics and BLAC is convenient to where we live. My favourite event would have to be shot put and my least favourite, is the 1500 m because I don't like running long distance. The Balmain group is really nice and everyone welcomed me when I first joined. My most memorable moment so far has been the first time we did shot put this season. It was so much fun doing my favourite event with everyone in the group. Everyone is really encouraging and I enjoy going on the weekends.

### Maddy

I joined Balmain nearly 6 years ago as I wanted to do better in my school carnivals. I like Balmain because we are a friendly club and don't take competing too seriously, I also like seeing and competing against my friends on the weekends.



The U14s. Alex Kerr, Marnie Clarkson, Clementine Landels, Tiarna Mason, Che McFarland, Isabella Anderson, Callum Muir, Monty Hannaford, James Hill [missing Scarlett Lenehan, Maddy Kohlrusch, Maddison Young, Tarj Jarvis]

### Marnie

I joined Blac in U11's because my coach Mike was training high jump there. I hate the 400 metres because you have to sprint all the way. My favourite events are all the jumps and all the throws because I'm good at them. Balmain is a very social and fun club. The U14 group is good because all the girls are friends.

### Monty

I've been at BLAC since U7's. My favourite events are the sprints and jumps, and my least favourite event is the walk. I've met lots of people through Little A's and enjoy seeing them at school and other athletics events. BLAC is very relaxed and everyone is competitive and fun. I have many memorable moments including state relays, and the numerous championships I've competed in

### Scarlett

I joined little athletics in U6, back in 2004. I joined because my older brother Seamus was doing athletics and it was easier for my mum if we were all doing the same sport, and I like running!! My favourite event is probably javelin because I am quite good at it, I also enjoy long jump and triple jump. My least favourite event is 400m as it is bad length and it is 'supposed' to be a sprint??? The special thing about Balmain is that I have formed friendships with lots of girls which I don't go to school with. I also like very much how the U14's is a very small age group – this means that everyone knows each other very well. The most memorable moment at athletics is representing the club at regionals for javelin. I am also looking forward to receiving a 10 year consecutive award. I would like to tell the club to get their parents to join the committee as you get to pick your own number!!



## RECORDS AND RESULTS



### Club Records

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

- U7B **Christian Caldwell** - 500m - 1m50.57s
- U7G **Ellen Murphy** – 50m – 8,97s
- U9G **Tamara Lenthall** - HJ - 1.20m
- U11B **Angus Beer** - 1100mW - 6m20.20s
- U11B **Angus Beer** – 1500m – 5m11.24s
- U11B **Ross Batho** - 400m - 1m6.39s
- U11B **Ross Batho** – 60mH – 10.47s
- U12B **Jamie Karabesinis** – 60mH – 10.11s
- U17G **Eleanor Clarkson** - SP - 9.91m
- U17B **Jake Owens** - Javelin - 33.43m

## MERRY XMAS

### Out of Club Success

Three U14 Balmain girls recently competed in the Australian All Schools Championships in Hobart, with fantastic results. Congratulations to **Tiarna Mason** who won Silver in the 800m, **Clementine Landels** who won Silver in both the 80mH and Relay and **Marnie Clarkson** who came 6th in the Discus.

Marnie and Clementine then joined **Alex Kerr** in Launceston to compete in the junior division at the Australian Schools Knockout team championship - all 3 girls managed PB's in their events, with Alex and Clementine achieving first overall in the 800m and 90m Hurdles respectively, and the team finishing in 5th place.

Also in Launceston were **Paige Campbell**, **Holly Campbell** and **Annabelle Parmigiani** competing in the intermediate division, with their team finishing 14th.



Clementine Landels, Marnie Clarkson & Alex Kerr at the Australian Schools Knockout Team Champs in Launceston



Holly Campbell, Paige Campbell & Annabelle Parmigiani, also at the Australian Schools Knockout in Launceston

Meantime, **Angus Beer** made the trip to Adelaide for the Australian All Schools competition for the primary school students. Representing NSW, Angus smashed his PB in the 800m to finish in the Silver medal position. Whilst in SA Angus also competed in the Multi-Event championship, finishing 6<sup>th</sup>.

Well done to all these athletes for competing and doing themselves proud on the National stage.



## UPCOMING EVENTS



### Zone Team Announced

After much consideration, cogitation and late-night conversation, the Selectors have decided the BLAC team for the 2013 Zone Carnival. With an unprecedented level of interest in participation this year, competition for places has been particularly stiff. Some events saw 10 applications for the 4 available places.

We are delighted to announce that ALL 160 athletes who applied for Zone have secured a spot on the Zone team. Congratulations to all!

See next pages for details of events for which each athlete has been entered.

Final line-ups for the Boys and Girls relay events will be announced in January, along with the roster for parent duties.

The total BLAC team for 2013 is one and a half times the size of our team last year, and all up we have 548 entries across the 2 days of competition. Parents are reminded that with so many athletes across so many events, it will be impossible for the 2 Competition Officers to wrangle individual children and it remains YOUR responsibility to check the final published programme and ensure your child makes it safely to marshalling for their event(s).

Don't forget the extra training sessions on December 23<sup>rd</sup> and January 13<sup>th</sup> & 20<sup>th</sup> for Zone participants. Email David Murphy to secure a spot stating dates you would like to train, and events you would like to train in. [david@alliedhealth.net.au](mailto:david@alliedhealth.net.au)



# 2013 ZONE TEAM BOYS

Age	Name	Events
U7	Christian Caldwell	70m, 100m, 500mPS, LJ
U7	Joshua Chen	50m, 70m, 100m, 200m
U7	Angus Gobran	70m, 100m, 500mPS, LJ
U7	Siaosi Mahe	50m, 70m, 100m, SP
U7	Killian Douglas	200m, D
U7	Arlo Merewether	50m, 500mPS, D, SP
U7	Callum Beer	200m, LJ, D, SP
U7	Zachary Schmidt	50m, 200m, 500mPS, D
U7	Charlie Sarah	LJ
U8	Luke Wilkie	400m, 60mH, LJ
U8	James Egan	200m, 400m, 700mPS, D
U8	Charlie King	70m, 100m, LJ, D
U8	Thomas Comer	70m, 100m
U8	Caiden Cleary	200m, 400m, 700mPS, LJ
U8	Matt Brewster	400m, 60mH, LJ, D
U8	Finn Williams	700mPS, 60mH, D, SP
U9	Finn Dolan	D
U9	Owen Douglas	100m, 700mW
U9	Zac McCutcheon	60mH
U9	Benjamin Cook	SP
U9	Daniel Bosnich	800m
U9	Antton Pagliasso	D, SP
U9	Joshua Hill	200m
U9	Abraham Omage	70m, HJ
U9	Lucas Newman	70m, 100m, LJ, HJ
U9	Zac Burkitt	SP
U9	William Manny	SP
U9	Joshua Edwards	60mH, D
U9	Noah Mirabito	60mH, 700mW, HJ
U9	Nick O'Shea	200m, 400m, 800m, LJ
U9	Jackson Mitchell-Lane	70m, 100m, 400m, 60mH
U9	Sam Chen	70m, 100m, 200m, LJ
U9	Oliver Kleppich	LJ, D
U9	Toby Robertsen	200m, 400m, 800m, 700mW
U9	Daniel Feneley	400m, 800m, 700mW, HJ
U10	Bruno Williams	400m, 800m, 1500m, D
U10	Sebastian Bezzina	100m, 200m, LJ, HJ
U10	Will Creighton	800m
U10	Will Guthrie	400m, HJ, D, SP
U10	Joshua Watson	100m, 60mH, LJ
U10	Domenic Marshall	800m, HJ
U10	Lauchlan Prentice	D, SP
U10	Benjamin Comer	70m, 100m, LJ
U10	Marcello Paul	100m, 200m, 400m, 800m
U10	Sam Murphy	70m, 200m, 60mH, 1100mW
U10	Hunter Hannaford	400m, 60mH, D
U10	Taine Hasselberg	1500m, 1100mW
U10	Sebastian Judge	200m, 60mH, LJ, HJ

Age	Name	Events
U11	Ross Batho	400m, 60mH, LJ, D
U11	Angus Beer	400m, 800m, 1500m, TJ
U11	Ethan Brouw	200m, 400m, HJ
U11	Benjamin McGettigan	200m, HJ, SP, D
U11	Kai Mirabito	60mH, LJ, TJ
U11	Liam Roy	100m, 200m, 800m, 1500m
U11	Matthew Madgwick	400m, 800m, 1500m, HJ
U11	Jacob Hogan	100m, 200m, 60mH, LJ
U11	Thomas Holland	100m, 800m, 1500m, 60mH
U12	Oliver O'Shea	100m, 200m, LJ, HJ
U12	Jamie Karabesinis	100m, 200m, 60mH, LJ
U12	James Westbury	200m, 400m, 800m, HJ
U12	Riley Tran-Huynh	100m, 60mH, TJ, Jav
U12	Nicholas Woodgate	400m, 60mH, 1500mW, TJ
U12	Zachary Marshall	800m
U12	Henry Moffitt	LJ, HJ, D
U12	Nicky Kohlrusch	LJ, HJ, D, Jav
U12	Jude Abbott	200m, 400m, 1500m, TJ
U12	Darcy Abbott	400m, 800m, 1500m, 1500mW
U12	John Danson	100m, 1500m, Jav
U13	Louis Tanner	100m, 400m, 200mH
U13	Solomon Nivinson-Smith	3000m, LJ, HJ, TJ
U13	Sam Woolbank	400m, LJ, HJ
U13	Matthew Basile	100m, LJ, TJ, D, SP, Jav
U13	Jason Doric	400m, 800m, 1500m, 200mH, HJ, Jav
U13	Jordan Willis	200m, TJ, SP
U13	Jackson McKenna	100m, HJ
U13	Kieran Brown	400m, 800m, 3000m, 80mH
U13	Lauchlan Cooksie	100m, 200m, 800m, 1500mW, D
U14	Monty Hannaford	100m, 200m, 400m, LJ, HJ, TJ
U14	James Hill	100m, 200m, 90mH, 200mH, LJ, TJ
U17	Jake Owens	100m, 200m, LJ, TJ, D, Jav
U17	Bryn Chapman	100m, 200m, LJ, HJ, D, SP
U17	Andreas Damouras	110mH, LJ, HJ, TJ, D, Jav
U17	Ethan Willis	400m, 800m, 1500m, LJ, HJ, TJ



# 2013 ZONE TEAM GIRLS

AGE	NAME	EVENTS	AGE	NAME	EVENTS
U7	Billie Palmer	SP, D, 70m, 200m	U11	Stephanie Potter	100m, 200m, LJ, TJ
U7	Annabel Dougan	70m, 50m, 100m, SP	U11	Lucy Owens	D, LJ, 60mH
U7	Helena Macarthur	LJ, SP, 70m, 100m	U11	Lilie Tyler	TJ, D, LJ
U7	Emily Brewster	SP, LJ, D, 500m	U11	Eliza Swann	100m, 200m
U7	Abigail Omage	50m, 70m, 100m, LJ	U11	Matilda Swann	100m, 200m
U7	Ellen Murphy	500m, LJ, 100m, 200m	U11	Laura Sutherland	800m, 1500m
U8	Samantha Callanan	D, SP, LJ, 100m	U11	Bianca Basile	60mH, 100m, HJ, TJ
U8	Mia Azzi	LJ, 60mH, 70m, 400m	U11	Laura Grubisa	HJ, SP, 200m, 800m
U8	Bronte Prentice	D, SP, LJ	U11	Celia Bridle	60mH, 400m, HJ
U8	Lily Mahe	60mH, SP, 100m, 70m	U11	Lauren Hall	TJ, LJ
U8	Ada Rand	400m, 700m, 200m	U11	Holly Roberts	1100mW, 800, 1500m
U8	Chloe Ciallella	700m, 70m, 200m	U11	Olivia Cermak	1100mW, SP
U8	Sabrina Tuteri	60mH, 100m, 400m	U11	Caitlin McManus-Barrett	1100mW, D, SP, 400m
U8	Mackenzie Hasselberg	SP, D, 60mH, LJ	U11	Sophie Gobran	1100mW, HJ, 400m, 800m
U8	Katie Bayliss	D	U12	Holly Anderson	D, SP, Jav
U8	Maisie Burns	400m	U12	Lara Bosnich	100m, 200m, 400m, 800m
U8	Sophie Nicholas	70m, 100m, 700m	U12	Nina Cannane	100m, D, HJ
U9	Isabella Mardini	400m, 800m	U12	Aislinn Lenehan	Jav, 60mH, HJ, SP
U9	Tamara Lenthall	400m, 800m, HJ, LJ	U12	Sara Dougan	LJ, 100m, SP, 200m
U9	Lara Madgwick	800m, 400m, 200m, HJ	U12	Elysia Cook	1500mW, 400m, Jav, 1500m
U9	Mischa Belunek	70m, LJ, 100m, 60mH	U12	Thomeissa Mason	400m, 800m, D
U9	Grace Dougan	SP, 70m, 200m	U12	Ella McCutcheon	100m, 60mH, LJ, Jav
U9	Nona Walne	60mH, 70m, 100m, LJ	U12	Lucy Melville	LJ, HJ, TJ, 200m
U9	Beth Crawford	800m, 400m, 60mH, 200m	U12	Isabella Hasselberg	HJ, 60mH, LJ, TJ
U9	Ruby Woodgate	100m, 70m, LJ, 200m	U12	Ava Kalinauskas	1500mW, TJ
U9	Chloe Lombardi	D, SP	U12	Daisy Hannaford	200m
U9	Olivia Farish	D, SP, 60mH, 100m	U13	Billie Milakovic	100m, 200m, 80mH, 400m
U10	Zara-Claire Azzi	70m, 60mH, LJ, HJ	U13	Alexis Campbell	800m, 1500m, LJ
U10	Jasmine Cook	200m, 400m, 70m, 1100mW	U13	Carys Batho	1500mW, 200m, LJ, D
U10	Kiera Lane	60mH, 100m, 200m, 70m	U14	Marnie Clarkson	HJ, D, Jav, 100m, 200m, SP
U10	Lucy Crawford	400m, 200m, SP, HJ	U14	Clementine Landels	200mH, 100m
U10	Jessie Karabesinis	D, SP, LJ, 70m	U14	Alex Kerr	400m, 1500m, 200m, 800m, HJ
U10	Claudia Lenehan	HJ, SP, 60mH, 1100mW	U14	Tiarna Mason	800m, 400m, 1500m, HJ
U10	Robyn Burns	1500m	U14	Scarlett Lenehan	Jav
U10	Chloe Harman	60mH, 200m, D, 1100mW	U14	Maddy Kohlrusch	TJ, Jav, 200mH, 80mH, 100m
			U15	Mia Bridle	1500m, HJ, LJ, 800m, 200mH
			U15	Emily Danson	100m, 200m, TJ
			U15	Annabelle Parmigiani	LJ, HJ, TJ
			U17	Eleanor Clarkson	SP, 800m, D, 3000m
			U17	Frances Potter	1500mW, Jav, 1500m, 3000m
			U17	Paige Campbell	200m, 400m, 800m, LJ
			U17	Holly Campbell	400m, 800m, 1500m



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