

Cycling Athletes had a fantastic week of racing at The Australian Road Championships

The TIS Cycling Program enjoyed much success during January at the National Championships and Santos Tour Down Under events.

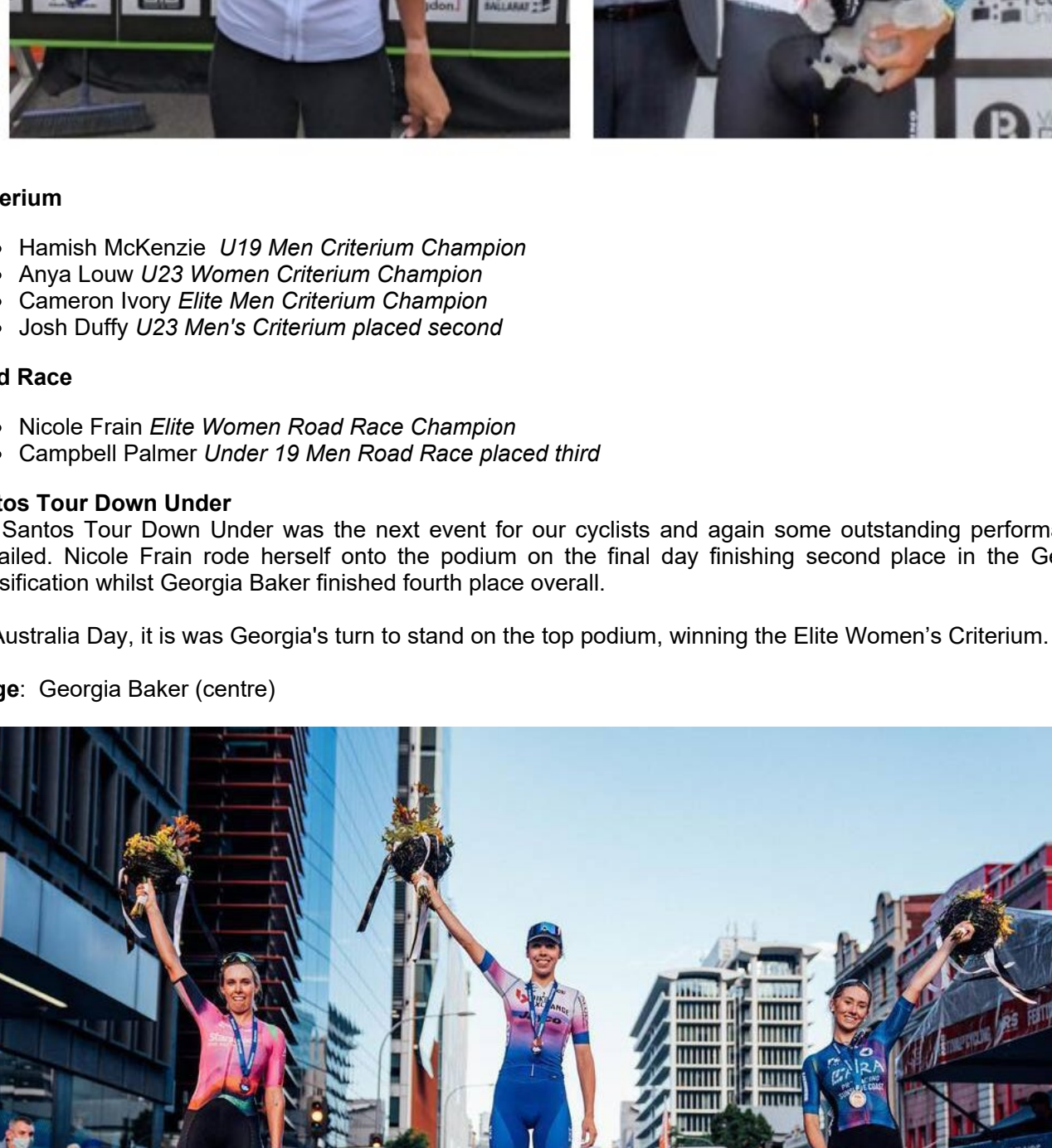
National Road Cycling Championships

The National Road Race Championships were held in Ballarat from the 12 to 16 January. Hot weather greeted the athletes with temperatures consistently above 30 degrees. This made for some great cycling as athletes took advantage of excellent conditions. With 18 National Titles on offer, TIS athletes won six. We congratulate the following riders on their achievements:

Individual Time Trial

- Hamish McKenzie *U19 Men Time Trial Champion*
- Anya Louw *U23 Women Time Trial Champion*

Image: Anya Louw and Hamish McKenzie



criterium

- Hamish McKenzie *U19 Men Criterium Champion*
- Anya Louw *U23 Women Criterium Champion*
- Cameron Ivory *Elite Men Criterium Champion*
- Josh Duffy *U23 Men's Criterium placed second*

Road Race

- Nicole Frain *Elite Women Road Race Champion*
- Campbell Palmer *Under 19 Men Road Race placed third*

Santos Tour Down Under

The Santos Tour Down Under was the next event for our cyclists and again some outstanding performances prevailed. Nicole Frain rode herself onto the podium on the final day finishing second place in the General Classification whilst Georgia Baker finished fourth place overall.

On Australia Day, it is was Georgia's turn to stand on the top podium, winning the Elite Women's Criterium.

Image: Georgia Baker (centre)



Nicole Frain has a break through win at the Elite Women's Road Race

Nicole Frain Wins Title

Cycling athlete Nicole Frain had a major break through win in January winning the National Elite Women's Road Race. Nicole becomes the first Tasmanian woman to win the title.

Nicole surprised expected favourites in winning the Race. This win was the highlight of an amazing week for Nicole and the TIS Cycling program.

Nicole was able to hold off an elite group of chasers in the final stage of the 104-kilometre race due to her decisive attack with 3.5km to go. Her gap over other competitors was only a handful of seconds, but it proved too much and she held on for an outstanding win.

Image: Nicole Frain (centre)



TIS Sport Programs Activities and Results

TasCarnivals

The Tasmanian Christmas Carnival Series attracted the best riders and runners from around Australia. The series provided excellent racing opportunities for TIS Athletics and Cycling program athletes. There were many podium finishes with victories for TIS athletes in:

- Lauren Perry – Hobart Wheel Race, Launceston Madison (with Chloe Moran)
- Josh Duffy – Devonport Scratch Race, Launceston Points Score, Burnie Scratch Race
- Hamish McKenzie - Burnie Wheel Race
- Felicity Wilson-Haffenden - Launceston Wheel Race
- Alex Eaves - Devonport U17 Scratch Race, Launceston U17 Points score, Launceston U17 Scratch Race, Burnie U17 Keirin and Burnie U17 Scratch Race
- Meika Derrico – Devonport U17 Scratch Race, Launceston U17 Keirin, Launceston U17 Scratch Race, Burnie U17 Keirin
- Lachie Oliver - Launceston U17 Keirin

Stewart McSweyn also performed well with a good run in the Burnie's New Year's Eve Carnival which saw him run the fastest time ever off scratch in the Men's Mile, with a time of 4:00.41.

Athletics

Congratulations to the following TIS athletes who attended and achieved at the AACT State Championships in Canberra in January. Results include

- Alexander McKillop placed first in the Ambulant 200m with a time of 27.13 and placed second in the Ambulant 100m with a time of 13.10 (-1.6).
- Alexander Creak placed second in the U20 400m with a season best time of 48.52.
- Dion Kenzie in his first race back from the Tokyo Olympics, ran his fastest season opener over 1500m in a time of 4:00.55. All goes very well for his lead up to the Commonwealth Games.

Tasmanian State Championships

Sam Clifford won the State 3K Championship event in a new PB of 8:07.07. Previous PB was set back in October 2019 at 8m.11.00. Sam is now preparing for the Australian 5k Championship in NSW.

The Cadbury Marathon

Milly Clark placed first in the Half Marathon with a time of 1:19.35.

Image: Sam Clifford (Centre)



Canoe

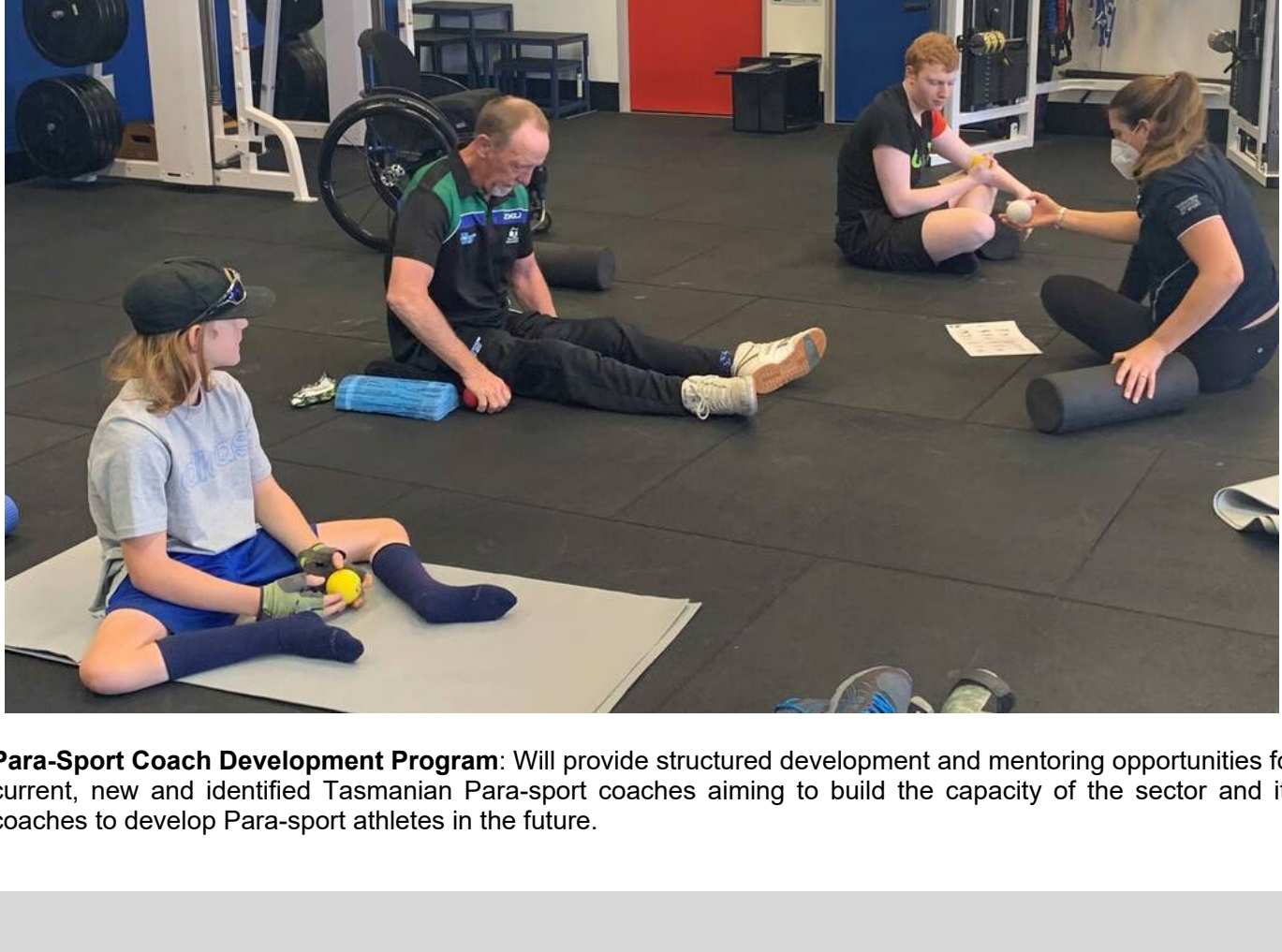
The 2022 Oceania Canoe Slalom Championships were held at Penrith during the last weekend in January.

The event is the start of the competition period, with the Australian Open to be held at Penrith in February and the National Championships at Brady's Lake in April. Kate Eckhardt and Hamish Dalziel performed well finishing on the podium in their preferred events.

Results:

- Women's K1 final – K. Eckhardt placed third
- Women's C1 Final - K. Eckhardt placed third
- Junior Men's K1 Final – H. Dalziel placed second

Image: Kate Eckhardt K1 heats 2022 Oceania Championships credit @caromodaphotography



Sailing

Sail Melbourne took place mid January with a number of strong results for TIS Sailing athletes.

- Sam King - Laser Standard placed second
- Charlie Zeeman - 49er placed third
- Will Sargent - Laser Standard placed fourth

Athletes will now turn their focus to training blocks with the national team program.

TIS Para-sport Project

The Tasmanian Institute of Sport (TIS) has partnered with Paralympics Australia (PA) to develop Para-sport pathways within the state, with the aim to provide more targeted support for developing and emerging Tasmanian Para-athletes and coaches.

The project has been made possible through funding from Communities, Sport & Recreation Tasmania.

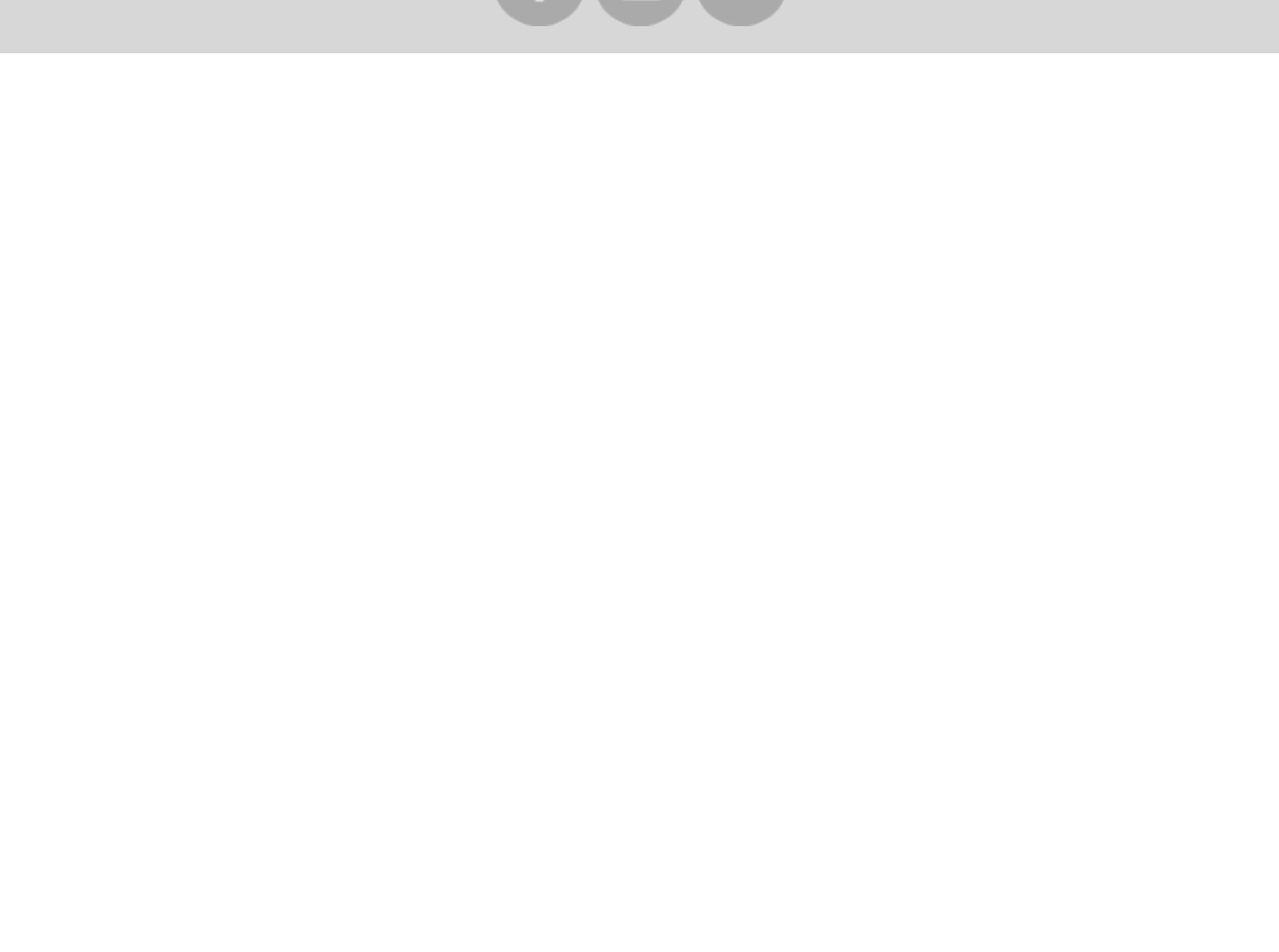
The project consists of three programs:

Para-Sport Talent Academy: Provides a development opportunity for talented Tasmanian Para-athletes not yet categorised by their sport, assisting them to progress to this level. Athletes will be supported through a Para-talent scholarship and engage in activities conducted by the TIS and Paralympics Australia.

Para-Sport Junior Talent Program: A talent ID opportunity for talented junior Tasmanian Para-athletes, exposing them to the high-performance environment. Participants will be exposed to elite level training facilities and sessions to develop their knowledge of basic strength & conditioning, performance habits and will connect them with former Paralympic and scholarship athletes.

The Junior Talent Program kicked off the project. The first session for the program was held at the beginning of February. Athletes participated in an introductory strength and conditioning session, followed by a presentation from three-time Paralympian, wheelchair athletics athlete, Sam McIntosh (T52 100m & 400m). TIS Para-archer Kevin Faulkner also joined the session sharing his experience and knowledge.

Image: Para-archer Kevin Faulkner, S&C Coach Annabelle Anderson, working with junior para-athletes.



Para-Sport Coach Development Program: Will provide structured development and mentoring opportunities for current, new and identified Tasmanian Para-sport coaches aiming to build the capacity of the sector and its coaches to develop Para-sport athletes in the future.

Upcoming Events

Athletics

State Championships Hobart, February 18-20

Canoe Slalom:

Australian Open Penrith, February 24-27 Feb

Cycling:

National Mountain Bike Champs Maydena, February 14-20

Rowing:

NSW State Championships, February 8-14, Tasmanian State Championships Lake Barrington, February 19-20

The TIS gratefully acknowledges the valuable support received from:



The TIS acknowledges our Strategic Partners and Our National Program Partners:

Strategic Partners



National Partners



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