



HAPPY 40TH BIRTHDAY



And so we come to the end of the season, a season in which we not only turned 40 but broke so many records on and off the track.

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.

It started in September with a record 792 registrations for the 12/13 Season. Olympic years always drive a spike in interest in athletics, but even we did not predict levels of application that would force us to turn people away at Registration and still find ourselves catapulted to the 3rd largest club in NSW. Such a large participant base made Saturday morning logistics much more complex than in previous years, but with the help of an additional sprinting track (thank you Leichhardt Council) and new throws area, we soon settled into a successful and mostly smooth Saturday morning routine.

Our friendly and supportive culture is something that has always defined Balmain, and I am both delighted and relieved that our increase in scale has not diminished this important aspect of the Club. It's heart-warming to have been able to look around the oval on Saturday mornings and see our athletes cheering each other on, even when they are competing against each other in the same events!

The focus on skills development this year saw a renewed coaching programme for Tuesday night club training and additional Sunday morning training for athletes in the inter-club competition. My special thanks go to the coaching team whose investment in our kids certainly paid off because, amongst all the fun and friendship this season, we've seen superb results:

6,943PB's set across the club this season. Half of all athletes achieved 10 or more PBs.

38 Club records broken.

State Relays – 3 Medals (2 Silver, 1 Bronze). 9 of 14 track teams made their final. 5 of 6 field teams finished in the top 10.

Zone – 160 athletes competed with 548 Balmain entries across the carnival. U7's won 20 medals (8Gold, 7 Silver, 5 Bronze). U8-U17 126 athletes progressed to the Region round. 1 Zone record broken. BLAC Champion Club runner up.

Region – 59 Medals (17Gold, 21Silver, 21Bronze). 33 athletes progressed to the State finals across 65 events. 3 Region records broken.

State – 12 Medals (5 Gold, 3 Silver, 4Bronze). BLAC athletes placed in top 10 in 27 of 65 events.

Beyond the core LAANSW competition, our athletes have collected medals 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!

Meagan.

(See Meagan's presentation night speech in full on page 5 – Ed ©)

Worried you'll miss your athletics fix over the winter? **The LAANSW Cross Country and Road Walks Championships** will be held on Sunday, 7 July 2013 in the Sydney metropolitan area (venue TBA). Entries close at Little Athletics NSW office on Wednesday, 26 June 2013 at 5pm. See LAANSW website for details.



SEASON ONE 1972/3



To kick off our 40TH birthday celebrations, we asked Kim Gane to dig around in the archives and take us back to where it all began. Kim, aged 6, signed up for BLAC as an U7 in its very first season. She was the 26th registered athlete. Her Dad, Tony, was one of the 1st parent organisers.

When BLAC first started, we used to participate at Blackmore Oval in Leichhardt. You'll see from the picture of me below (used as an advert for BLAC in the local paper) that we had no Club uniform and ran in bare feet – no fancy spikes for me back then!

Our weekly performances were recorded on tickets stuck in a book – a system only replaced a few years ago by the website. From my book I can see that the programme of events for U7's back then was a little different to today – for example we didn't do the 70m or the Shot Put, but did do the High Jump (my season's best was 0.6m!). Comparing my results to current U7 season's bests and Club records, I wasn't much of a jumper or a thrower (my discus PB was 5.06m compared to this year's 11.51m, so my pride is hoping we threw a heavier unmodified discus back then!). But I enjoyed pretty much anything over 200m. I'm guessing we didn't have Club records back then either as my 200m time was almost 2 seconds faster than the current Club record....I ran against the boys because there weren't enough girls, so maybe that helped my speed!

Also below are 2 pics of me receiving ribbons and medals from the Lord Mayor & Mayoress of Sydney for representing BLAC at the 'District Championships' (similar to Zone). I can't quite remember what for – probably not the high jump or the discus ☺. And overleaf is the 'message to "LITTLE ATHLETICS" from my blue book. I love the quote at the end by Jennifer Lamy: *"Life does not determine a champion, a champion determines life"*. I think this spirit has been alive and well at BLAC ever since that first season. Jennifer Lamy won Bronze for Australia in the 200m at the Mexico Olympics - behind Raelene Boyle in silver, at the same games where American Dick Fosbury introduced the world to the Fosbury Flop. Jennifer also collected Gold and Silver sprint & relay medals for Australia at 3 consecutive Commonwealth Games. I ended up teaching her daughters - and had a lot to do with Jenny and Adrienne Watson (Andrew Watson's mum) who both assisted with coaching Athletics at Ravenswood School. Andrew also coached throws back then while he was at uni. I'll see if I can find any pictures of him in the attic!



APRIL 2013



A TIMELESS MESSAGE



We loved the message at the front of Kim's Season 1 record book, too, and have reproduced it in full below. It feels as relevant for our kids today as it did to Kim 40 seasons ago.

MESSAGE TO "LITTLE ATHLETICS"

Athletics is a wonderful sport—enjoyed by both young and old. It is the young ones who are the backbone of Australian athletics—and it is through an organisation like "LITTLE ATHLETICS" that so much potential is uncovered and Australian champions are found. The road to success is not an easy one—and as you progress through junior and senior ranks, you will only get out of the sport what you are willing to put into it.

Enjoy the sport while you are young—tell your friends about the wonderful way you spend your Saturday mornings and encourage them to join an Athletic Club. Compete in all the events you can—never despair if you lose, for we must have losers to have winners. It just means you have to work a little bit harder the next Saturday.

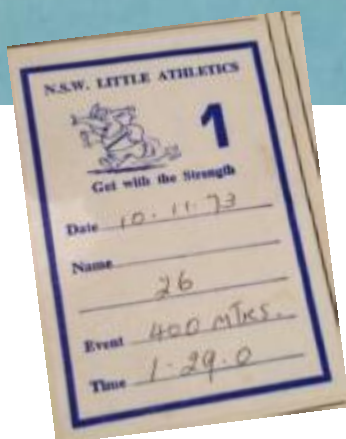
Three little points play an important role in athletics and should always be remembered:

1. I will win.
2. If I cannot win, I will be second; if not second, then third.
3. If I cannot be placed at all, I will do better than ever before.

Take notice of the advice offered by coaches and officials—they know the ins and outs of the sport, and will guide you along the road to success.

But, above all, be a good sportsman—accept a defeat and a success in the same spirit.

"LIFE DOES NOT DETERMINE A CHAMPION—A CHAMPION DETERMINES LIFE."
—Jennifer Lamy



And here is one of the tickets from her Blue Book – showing what a Speed Queen she was over the 400m. (Note the dashing Elephant...a reminder that CommBank was involved in Little A's at that time, remember 'get with the strength'?!)

In the early days, there was no points system for weekly competition, so Age Champions were decided in an annual Club Carnival.



PRESENTATION NIGHT



For anyone who missed the presentation evening, trophies will be available for collection from KG Oval at a date and time TBC.



PRESIDENT'S REPORT



Welcome everyone and thank you for attending our annual presentation night. I would like to start by congratulating every Balmain athlete on their efforts this season and for their continued demonstration of sportsmanship and fair play. It is my belief that we have established a culture within our club that provides a competitive yet fun environment for all to participate in. This culture has not only made the club successful, but set a benchmark for other clubs to aspire to and that is something that we all should be very proud of.

This season we had 792 registered athletes, the most in the club's history, making us the third largest club in the state. Unfortunately, due to the restrictions of our small facilities, we had to turn away over an additional 200 athletes. As organisers and advocates of this wonderful sport this is something that we don't like to do, and hope to avoid in the future. So, over the next 12 months I will be working closely with Leichhardt council and their strategic planning committee, who have been very supportive, to try to secure more space within the area, which will hopefully allow our club to grow and welcome all who wish to join.

With the increase in numbers, I have to be honest and admit that the committee was slightly panicked with the prospect of organising the Saturday morning competitions and finishing them in an efficient and timely manner. However, through the hard work of the committee and our volunteers we successfully powered through the season, not only completing our weekly competitions but also achieving our most successful season in the club's 40 year history. There are so many people to thank for our success. I'd like to personally thank the committee for their tireless work; they have all done an amazing job, but I would like to make special mention of David Murphy, Tim Batho and Annabel Landels who really went above and beyond the call of duty this season.

I would also like to thank our sponsors McGrath, Cindy Kennedy and Nick Nicolaou MLC Advice for their generous financial support this season. We are a not for profit organisation and their support allows us to purchase all the equipment that we need to effectively run our club each week.

While I would love to thank everyone who contributed to the success of the season, I don't want to keep you here all night, so the last thank you that I would like to make is to our coaches who did a fantastic job and largely contributed to the success of all of our athletes this season.

As most of you are already aware this will be my last season as President. I have volunteered for the committee for the past 8 years, and been President for the past 4, but due to increasing work demands, I am now unable to give the club the full commitment that it deserves. Over the years people have often asked me why I give up my time to be involved when I don't have children of my own. The answer is simple: as an athlete at this club I learnt more about sportsmanship, camaraderie, integrity, pride and hard work than I had anywhere else in life. This instilled in me a passion for the sport of athletics and the Balmain club that has stayed with me to this day. So, when I returned to the club as an adult, it wasn't a chore or a hassle to be on the committee but a privilege and an opportunity to hopefully do for young athletes what the club had done for me.

With this said, I have one last parting piece of advice for all of the young athletes in the room tonight and that is when you find your passion in life, whatever it might be, do everything in your power to hold onto that because the lessons that you will learn through success and adversity will make you stronger and more resilient. The challenges that you may face in achieving your dreams will, in essence, help mould you into the person that you want to be. So, win or lose the personal rewards that you get in life from what you are passionate about are far greater than any medal or trophy that you might win along the way; and I wish each and every one of you all the very best of luck in pursuing your passions and dreams.

I'm extremely lucky to be leaving the club on a high note, with record numbers and at the end of our most successful season ever. I leave with confidence that the new committee will take the club to new heights. It is my pleasure now to introduce David Murphy as the new President for the 2013 / 2014 season and to hand over to him to say a few words before we start the presentations.



40th ANNIVERSARY SEASON AGE CHAMPIONS



Congratulations to all our Age Champions & Most Improved Athletes.

	AGE CHAMPION	SECOND PLACE	THIRD PLACE	MOST IMPROVED
U6G	Alena Belunek	Tynise Bowrey	Charlotte Calic	Philippa Lech
U6B	Tane Dolan	Joshua O'Connell	Nicholas Callanan	Joseph Britton
U7G	Ellen Murphy	Abigail Teni Omage	Emily Brewster	Hazel Jacobs
U7B	Joshua Chen	Christian Caldwell	Angus Gobran	Noah Rancan
U8G	Ada Rand	Samantha Callanan	Lily Mahe	Lily Fletcher
U8B	Luke Wilkie	Caiden Cleary	Darcy Manners	Thomas Britton
U9G	Tamara Lenthall	Nona Walne	Isabella Mardini	Beth Crawford
U9B	Samuel Chen	Nicholas O'Shea	Jackson Mitchell-Lane	Abraham Tomi Omage
U10G	Zara-Claire Azzi	Bridget Crick	Chloe Harman	Claudia Lenehan
U10B	Sebastian Bezzina	Bruno Williams	Joshua Watson	Marcello Paul
U11G	Stephanie Potter	Lilie Tyler	Laura Sutherland	Olivia Cermak
U11B	Angus Beer	Benjamin McGettigan	Kai Mirabito	Jacob Hogan
U12G	Lara Bosnich	Isabella Hassleberg	Susie Douglas	Elysia Cook
U12B	James Westbury	Jamie Karabesinis	Nicholas Woodgate	Oliver O'Shea
U13G	Carys Batho	Alessia Gangemi	Emily Papas	Billie Milakovic
U13B	Solomon Nivinson-Smith	Matthew Basile	Sam Woolbank	Charles Boyd

Seniors: Isabella Anderson, Marnie Clarkson, Monty Hannaford, James Hill, Alexandra Kerr, Maddy Kohlrusch, Clementine Landels, Scarlett Lenehan, Tiarna Mason, Che McFarland, Callum Muir, Maddison Young, Mia Bridle, Emily Danson, Tobi Inhelder, Annabelle Parmegiani, Holly Campbell, Paige Campbell, Bryn Chapman, Eleanor Clarkson, Andreas Damouras, Jake Owens, Frances Potter, Ethan Willis





PRESENTATION NIGHT





40th ANNIVERSARY SEASON SPECIAL AWARDS



Most improved in Club

Sam Chen...who set an amazing 33 PBs this season!

President's Award

Lara Bosnich

Age Manager of The Year

Sharon Lenthall

Volunteer of The Year

Anita Batho

5 Year Awards

Kiera Lane, Benjamin McGettigan, Laura McGettigan, Charlotte Lowe, Samuel Murphy, Joshua Watson, Madeline Kohlrusch, Nicholas Kohlrusch, Sebastian Bezzina, Lilie Tyler, Lucy Owens, William Guthrie, Daisy Hannaford, Hunter Hannaford, Cody Conway, Olivia Farish, Bronte Prentice

Life Members

Bob Dunk, Meagan Mannix, June Morgan, Katina Nicholas



Life members Katina Nicholas, Bob Dunk & Meagan Mannix cut the birthday cake



40th ANNIVERSARY SEASON RECORD BREAKERS



U6G	Alena Belunek	100m
U7B	Christian Caldwell	500mPS, 100m
U7B	Joshua Chen	50m
U7G	Ellen Murphy	100m, 50m
U9B	Sam Chen	70m
U9G	Tamara Lenthall	High Jump
U11B	Angus Beer	1100mW, 400m, 800m, 1500m
U11B	Ross Batho	60mH, Long Jump, Shot Put
U12B	Jamie Karabesinis	60mH
U12G	Lara Bosnich	200m
U13G	Carys Batho	1500mW
U14G	Marnie Clarkson	Discus
U14G	Alex Kerr	400m
U14G	Tiarna Mason	800m, 1500m
U14G	Maddie Kohlrusch	Javelin
U15G	Annabelle Parmigiani	High Jump
U17B	Bryn Chapman	100m, =High Jump, Long Jump, Shot Put
U17B	Andreas Damouras	=High Jump
U17B	Jake Owens	Javelin
U17B	Ethan Willis	800m, 1500m, Triple Jump
U17G	Frances Potter	1500mW
U17G	Eleanor Clarkson	Shot Put





40th ANNIVERSARY SEASON STATE REPRESENTATIVES



Zara-Claire	Azzi	Girls	U10	Long Jump
Carys	Batho	Girls	U13	1500m Walk
Ross	Batho	Boys	U11	400m, 60m Hurdles, Long Jump & Discus
Angus	Beer	Boys	U11	400m, 800m & 1500m
Lara	Bosnich	Girls	U12	100m, 200m & 400m
Holly	Campbell	Girls	U17	400m, 800m & 1500m
Paige	Campbell	Girls	U17	400m & 800m
Bryn	Chapman	Boys	U17	100m & High Jump
Sam	Chen	Boys	U9	70m, 100m & Long Jump
Marnie	Clarkson	Girls	U14	Shot Put, Discus & High Jump
Lachlan	Cooksey	Boys	U13/14	Discus (AWD)
Emily	Danson	Girls	U15	100m & 200m
Sara	Dougan	Girls	U12	100m & Long Jump
Owen	Douglas	Boys	U9	700m Walk
Monty	Hannaford	Boys	U14	Triple Jump
Jamie	Karabesinis	Boys	U12	200m, 60m Hurdles & Long Jump
Alex	Kerr	Girls	U14	400m, 800m & 1500m
Maddy	Kohlrusch	Girls	U14	Javelin
Tamara	Lenthall	Girls	U9	400m, 800m, Long Jump & High Jump
Isabella	Mardini	Girls	U9	400m & 800m
Tiarna	Mason	Girls	U14	800m & 1500m
Benjamin	McGettigan	Boys	U11	Shot Put & Discus
Sam	Murphy	Boys	U10	1100m Walk
Lucas	Newman	Boys	U9	High Jump
Solomon	Nivison-Smith	Boys	U13	Triple Jump
Annabelle	Parmigiani	Girls	U15	Triple Jump & High Jump
Stephanie	Potter	Girls	U11	Triple Jump
Eliza	Swann	Girls	U11	100m
Matilda	Swann	Girls	U11	100m
Louis	Tanner	Boys	U13	200m Hurdles
Lilie	Tyler	Girls	U11	High Jump
Nona	Walne	Girls	U9	70m, 60m Hurdles & Long Jump
Bruno	Williams	Boys	U10	400m & 800m
Ethan	Willis	Boys	U17	800m & 1500m



STATE HIGHLIGHTS



State Highlights

5 Gold , 3 Silver & 4 Bronze medals.

Congratulations to all our State representatives on their performances at Homebush.

Balmain achieved top 10 finishes in 27 separate events, an outstanding result. Special congratulations to our medallists below.

Gold

U17G 800m	Holly Campbell
U17G 1500m	Holly Campbell
U15G HJ	Annabelle Parmigiani
U14G 400m	Alex Kerr
U14G 800m	Alex Kerr

Silver

U11B 800m	Angus Beer
U11B 1500m	Angus Beer
U11B LJ	Ross Batho

Bronze

U17G 800m	Paige Campbell
U13/14B Discus AWD	Lachlan Cooksey
U12G 100m	Sara Dougan
U9B 70m	Sam Chen

All athletes in U12 and above age groups who competed at State automatically qualify for admission to the LAANSW JETS programme. See page 13 for details.





SPECIAL THANK YOU'S



Age managers – Elise McHugh, Andrea Belunek, Steve Korompay, Melanie Murphy, Sally Wright, Cain Sarah, Peter Merrington, Michelle Hansford, Angie Mastripollito, Barry Nivinson-Smith, Loni Karabesinis, Robyn Hammond, Megan Beer, Leanne Karabesinis, Andrew Watson, Sharyn Lenthall, Richard Chen, Will Burkitt

Results entry – Ellen Fanning, Rosie Condrón-Calic, Mel Bray, Vicki Knight, Peter Rand, Lisa Lewin, Jane Dunne, Nicole McGettigan

Coaches – Frankie Bell, Emily Danson, Kim Gane, Mike Hamlyn-Harris, Andrew Kohlrusch, David Murphy, Cain Sarah, Andrew Watson,

Tots Coaches - Katy, Freya & Lizzie.

Set Up Crew - David Murphy, Grant Beer & Ian Foster for setting up KGO at 6.30 every Saturday morning.

COACHES WALK THE TALK AT MASTERS

Since December the Club has been fortunate to have four parents volunteer their time on Sunday mornings to coach our Zone, Regional and State representatives.

Over the Easter weekend each of them had to put their words into actions as they represented NSW at the Australian Masters Athletics Championships in Canberra.

All four won medals in the events in which they have been coaching: Andrew Kohlrusch won medals in the Javelin, Discus and Shot Put; Andrew Watson in the Discus and Shot Put; Cain Sarah in the Triple Jump and Long Jump; and, David Murphy in the Hurdles.

It has been fantastic for the Club and our athletes to benefit from the knowledge and experience that they bring to Sunday Rep training. The Club thanks them for all their time and efforts during the year and we will certainly look forward to welcoming them all back to the track for next season.

National Results:

Andrew Kohlrusch (M45):	Gold- Javelin, Pole Vault, 110m Hurdles	Bronze- Discus, Shot Put
Andrew Watson (M40):	Gold- Pole Vault	Silver- Shot Put Bronze- Discus
David Murphy (M40):	Gold- 110m Hurdles, 400m Hurdles, High Jump	Silver- Triple Jump
Cain Sarah (M35):	Gold- Triple Jump	Silver- Long Jump, High Jump



HAVE YOU CONSIDERED JETS?



The Little Athletics NSW JETS (Junior Encouragement & Talent Squad) program gives athletes in the Under 12 – 17 age groups the opportunity to further develop their skills, knowledge and performances to a higher level in an enjoyable social environment.

Who is eligible to be a JET?

Any athletes who are registered in the Under 12 to Under 17 age groups **who achieve the qualifying standards** and agree to the conditions of membership may apply to become a member of the squad. Registration for 2013/2014 will open around August.



A Recent JETS Coaching Clinic at Homebush

The program consists of various activities, including coaching clinics and a live-in coaching camp, aimed at motivating, encouraging and supporting squad members. Sessions are held about once a month, usually on Sundays, and JETS members can attend as many or few clinics as they wish.

The coaching is conducted by some of New South Wales' leading Little Athletics coaches and sessions are held at some of the state's best athletics facilities. The program also allows JETS-members-only access to a section of the Little Athletics NSW website that contains coaching tips, articles and videos provided by the JETS coaches, as well as newsletters and other items of interest.

Sound interesting? Check out the JETS information and qualifying standards via the Education & Training tab on the LAANSW website. Or for an athlete's view, speak to Carys Batho (U13G) who joined JETS this season and is really enjoying the additional training opportunities as well as meeting and working with athletes from all over NSW.

Did you Know why the Olympic medals are Gold, Silver & Bronze? They represent the first three Ages of Man in Greek Mythology.

"Gold" – the Golden Age, when men lived among the Gods

"Silver" – the Silver Age, where youth lasted a hundred years

"Bronze" – the Bronze Age, the era of heroes.

(I'm eagerly awaiting the return of the Silver Age ☺

- Ed)

Thanks to our Sponsors for their Support this Season

The club could not operate without the help of our sponsors and our parent volunteers.

The funding we receive from our sponsors enables us to invest in equipment and training programmes for the benefit of all our little athletes. This season's extraordinary Club performance in Inter-Club Carnivals illustrates the benefit of our kids having access to talented coaches and quality facilities.

Thanks to Cindy & Nick for your support this Season.

McGrath

Cindy Kennedy
0404 000 570



Nick Nicolaou

Financial Adviser
9818 3331



See you next season!

CONTACT US

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BALMAIN LITTLE ATHLETICS CENTRE

Est. 1972