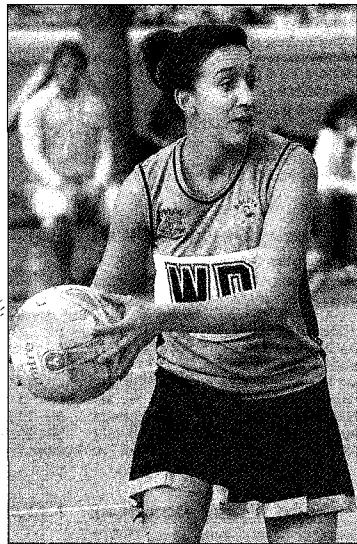


## FNC PREMIER LEAGUE NETBALL



**WINNING FORM:** Lismore Daleys' Nicole Kelly in action in the grand final at Ballina on Saturday.

# Lismore turns the tables

By Adam Hicks  
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LISMORE Daleys' Nikki Krause had no intentions of chasing the raw speed of a young Ballina RSL team in the FNC Premier League netball grand final at Ballina on Saturday.

Instead the experienced goal shooter and her team-mates played the game at their pace to record a 44-38 win and secure the competition's inaugural premiership.

With her direct opponent, Ballina wing defence Zoe Dundas, in the same year as Krause's son Mitchell at St John's College Woodlawn,

Krause knew Ballina would try to run the more mature Daleys ragged.

"We just talked about playing our own style of game, and steadied it down and didn't getting caught into playing a faster game," she said.

"That's what happened in the major semi-final. They went hard for the whole 60 minutes and we couldn't compete with them.

"They were still strong across the court, their shooters and defence, but I think the experience showed over the youth just a little bit."

After a tight first quarter, Lismore led 11-8 but extended the lead

to 10 by half-time.

The margin remained 10 at three-quarter time and Ballina reduced the deficit to six in the final period but Lismore hung on to win.

"It was a good tight match," Krause said. "We were a bit tired at the end and they came back at us, being a lot younger.

"They didn't give up and their shooters were spot-on but I always felt like we had control of the game.

"We steadied it and controlled the tempo, which is what we like to do."

Krause, who was praised for holding her team together during Balli-

na's late raid, was named most valuable player of the grand final.

"It was a bit like winning the mug (for players' player) at the footy: Everyone was buying me drinks," she said.

"I didn't think I stood out any more than the other players."

It was a sweet finish to the season for Krause and team-mates Maria Durham and Kylie Davis, who came out of retirement to be part of the Premier League.

"The region has been screaming out for years for a competition of this calibre," Krause said.