

BALMAIN LITTLE ATHLETICS CENTRE

With the season now in full swing, it's fantastic to see so many of our Athletes enjoying themselves at Tuesday training and Saturday competition – and putting in some fantastic results. This month we've seen 7 Club records beaten, and the same number of U17 records set for the first time. The depth of talent across the club augers well for Balmain success at the inter-club carnivals over the balance of the season.

The first of these carnivals is the NSW State Relay Championships on 24th & 25th November at SOPAC. See page 3 for team line-ups and details of where to find all the information you need about the carnival. On page 5 also see a first call for entries to the Zone Carnival in January – don't miss it.

And don't forget there's no Saturday competition on the 24th as we'll all be at Homebush cheering on our relay teams. I hope to see you there!

Meagan



**Don't miss the Twilight Comp
6-8pm next Friday.
See page 4 for details**

Dates for your diary

Friday, November 23

Twilight competition - 6-8pm
Modified programme

Saturday, November 24

NO CLUB COMP - State Relays at
SOPAC, Homebush (U8-U11's)

Sunday, November 25

State Relays at SOPAC, Homebush
(U12-U17's)

Saturday, December 22, 29 & Jan 05

Christmas break

Saturday, 26 & Sunday 27 Jan 2013

NO CLUB COMP - Zone Championships –
Blacktown

Friday 22 – Sunday 24 March 2013

NSW State Championships at SOPAC,
Homebush.

Personal Best Winners

Bailey Haines, Ellen Murphy & Thomas Hardy were each presented with a \$50.00 gift voucher from The Athlete's Foot, Burwood for earning the most personal best and competition points at the club in the U6 and U7 age groups to date. Well Done!



**BALMAIN
LITTLE
ATHLETICS
CENTRE**
Est. 1972

PEOPLE IN PROFILE



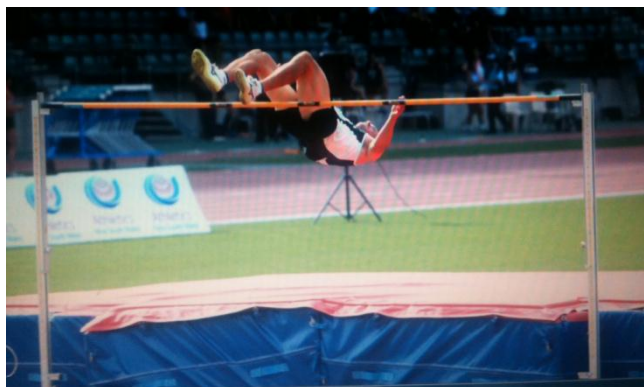
Lachlan Cooksey, U13

Lachlan has been an active member of BLAC for the past three seasons, and has demonstrated amazing commitment and a desire to improve during that time. Initially his positive disposition and general optimism were useful traits as he routinely came last in every event, including being lapped in the 800m. With great support from everyone at BLAC, his school and the Paralympic movement in NSW, Lachlan has subsequently achieved excellent results in the past 12 months. His highlights include competing in his second City to Surf, winning the most improved athlete for the Under 12s at BLAC last season and making the final for Discus at the recent NSW PSSA Championships.

Mike Hamlyn-Harris

Mike started Little Athletics in 1988, and always enjoyed high jumping! He would practice at home in the back yard landing on a mattress and bean bags.

He participated in a variety of sports as a child, but high jump was always his passion, and he decided to focus on it after completing year 12. His jumps steadily progressed from 1.90m in 1996 to a personal best of 2.16m in 2007, the jump with which he won the Open NSW title. In 2007 Mike also achieved results on a national level, placing 2nd at the national series grand-prix. Since 2002 his jumps have been ranked in the top 5-10 performances of the year Australia wide. Nowadays coaching younger athletes has become more of a priority and his own high jumping has become more of a part time gig .



Mike has been coaching at BLAC for 6 years. In that time he has helped Balmain athletes to achieve national titles and gain international experience. When we asked him what makes him such a great coach he said *"I was not the most talented athlete. I achieved my results more from hard work and dedication. So I really believe that I have something to offer for athletes of all capabilities. That fuels my passion for coaching."*

UPCOMING EVENTS

State Relays – One Week To Go

We are only one week away from the NSW State Relays. All competing athletes have now been advised of their selection and a number of practice sessions have been set up over the next few days for athletes to sharpen their baton changing skills. Additional preparation will also be available for each sprint team, at SOPAC, in the hour before each event.

Balmain has entered a total of 20 teams. 14 U8-U11 teams will compete on Saturday and a further 6 teams on Sunday in the U12-U17 age groups. See right for a list of the relay teams and selected athletes.

Balmain has been rostered to assist in two long jump positions on Saturday and one high jump position on Sunday. The program of events will be available on the Little Athletics NSW website (under Competitions in the main menu, then Championships) early next week. The roster of parent duties will be posted on the BLAC website shortly after and all parents will be notified of their duty by email.

We wish all the teams good luck and hope they enjoy the experience of competing at SOPAC.

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

RECORDS AND RESULTS

Club Records

Congratulations to the following athletes on the bumper crop of Club records this month:

U7B - **Joshua Chen** 50m - 8.7s
 U11B - **Angus Beer** 1500m - 5m11.24
 U11B - **Angus Beer** 800m - 2m37.70
 U12G - **Lara Bosnich** 200m - 28.53s
 U13G - **Carys Batho** 1500mW - 7m59.19
 U14G - **Tiarna Mason** 1500 - 5m15.39
 U14G - **Tiarna Mason** 800m - 2m29.59
 U17G - **Frances Potter** 1500mW - 9m28.18
 U17G - **Eleanor Clarkson** SP - 9.85m
 U17B - **Ethan Willis** 1500m - 4m58.31
 U17B - **Ethan Willis** 800m - 2m23.17
 U17B - **Bryn Chapman** 100m - 12.20s
 U17B - **Bryn Chapman** HJ - 1.75m
 U17B - **Bryn Chapman** SP - 12.06m

Twilight Comp Friday 23rd Nov

There's no Saturday Comp next week due to the State Relays, so why not get your athletics fix at Friday evening's special Twilight Comp, 6-8pm at King George Oval.

A modified programme will run as follows:

Age	Event 1	Event 2	Event 3
U6	LJ	50m	SP
U7	70m	SP	100m
U8	SP	100m	LJ
U9	100m	Discus	800m
U10	Discus	SP	800m
U11	400m	LJ	Discus
U12	SP	HJ	100m
U13-U17	HJ	200m	SP

Out of Club Success

Congratulations to 5 of our athletes who competed at the **NSWPSSA State Championship**: **Angus Beer** in junior boys 800m; **Ross Batho** in 11 boys long jump; **Lara Bosnich** in 11 girls 100m, 200m, & long-jump; **Lachlan Cooksey** in 12/13 boys discus; and **Oliver O'Shea** in 12/13 boys long jump. Special congratulations to Angus who won the 800m and now goes on to compete in the Australian All Schools (National) Championships in Adelaide this coming week.

We are delighted to report that **Angus Beer** and **Ross Batho** have also been selected to represent Little Athletics NSW in the **Trans-Tasman Challenge** Match, an annual multi-event carnival against the best young athletes from New Zealand.

Did You Know?!

Despite all the advances in nutrition, training and footwear, today's elite athletes run the 100m only 3 seconds faster than the fastest athletes of the late 19th Century.

And proving everyone has room for improvement, the world's fastest recorded mammal, Sarah the Cheetah, covers the 100m in 6.1 seconds, that's 38% faster than Usain Bolt's world record 9.58' time!

For more details check out www.youtube.com/watch?v=olqXynT87Uk and youtube.com/watch?feature=player_detailpage&v=gzF2_AoPBY4

OTHER NEWS

Heads-Up For Zone

Zone Championships are held in each of the 24 Zones throughout NSW. Balmain is in the Inner City Zone, with Eastern Suburbs, South Eastern, Randwick-Botany, Canterbury, Western Suburbs & Tigers Wests. This is the first stage competition en-route to the NSW State Championships on 22 -24 March 2013 at Homebush.

U7-U17 athletes are able to participate. The first 6 places from Zone progress to the Regional Championships, along with the next 4 best qualifiers from Inner City and Southern Metropolitan Zones. U7 athletes do not progress past the Zone championships. Athletes in the U9-U17 age groups that meet the qualifying criteria at the Regional Championship then progress to the State level.

This year the **Inner City Zone** championships will be held on **26 and 27 January 2013** at Blacktown International Sports Park, Rooty Hill. U7-U12's may compete in up to 4 events. U13-U17's may compete in up to 6 events. Balmain is able to enter a maximum of 4 athletes per event. Given the much larger number of athletes this year, we are anticipating an oversubscription of entries in some events. We will try to accommodate all interested athletes but higher ranked will take precedence. The ranking will be based on results achieved at Saturday competition. The committee may also consider results from NSWPSA Championships, CIS or NSWCPSS or official competitions run and recognised by Little Athletics NSW. Athletes must email any ratified results they would like to be considered ASAP to timbatho@hotmail.com.

Application forms and further details will be available from the BLAC website in the next few days. An **entry fee of \$15** will apply for each athlete. The cost includes the supply of Zone

team t-shirt. Entries will close on **Tuesday, 4 December**. Interested athletes will be asked to nominate their preferred events plus any others in which they would be interested to compete. Athletes will be advised of their events by Friday, 7 December via email. A table will be set up on Saturday 8th & 15th December to collect the entry fee of \$15 and confirm the required t-shirt size. Payment will confirm an athlete's entry.

Balmain Seniors Update



Balmain Senior Andrew Watson won gold in the Shot Put & Discus in the recent Pan-Pac Masters Games.

We encourage everyone to come and join Balmain Athletics Club and compete in a friendly and supportive seniors environment.

Registration is free for all **Little Athletes 12years and older**. Although the Interclub competition finishes by Christmas, the New Year brings the Multi-event Championships, Waratah & Allcomers Series, and the Junior, Open and Masters State titles. Competition also operates each Saturday afternoon at the UTS Norths grass track at Lane Cove.

For more information about how to get involved with the Club email david@alliedhealth.net.au

A message from our wonderful Platinum Sponsor, Cindy Kennedy



Do you know what your home is worth?

In a constantly changing market, whether you are considering selling or not, it's important to know what your property is worth.

The market value of your home can influence a long list of financial decisions. If you are considering selling, refinancing your mortgage, borrowing against your equity, estimating the expected return on renovations, purchasing insurance or estate planning, it's a good idea to obtain a professional valuation from an expert.

Currently ranked the number one McGrath agent in the area for 2012*, and a proud local resident, Cindy Kennedy has exceptional market knowledge and is able to accurately price your property. Bank valuers regularly call her to discuss local property prices.

Right now, Cindy is offering you an obligation-free valuation, complete with a written report.

Call her on **0404 000 570** or **9556 9932** or email cindykennedy@mcgrath.com.au to book an appointment and find out what your home is worth.

* Source: MARS – McGrath's CRM System, as at 26/08/12



Nick's tips

Hear from Nick Nicolaou, Financial Adviser at MLC Advice Rozelle for tips on how to do more with your money.



How much life insurance is enough?

The right level of insurance is as unique as you are, but this may not be the only insurance you need.

When choosing the type and amount of insurance you should think about how much you need for your day-to-day living expenses now and what you'll need in the future.

For example, how much do you need to pay your **home loan**, make other loan repayments, and pay for **bills** and services as well as other expenses like **school fees**. Once you've done that, work out how long your family could continue to pay for these expenses if you couldn't work or worse, if you weren't there at all.

So whether its **Income Protection** insurance or lump sum insurances like **Life**, **Critical Illness** and **Total and Permanent Disability** insurance, I can work with you to find out what level of insurance is right for you.

Contact me to find out the amount of cover that is right for you, via telephone on 9810 3331, email nick@mlcadvicecentre.com.au or drop in at Suite 2, 729 Darling Street, Rozelle NSW 2039.

This advice may not be suitable to you because it contains general advice that has not been tailored to your personal circumstances. Please seek personal financial and tax advice prior to acting on this information. Nick Nicolaou is an authorised representative of GWM Adviser Services Limited ABN 96 002 071 749 trading as MLC Advice, an Australian Financial Services & Credit Licensee, registered office at 105-153 Miller St North Sydney NSW 2060.