



## BALMAIN LITTLE ATHLETICS CENTRE

# Zone Wrap

Zone Champs. Those two words cannot fully describe what it is, what it involves and what it meant to our entire BLAC squad of 251 athletes.

The team spirit was there for all to see as Balmain athletes from our novice U7s to our experienced u17s received the same deafening roar from the sidelines. And what an example of pride in our club as our athletes cheered, waved, pom-pommed, chanted, marched and sang their way around during the March Past. Who could forget the smiles from all those painted faces as Balmain was announced as the **March Past winner**.....a three-peat for BLAC. Thanks to Anita Batho, Mel Murphy and the team of Seniors for their organisation and face decorating skills.

The entire event couldn't have gone ahead without an army of **Balmain volunteers** both behind the scenes and on the day. Special thanks to Tim Batho who compiled all 957 event entries from our 251 athletes; team managers David Murphy, Richard Chen, Pete Rand & Megan Beer who coached, warmed up, officiated, congratulated, consoled & volunteer wrangled; Andrea Belunek, Sarah Braund and Donnagh Murphy who took entries, orders and distributed our new rep shirts; Alan Hill who transported all our tents and equipment; Andrew Watson who coached our shot putters; and most of all Andrew Kohlrusch who not only coached our discus throwers but spent countless hours preparing and coordinating the entire Championships as the Zone Coordinator.

Once again the best run event was the Long Jump, thanks to the many parents who assisted with the 18 long jump events conducted over the weekend. These weekends cannot run without volunteers, so thank you to you all.

As to the results for the weekend. What a club! We couldn't keep count of the athletes who wanted to tell us how they went. And not "I won" or "I came fourth" it was usually "I did a 20sec PB" or "I did a 7m PB in the Javelin". Tremendous to hear and special to watch their joy in doing the best they could.

Going into the Zone Champs we were well aware of the Club Championship point score from last year, where we came second by 500 points to Randwick Botany. We are delighted to announce that this year, for the **FIRST TIME EVER, Balmain won the Zone Championships**. This shows how far we have come as a club in the last few years, and is great testament to the spirit of our athlete body in competing in as many events as possible to maximise our club points score. We can only dream of emulating Randwick Botany's record of 40 consecutive years as Champion Club. In the meantime we will celebrate our success and look forward to the challenge of the Regional Championships in 7wks time. #gobalmain!

The BLAC Committee.



### ZONE HEADLINES

Under 7's 5Gold, 5 Silver, 6 Bronze Medals.

U8-U17 169 auto qualified for Region.

Clean Sweep (1-3) U8G 200m, U14G 100m

Balmain 12345 U12B walk; U12B triple jump

Zone record U14 800m Angus Beer

3-Peat March Past Champions  
CHAMPION CLUB!!!!!!!!!!!!!!!!!!!!!!

**Normal competition resumes on Saturday 9th January at KGO**

## MAGNIFICENT SEVENS



	GOLD	SILVER	BRONZE	Fourth
Mackenzie Jones	50m, 70m, 100m, 200m			
Lexi Modena	500m		70m 200m	100m
Kate Le Roux		Long Jump Discus		
Jakub Belunek		50m 200m Discus		
Giacomo Ricci			200m	
Ava Burke			Shot Put	
Malik Adinkwuye			70m 100m	200m
Irini Kapsalis				Shot Put
Joshua Lubke				500m
Meg O'Connor				500m
Imogen Hamilton-Akhurst				Discus

*In their first inter-club outing, our Magnificent Sevens did themselves and the Club proud on the track and in the field. In addition to many personal bests, 9 of our athletes ended up with top 4 finishes. Special congrats to Mackenzie Jones who collected 4 gold medals from 4 events!*



## U8-U17 REGION AUTO-QUALIFIERS (ADDITIONAL QUALIFIERS TO FOLLOW)

Jerome Angir	Discus, Shot, Javelin	Noah Carr	70m
Rhianna Arifeae	1500m	Olivia Cermak	Discus
Mia Azzi	HJ, TJ, LJ	Josh Chen	LJ
Zara Claire Azzi	LJ, TJ, 100m, 200m, 80mH, 200mH	Sam Chen	LJ, TJ, 100m, 200m
Harry Banks	1100mW	Hannah Christie	LJ, 200m, 200mH
Ellie Barnett	100m, 200m, 400m, 60mH	Marnie Clarkson	Discus, Shot, HJ, 100mH
Carys Batho	Discus, Javelin, Shot, 1500mW	Caiden Cleary	TJ, HJ, 400m, 60mH
Ross Batho	Discus, Javelin, Shot, LJ	Brooke Constantinidis	LJ
Angus Beer	400m, 800m, 1500m, 3000m	Jasmine Cook	Javelin, 1500mW
Mischa Belunek	LJ, TJ, 100m, 60mH	Lachlan Cooksey	Shot, 800m, 1500mW
Jodi Berman	Shot	Will Cornish	LJ, 400m, 1500m, 200mH
Billy Blair	70m, 100m, 200m, 60mH	Bridget Crick	Javelin, HJ, TJ
Ava Boeckenhauer	Discus, Shot, 60mH	Emma Cruzado	Discus, Javelin, HJ, TJ
Oscar Bowers	1500mW	Luca Cruzado	Discus, 1500mW
Ella Boyd	Shot, 100mH	Benjamin D'Agostino	Shot, TJ
Meghan Boyle	60mH	Alessia Dal Pane	LJ, TJ
Emily Brewster	800m, 1500m	Louis Dalrymple	HJ, TJ, Shot
Matthew Brewster	400m, 800m, 1500m	Joseph Dempsey Martin	LJ, 200m
Edyn Burgess	80mH	Tadhg Donnellan	700mW
Liam Burnicle	60mH	Susie Douglas	LJ, 100m, 200m, 400m, 90mH, 200mH

## U8-U17 REGION AUTO-QUALIFIERS (ADDITIONAL QUALIFIERS TO FOLLOW)

Lucy Edwards-Argent	60mH	Kai Hasselberg	60mH
Thomas Emery	Javelin, 200m, 800m	Brodie Henry	TJ
Christopher Taylor Fowler	LJ, TJ, 100m, 200m	James Hill	Javelin, 200m, 110mH, 200mH
Nina Frissel Thomas	LJ, 400m, 100mH, 200mH	Josh Hill	1500mW
Alessia Gangemi	TJ, Javelin, 200m	Max Hilton	400m
Emile Garside	700mW	Alexander Howdin	Discus, Shot
Willaim Garside	Discus, 1100mW	Zoe Howdin	Discus, 100m
Jackson George	100m, 400m	Ella Huber	1100mW
Luca Gillard	800m ,1500m	Madeleine Hutchens	Shot, 200m, 400m
Anna Gough	200m	Harry Jones	Javelin, HJ
Aidan Gow	LJ, 100m	Jack Jones	Javelin
Will Guthrie	Discus, Javellin, Shot, 1500mW	Sienna Jones	HJ
Luke Haddad	HJ, 1500m, 1100mW	Liam Kapsalis	70m, 100m, 200m
Olivia Hadwen	200m, 400m	Jamie Karabesinis	LJ, 100m, 200m, 100mH, 200mH
Sophia Hadwen	800m, 1500m, 3000m	Jessica Karabesinis	Discus, Shot
Ella Hafford-McGovern	Shot, 60mH	Mikayla Kelleher	Discus, Shot
Cooper Hall	Discus, Shot, 60mH	Riley Kitchenside-Quinn	Javelin
Lauren Hall	Discus, Javelin, Shot, TJ	Charlie King	LJ, TJ
Harry Halleen	200m, 400m, 700m	Vivien King	TJ
Tilly Hannan	Discus, Shot	Maddy Kohlrusch	Discus, Javelin, Shot, LJ

## U8-U17 REGION AUTO-QUALIFIERS (ADDITIONAL QUALIFIERS TO FOLLOW)

Nick Kohlrusch	Discus, Shot, LJ, HJ, 100mH	Noah Mirabito	1500mW
Charlotte Korell	Javelin, 800m ,1500m, 3000m	Jackson Mitchell-Lane	Javelin, TJ, 400m, 60mH
Velvet Krix	800m, 60mH	Henry Moffitt	Discus, Javelin, Shot, HJ, TJ
Claudia Lacalandra	Shot	Shania Morgan	Javelin, LJ, 60mH
Ida Lawlor	70m, 200m	Ellen Murphy	70m, 100m, 200m
Angie Le Roux	LJ, 100m, 400m, 700m	Sam Murphy	Discus, 80mH, 200mH, 1500mW
Zoe Le Roux	LJ	Sophia Murphy	Discus, Javelin, Shot
Zoe Lincoln	HJ	Grace Murray	HJ
Maxie Lipic-McFadyen	1100mW	Lucas Newman	Shot, HJ, TJ, 60mH
Bronte Locane	70m, 100m, 200m	Solomon Nivison-Smith	LJ, TJ, 1500m, 200mH, 1500mW
Chloe Lombardi	Discus, Javelin, Shot	Anastasia O'Connell	TJ
Helena Macarthur	HJ	Josh O'Connell	400m, 800m
Matthew Madgwick	200m, 800m, 200mH	Declan Oddy	Shot
Remy Maguire	Shot, 70m, 100m, 60mH	Maddox Oddy	HJ
Louis Mammone	200m	Amy Outram	1500mW
Che McFarland	400m, 200mH, 1500mW	Lucy Owens	Shot
Caitlin McManus-Barrett	1500mW	Elizabeth Park	70m
Ellie McNeill	700mW	James Park	LJ, TJ, 100m, 80mH, 200mH
Brianna Miller	80mH	Michael Park	LJ, TJ, 60mH
Kai Mirabito	TJ, 90mH, 200mH	Lucas Perkovic	70m, 100m, 200m

## U8-U17 REGION AUTO-QUALIFIERS (ADDITIONAL QUALIFIERS TO FOLLOW)

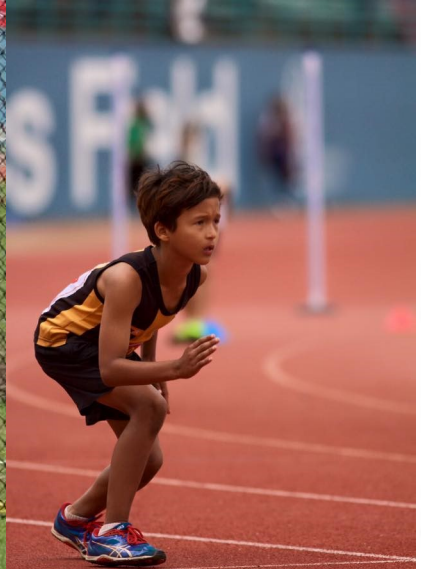
Stephanie Potter	TJ, 100m, 200m, 80mH, 200mH	Pascale Simington	1100mW
Bronte Prentice	Discus, Javelin, Shot, 1100mW	James Smith	800m, 1500m
Lochlan Prentice	Discus, Javelin, Shot	Max Smith	HJ
Tallulah Prentice	Discus, Shot	Oliver Smith	800m, 1500m, 3000m
Louis Prior	Discus, Shot	William Smith	800m, 1500m
Ada Rand	400m, 800m, 1500m	Jayda Stanley	800m, 700mW
Panayiotis Revellos	Shot	Prada Stenberg	LJ, Shot, 100m, 200m
Max Rider	HJ	Dominique Stevens	1100mW
Donovan Roberts	1100mW	Madeleine Stevens	800m, 1100mW
Holly Roberts	1500m, 3000m, 1500mW	Audrey Sutton	HJ
Fynn Roche	400m, 700m	Bertie Swann	LJ, 100m, 400m, 110mH, 200mH
Leah Russell	200m, 400m, 800m, 60mH	Eliza Swann	TJ, 100m, 200m
Zane Santarossa	HJ, 200m, 400m, 800m, 1500m	Freddie Swann	800m
Zach Schmidt	Discus, Shot, 60mH, 1100mW	Matilda Swann	HJ, 100m, 200m
Leon Schouten	HJ, 400m, 60mH	Macy Tanner-Black	700m, 60mH
Eva Scoufis	400m, 800m, 1500m	Zac Thai	70m, 700m
Zoe Scoufis	800m, 1500m, 3000m	Grace Thwaites	Discus, Javelin
Will Seaward	Discus	Matthew Torrible	800m, 1100mW
Isaac Sharwood	LJ, TJ, 100m, 200m, 400m, 200mH	Lilie Tyler	Javelin, HJ
Dexter Simington	1500mW	Rachel Vaile	Javelin

## U8-U17 REGION AUTO-QUALIFIERS (ADDITIONAL QUALIFIERS TO FOLLOW)

Sophie Virgona	1500m
Thomas Virgona	TJ, 400m, 800m
Sam Walker	Discus, Shot
Nona Walne	LJ, HJ, TJ, 60mH
Josh Watson	Javelin, HJ, 80mH
Bruno Williams	Discus, Javelin, Shot, 400m, 800m, 1500m
Emilia Williams	Discus
Jordan Willis	Discus
Jo Wilson	800m, 1500m, 3000m

TRACK AND FIELD ACTION

FOR MORE GREAT ACTION SHOTS CHECK OUT OUR FACEBOOK PAGE







FUN WITH FRIENDS



**We wish all our little athletes  
and their families a safe and  
Happy Christmas.**



**Competition resumes  
Saturday Jan 9th 2016**