



BALMAIN LITTLE ATHLETICS CENTRE

Zone Wrap

262 proud and eager BLAC athletes entered the Inner City Zone Championships across 967 events. ES Marks Stadium was drenched in a sea of Black & Gold as BLAC spirit was on show for all to see.....and hear. Balmain athletes, from novice u7s to experienced u17s, received the same deafening roar from the sidelines as they ran, jumped and threw themselves into competing against the six other clubs of the Inner City Zone.

We went into the Zone Champs as the reigning Club Champion after last year's first ever win. As recently as 2010 Balmain placed 5th with 687 points, while in 2015 we won with 2,838. This year's team exceeded all expectations, accumulating 4,127 points to defend our Zone title with a margin of 1297 points! This demonstrates just how far we have come in the last few years. It is also a great testament to the spirit of our athlete body by competing in as many events as possible to maximise our club point score. Well done to each and every one of you.

As to our athletes' results for the weekend. Wow! 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 10sec PB" or "I did a 4m PB throw". Tremendous to hear and special to watch their joy in doing the best they could. Always wanting to try new things, we introduced the 'PB Board' so that athletes who set a PB could write it up for all to see. And what a success!!! Pages full, top to bottom. 278 PBs in one weekend. Go Balmain!

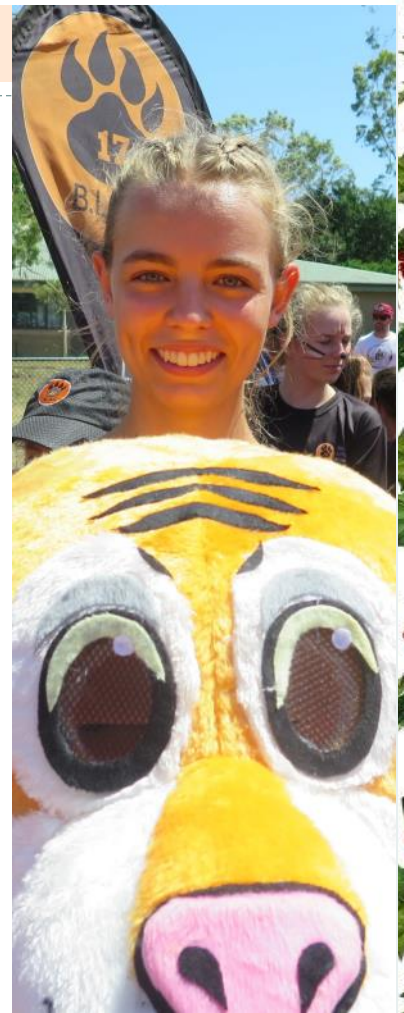
194 BLAC athletes have qualified for Region, in a total of 552 events. The full list of who qualified is available on the LANSW website <http://www.lansw.com.au/Portals/44/Competition/Region%208%20qualifiers%202017%20-%20by%20centre.pdf>

The entire event couldn't have gone ahead without an army of Balmain volunteers, both behind the scenes and on the day. Many thanks go to our chief Championships Officer Tim Batho, who collated over 1100 event requests, selected the team and put together and coordinated our volunteer roster. Special thanks go to our Team Managers Peter Rand, Andrea Belunek & Richard Chen for their weekend of athlete & parent wrangling. Thanks also to Anita Batho, Mel Murphy & our Captains who coordinated our March Past. Most of all to Andrew Kohlrusch who spent countless hours preparing and coordinating the entire Championships as Zone Coordinator. Thank you one and all.

Once again the March Past enabled our athletes to show their pride in our club as they cheered, waved, pom-pommed, chanted, marched, somersaulted and sang their way along the track. Our athletes certainly had the most fun and although we were unsuccessful in gaining a near impossible four-peat victory, the enjoyment had by our team far outweighed the result.

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

The BLAC Committee.



ZONE HEADLINES

Under 7's 6 Gold, 5 Silver, 6 Bronze Medals. 9 4th places.

U8-U17 194 qualified for Region.

Clean Sweeps (1-3) U9G 70m, U17G 100m Hurdles, U15G Javelin, U15B 400m, U14B 90m Hurdles, U11B Walk, U12B Walk (1-4) Winners of ALL 4 Relays: Jnr Girl, Jnr Boy, Snr Girl, Snr Boy

Zone records

Jnr Girls, Snr Girls, Snr Boys Relays

U10 Josh O'Connell 800m, 1500m

U15 Steph Potter 300mH

U15 Angus Beer 800m, 1500m, 3000m

2016 CHAMPION CLUB

MAGNIFICENT SEVENS



In their first ever inter-club outing, our Magnificent Sevens did themselves and the Club proud on the track and in the field. In addition to the dozens of personal bests written up on our PB Board, 11 of our athletes ended up with top 4 finishes. Special congrats go to Enid Boyd and Kiara Stanley who each collected 4 medals from 4 events! It looks like the future of our club is in good hands with the 7s claiming over 35% of the available medals and over 56% of the fourth place near misses.



	Gold	Silver	Bronze	Fourth
50m		Enid Boyd	Indie Roche	Esther Romaniuk Taj Locane
70m	Indie Roche		Beau Rootsey Kiara Stanley	
100m		Sophie Halleen	Kiara Stanley	Beau Rootsey Esther Romaniuk Taj Locane
200m	Kiara Stanley	Sophie Halleen Taj Locane		
500m	Kiara Stanley	Sophie Halleen		Charlie Smith
Shot Put	Enid Boyd		Saxon Jeney	
Discus	Enid Boyd			Harrison Fitzpatrick
Long Jump	Enid Boyd		Beau Rootsey	Eva O'Connell Charlie Smith
Medal Tally	6	5	6	9

OF OUR 194 U8-U17 QUALIFIERS, 58 QUALIFIED IN 4 OR MORE EVENTS

Zara Claire Azzi (5), **Ellie Barnett**, Carys Batho, **Ross Batho (5)**, Angus Beer (6), **Jakub Belunek**, Mischa Belunek (6), **Billy Blair**, Josh Chen, **Sam Chen (6)**, Hannah Christie (6), **Alex Cornish (6)**, Will Cornish (5), **Emma Cruzado (5)**, Ben D'Agostino, **Alessia Dal Pane (5)**, Harrison Day, Joseph Dempsey Martin, **Owen Douglas**, Susie Douglas (6), **Nina Frissel-Thomas**, William Guthrie (5), **Josh Hill (6)**, Max Hilton, Max Jorgensen, **Liam Kapsalis**, Jamie Karabesinis, **Remy Klug**, Charlotte Korell (6), **Angie Le Roux**, Zoe Le Roux, **Jagger Leith**, Tamara Lenthall (6), **Remy Maguire**, Brianna Miller, **Kai Mirabito (5)**, Jackson Mitchell-Lane (6), **Lexi Modena**, Henry Moffitt, **Ellen Murphy**, Sam Murphy (6), **Lucas Newman (6)**, Solomon Nivison-Smith (6), **James Park (6)**, Michael Park, **Steph Potter (6)**, Bronte Prentice, **Alex Richards**, Fynn Roche, **Isaac Sharwood (6)**, Katie Sutherland, **Laura Sutherland (5)**, Bertie Swann, **Eliza Swann (6)**, Matilda Swann (5), **Nona Walne (5)**, Damon Wan (6), **Josh Watson (5)**.

BLAC MASCOT MAKES 1ST APPEARANCE

Our very own Tiger Mascot escorted our athletes around during the Zone March Past. We are sure it will make further appearances at events and Championships in the years to come.

What our mascot hasn't been able to tell us is its name. We just haven't been able to find anyone who can speak Tigerish (although plenty of the Committee speak Jibberish!).

Can anyone help??

There will be a prize for the winning name.

Send your suggestions to info@balmainlac.org.au



PB BOARD A HUGE SUCCESS

Ever keen to try new things, this year we introduced a PB board to the Balmain Camp—inviting all our Representative athletes to write any PBs they set on the sheets.

Over the weekend **278 PBs** were set and by the end of Sunday some age group's sheets were overflowing. Well done David for coming up with the idea and very well done to all those athletes who set new times and/or distances at Zone. Special mention for Panayiotis Revellos who achieved 6 PBs from 6 events. Wow!

SOME ACTION SHOTS FROM ZONE. SEE FACEBOOK FOR MORE!



SOME ACTION SHOTS FROM ZONE. SEE FACEBOOK FOR MORE!



OUR AMAZING RELAY CREWS. 4 VICTORIES. 3 ZONE RECORDS!



Sorry senior girls—
Matilda was going so
fast on the last leg we
couldn't get a good
shot of her!

SOME FUN SHOTS FROM ZONE. SEE FACEBOOK FOR MORE!



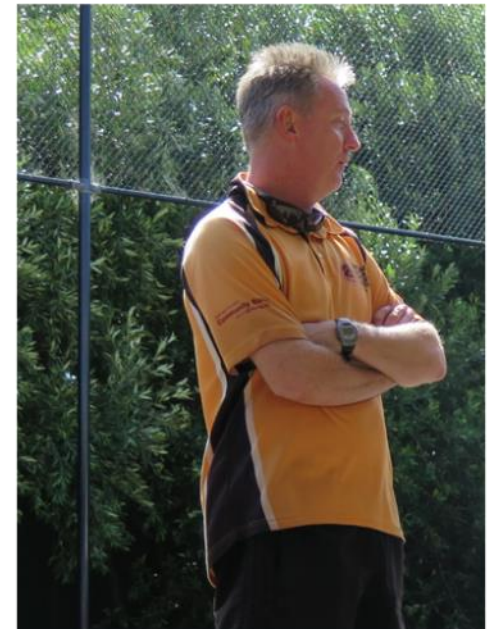
CLUB SPIRIT SHINING BRIGHTLY IN THE MARCH PAST



GREAT TO SEE ALL THOSE TIGER FACES BEAMING



NONE OF THIS WOULD BE POSSIBLE WITHOUT OUR VOLUNTEERS



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



**Competition
resumes Sat-
urday Jan
14th 2017**

Meantime keep an eye on Facebook as **Pop-Up training** sessions will occur at short notice over Christmas & New Year for Racewalks, Block Starts and Speed Endurance.

And don't forget to check out our new Youtube Channel **The Roar by BalmainLAC**



McGrath

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