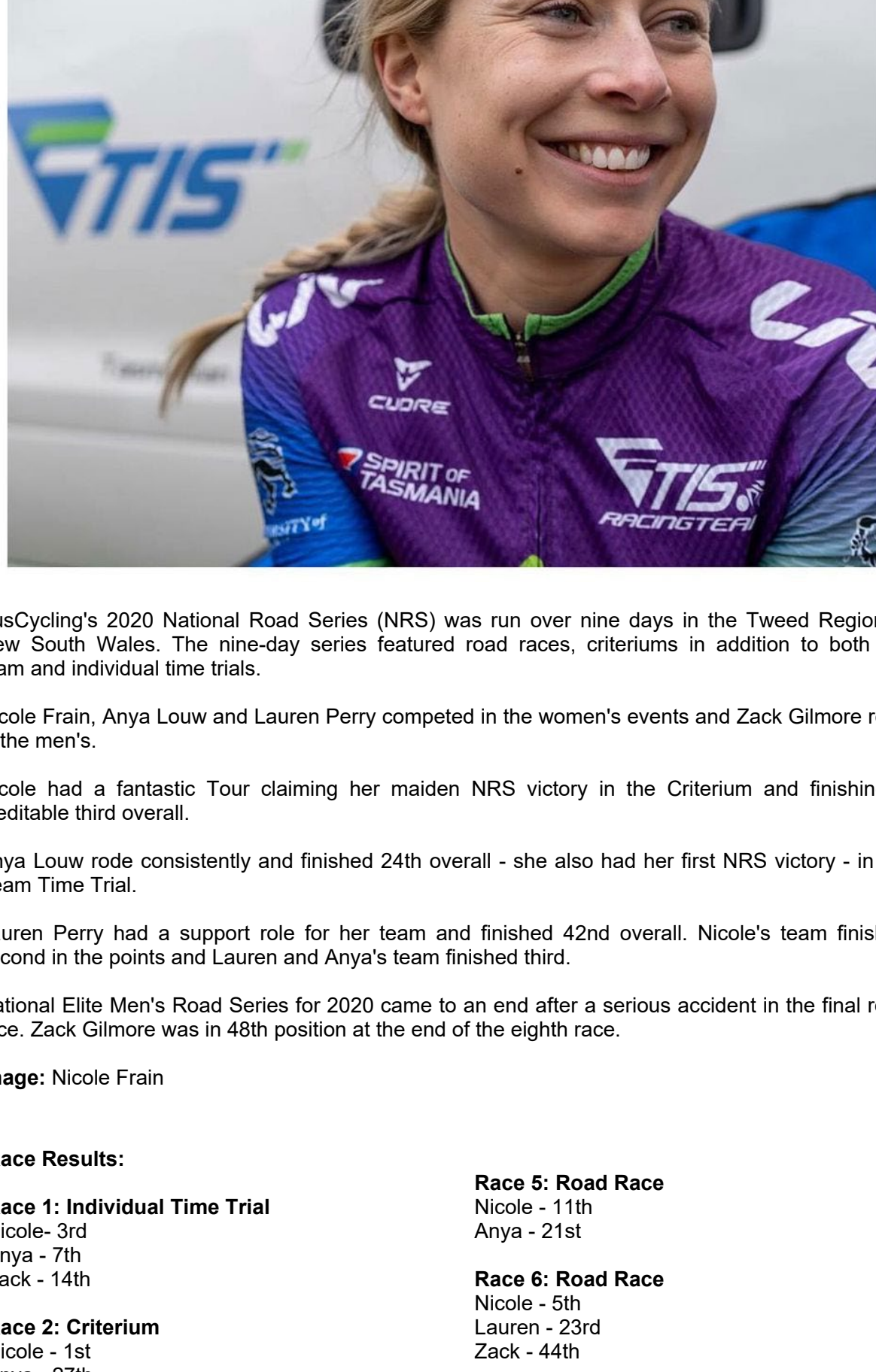


National Road Series - Podium finish for Nicole



AusCycling's 2020 National Road Series (NRS) was run over nine days in the Tweed Region in New South Wales. The nine-day series featured road races, criteriums in addition to both the team and individual time trials.

Nicole Frain, Anya Louw and Lauren Perry competed in the women's events and Zack Gilmore rode in the men's.

Nicole had a fantastic Tour claiming her maiden NRS victory in the Criterium and finishing a creditable third overall.

Anya Louw rode consistently and finished 24th overall - she also had her first NRS victory - in the Team Time Trial.

Lauren Perry had a support role for her team and finished 42nd overall. Nicole's team finished second in the points and Lauren and Anya's team finished third.

National Elite Men's Road Series for 2020 came to an end after a serious accident in the final road race. Zack Gilmore was in 48th position at the end of the eighth race.

Image: Nicole Frain

Race Results:

Race 1: Individual Time Trial

Nicole - 3rd
Anya - 7th
Zack - 14th

Race 2: Criterium

Nicole - 1st
Anya - 27th
Zack - 21st

Race 3: Road Race

Nicole - 6th
Anya - 17th
Lauren - 34th
Zack - 18th

Race 4: Road Race

Nicole - 4th
Zack - 35th

Race 5: Road Race

Nicole - 11th
Anya - 21st

Race 6: Road Race

Nicole - 5th
Lauren - 23rd
Zack - 44th

Race 7: Road Race

Nicole - 5th

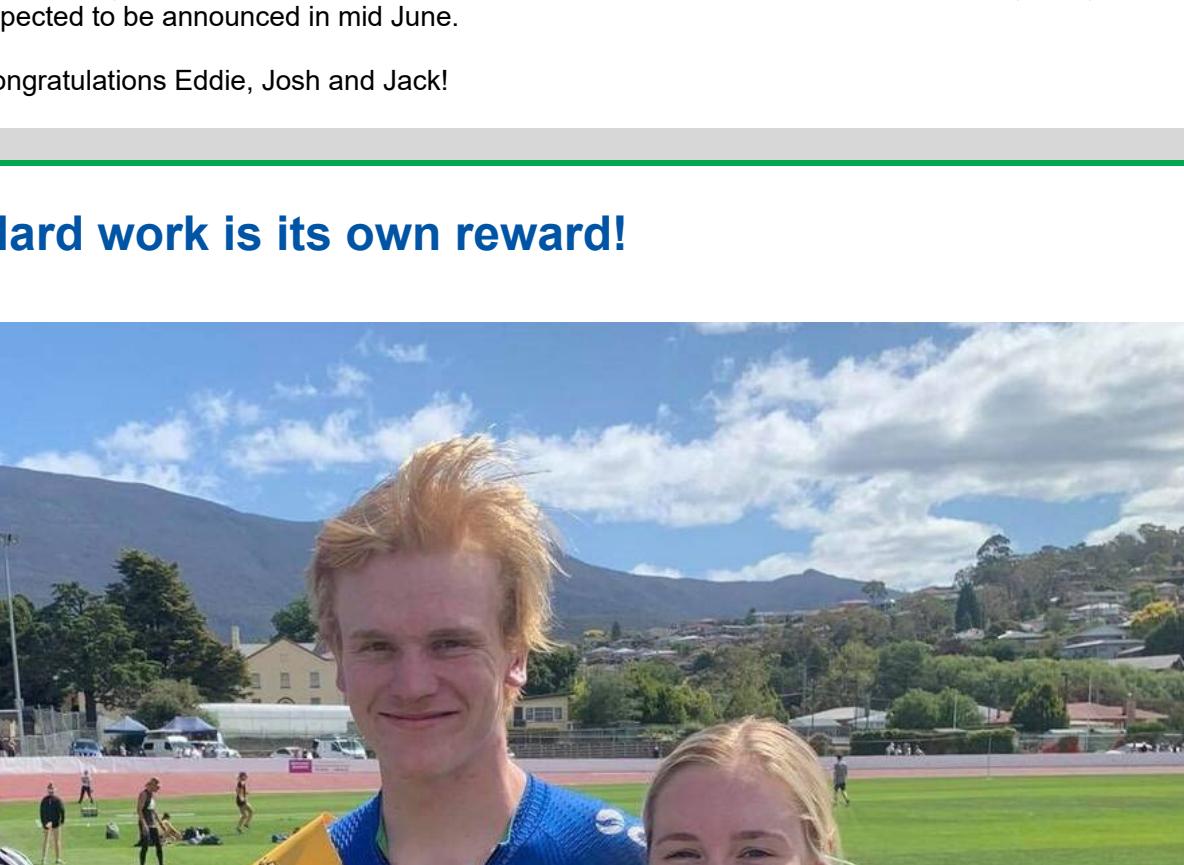
Race 8: Team Time Trial

ARA Pro Racing Sunshine Coast (Anya) - 1st
Sydney Uni - Staminade (Nicole) - 2nd
ARA Pro Racing Sunshine Coast (Zack) - 2nd

Race 9: Road Race

Nicole - 5th
Anya - 19th

Jacob Templeton breaks three world records



TIS Supported athlete Jacob Templeton had an impressive virtual Australian Short Course meet.

Jacob broke the World records in the S13 100, 200 and 400 metre Freestyle events.

Congratulations Jacob on your amazing performances!

2021 Kookaburras Squad includes three TIS athletes.

KOOKABURRAS 2021 SQUAD			
Jacob ANDERSON	23 (9)	Tyler LOVELL (GK)	145 (0)
Daniel BEALE	177 (28)	Dylan MARTIN	—
Josh BELTZ	41 (3)	Trent MITTON	173 (78)
Tom BRAND	40 (16)	Eddie OCKENDEN	366 (71)
Andrew CHARTER (GK)	181 (0)	Flynn O'GILVIE	109 (2)
Tom CRAIG	101 (20)	Lachlan SHARP	49 (0)
Matthew DAWSON	140 (12)	Josh SIMMONDS	19 (1)
Johan DURST (GK)	3 (0)	Matthew SWANN	204 (7)
Nathan EPHRAUMS	4 (0)	Jack WELCH	9 (3)
Blake GOVERS	98 (85)	Conroy WEYER	43 (3)
Jake HARVIE	70 (3)	Jack WHEATON	203 (64)
Jeremy HAYWARD	156 (65)	Tom WICKHAM	54 (24)
Tim HOWARD	61 (1)	Aran ZALEWSKI	101 (25)
Kurt LOVETT	3 (0)		

Head Coach: Colin Batch
Assistant Coaches: Rob Hammond, Anthony Potter

FOLLOW THE ACTION
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Eddie Ockenden, Josh Beltz and Jack Welch have been named in the Kookaburras 2021 pre-Olympic squad.

The continued impact of COVID around the world means the timing of the Kookaburras' next international match remains uncertain, however they are scheduled to take on New Zealand in the FIH Pro League on 24 and 25 April 2021.

Kookaburras record holder, Eddie Ockenden who will head into his 15th year representing Australia at a senior level will again co-captain the team.

The 16-player Kookaburras team to represent Australia at the rescheduled Tokyo Olympics is expected to be announced in mid June.

Congratulations Eddie, Josh and Jack!

Hard work is its own reward!



Lauren Perry and Josh Duffy have been named in Cycling Australia's Podium Potential Academy (PPA). They join eight other athletes in the Track Endurance/Road Squad. Josh retains his spot in the Academy and this is a new selection for Lauren!

The PPA focuses on the long-term development of athletes orientated around success at the Birmingham 2022 Commonwealth Games and through to the 2024 Olympic Games and beyond.

The Academy aims to deliver a comprehensive and balanced performance curriculum to develop athletes for the physical and mental demands of a high-performance sport, prepare them for Australian Cycling Team podium program, Olympic success and ultimately for life beyond sport.

The program immerses athletes in a high-performance environment at the Australian Cycling Team headquarters in Adelaide, and under the guidance of discipline-specific coaches, aims to bridge the gap between the country's state high-performance network and the Podium program.

Congratulations Lauren and Josh it is great to see your hard work and dedication paying off and we wish you every success.

Image: Josh Duffy and Lauren Perry

Exciting inclusion for Sarah Haywood

Sarah Haywood has been named as a member of Archery Australia's Paris24 (P24) Pathway Program.

The program is a new initiative that focuses on developing talented archers towards the Paris 2024 Olympic Games.

The P24 program has a partnership between Archery Australia's High Performance team and the AIS performance Pathways unit. The P24 Program has been financially supported by the AIS with a Solutions Grant.

As part of this program, Sarah recently attended a P24 Program Camp at the Australian Institute of Sport where the archers went through sessions on biomechanics, psychology, recovery, wellbeing, dietetics along with some indoor shooting drills and games.

Talking about the camp Sarah said 'Its been an incredible experience and I can't wait to use what I have learnt.'

In addition, addition Sarah has also been named in the 2021 National Recurve Development Squad.

Congratulations Sarah!

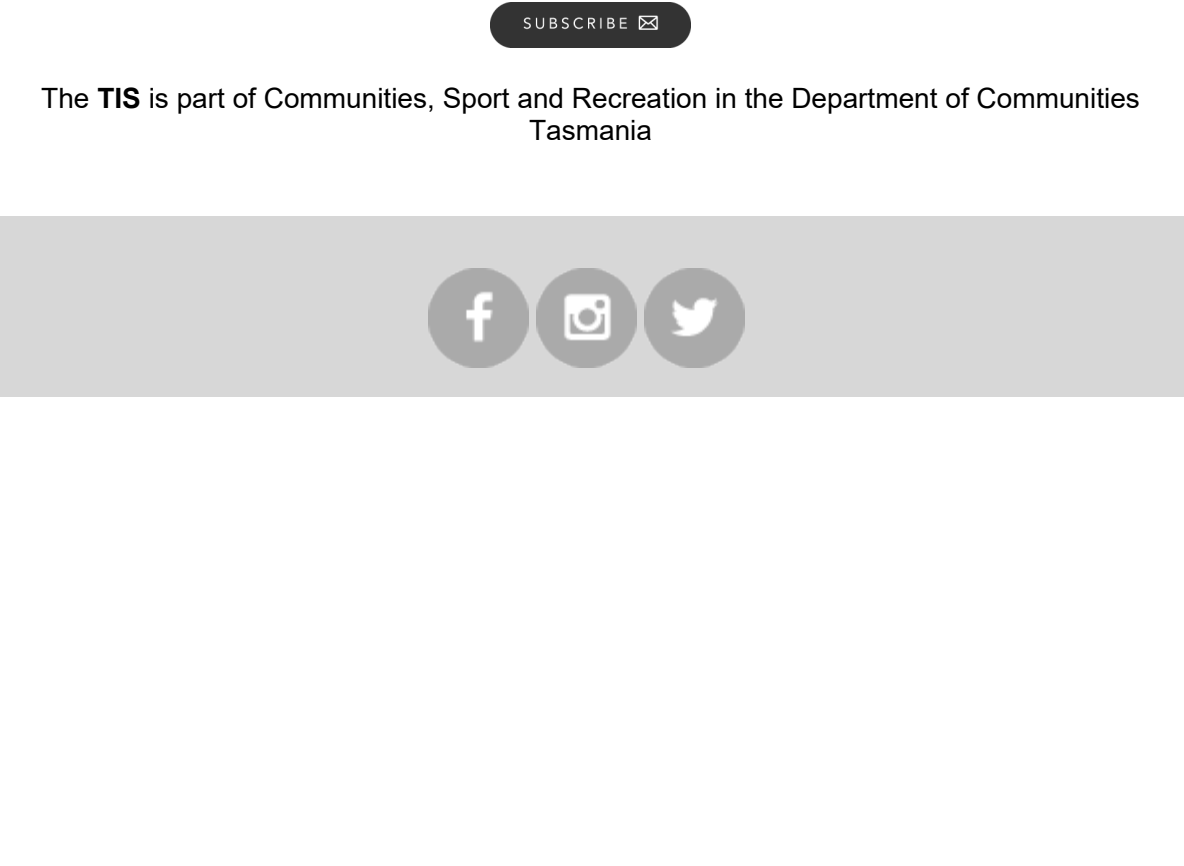


Kev Faulkner named in the National Para Development Squad

Kevin Faulkner has been named in Archery Australia's inaugural National Para Development Squad.

The National Para Program is an exciting new program which will commence in 2021 and provide a clear pathway for Para Archers aspiring to represent Australia at major international events such as the Paralympic Games and World Para Championships.

Congratulations Kev!



Six rowers invited to National Trials

Congratulations to the following rowers - they were invited to participate in the Australian Senior Rowing Team December Trials:

- Sarah Ashlin
- Ciona Wilson
- Ally Wrigley
- Sarah Hawe
- Eve Mura
- Georgia Nesbitt

This event took place between 8 and 11 December 2020 in Penrith, New South Wales with trialling over both the long distance 5km Nepean River course and 2000m racing at the Sydney International Regatta Centre.

Image: Sarah Hawe, Ciona Wilson and Georgia Nesbitt



Happy and Safe Festive Season from all at the TIS

This year has challenged us all in unexpected ways! It has also highlighted reasons to reflect and be grateful.

We hope you all have a chance to relax and enjoy some time with loved ones over the festive season. For those athletes still training and competing during this time - we wish you all the best!

Looking forward to 2021, we turn our attention to the rescheduled Olympic and Paralympic Games in Tokyo.

On behalf of everyone at the TIS, stay safe and we'll see you all next year!

The TIS gratefully acknowledges the valuable support received from:

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