

BALMAIN LITTLE ATHLETICS - MARCH 2012 NEWSLETTER

REGIONAL CHAMPIONSHIPS

Well done to our 61 athletes who competed at the regional championships. It is a big step up competing at the Regionals and all who did should be very proud of themselves. We are in a very strong region and there were many personal bests, medals, and lots of Balmain athletes to cheer on in finals. We had great weather and a fantastic track to compete on. We are pleased to advise that 26 athletes have now qualified for the State track & field championships to be held in March. Qualifiers are listed at the end of this newsletter. Please check carefully, as the additional qualifiers have been announced and are also listed.

Thanks again to those parents that helped out at High Jump, particularly to Jim Merewether who came and volunteered on Sunday, even though Rex was injured and couldn't compete.

Josie Nichol was outstanding, winning 6 gold medals and breaking 6 regional records. In total Balmain broke 11 regional records:

U13G	80mH	13.06	Clementine Landels
U13G	800m	2m20.64	Tiarna Mason
U13G	1500m	4m59.75	Tiarna Mason
U17G	800m	2m20.54	Holly Campbell
U17G	1500m	4m53.37	Holly Campbell
U17G	100m	12.81	Josie Nichol
U17G	200m	25.31	Josie Nichol
U17G	100mH	15.50	Josie Nichol
U17G	LJ	5.65m	Josie Nichol
U17G	TJ	12.07m	Josie Nichol
U17G	HJ	1.60m	Josie Nichol

It was fabulous to have so many U8's qualify for their first regional carnival and nice to see them spending the long breaks playing together. It was a big weekend for them, particularly Tamara's family who waited patiently (and without complaint) for 3 hours before Tamara's medal ceremony was finally announced! The U8's managed to win 7 medals between them:

GOLD	Tamara Lenthall (SP)
SILVER	Nona Walne (60mH)
BRONZE	Nicholas O'Shea (LJ)
	Nicholas O'Shea (200m)
	Samuel Chen (100m)
	Samuel Chen (70m)
	Nona Walne (70m)
4th	Isabella Mardini (PS), Nicholas O'Shea (PS)
5th	Oliver Kleppich (D), Tamara Lenthall (400m, PS)
6th	Isabella Mardini (400m)
8th	Jackson Mitchell-Lane (60mH)
10th	Layla Alekna (SP)
4th in heat	Mischa Belunek (70m)
5th in heat	Sam Notarangelo (70m)

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There are a number of regional t-shirts left, so if your child competed at regionals on the weekend and didn't collect a t-shirt, let Annabel know.

TRAINING

Tuesday training will continue for everyone.

Middle & long distance training for regional qualifiers will continue on Wednesdays.

Sprints, jumps and hurdles training will continue for regional qualifiers on Sundays, commencing again on 4 March.

PRESENTATION DAY

This year presentation day will be held at Club Five Dock, 66 Great North Road, Five Dock at the end of **April**. Final date will be confirmed shortly. All children who do not receive a major award, will receive a participation award on the night.

Any athlete who has completed either 5 or 10 years at the club and who has not previously received an award, please email annabel.landels@ozemail.com.au.

We are raffling a signed and framed Sally Pearson singlet, to be drawn at presentation. Tickets are being sold from 3 March at the oval for \$5 each and are limited to 100 tickets, so please be quick to avoid disappointment.

There will also be a lucky door prize, consisting of a \$200 gift voucher from the Athlete's Foot (generously donated by Athlete's Foot, Burwood). Each family can collect a ticket at the door.

TIMEKEEPING

A reminder parents must stand on the side of the track in line with the finish line - not at the end of the track. Timekeepers time place not lane, eg. first place not lane one. Start timing when you see the smoke from the gun - not when you hear the sound. Stop timing when the athlete's torso crosses the line. More details on website under 'Event Information Sheets'.

PARENT DUTY 25 FEBRUARY

8.30-10.00:

Christine Fitzgerald (Canteen)

Karina Scott (Canteen)

Dannele Muter (Barbecue)

10.00-11.30:

Kate Brewer (Canteen)

Giustino Bisoglio (Barbecue)

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LONG JUMP RUN UPS

Re-surfacing of the long jump run ups has been approved and will be completed shortly.

AUSTRALIAN JUNIOR CHAMPIONSHIPS

Congratulations to Josie Nichol, Holly Campbell, Tiarna Mason, Marnie Clarkson, Alex Kerr and Clementine Landels who have all qualified to compete at the Australian Junior Championships from 14-18 March 2012.

LAANSW STATE TRACK AND FIELD CHAMPIONSHIPS - QUALIFIERS

Age	Name	Events
U9G	Demi-Love Kassem	400, 800
U9B	Bruno Williams	D
U10G	Stephanie Potter	200, 70
	Caitlin McManus-Barrett	1100W
	Bianca Basile	HJ
U10B	Ross Batho	200, 60H, LJ
	Angus Beer	800, 1500
	Benjamin McGettigan	SP
	Ethan Brouw	400
U11G	Lara Bosnich	400, 200
U11B	Jamie Karabesinis	60H, 200
	Oliver O'Shea	100
U12G	Carys Batho	1500W
	Ella Boyd	SP
U12B	Jason Doric	1500
U13G	Marnie Clarkson	HJ, LJ, TJ, D, J
	Lili Edser	400
	Alexandra Kerr	400, 800
	Clementine Landels	80H, 200H

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Age	Name	Events
	Tiarna Mason	800, 1500, 3000
U13B	Monty Hannaford	HJ, LJ, TJ
U15G	Frances Potter	1500W
	Eleanor Clarkson	SP
U17G	Holly Campbell	800, 1500
	Paige Campbell	800, LJ, 400
	Josie Nichol	100, 200, 100H, HJ, LJ, TJ