

Cycling Athletes Racing at The Australian Road Championships

Georgia Baker finished off 2022, by winning the AusCycling Vittoria Women's Track Cyclist of the Year as well as being a finalist in the AusCycling Santini Cyclist of the Year. Not content to ease into Christmas after a big year, Georgia then teamed up with Alex Manly to win the 2023 Madison National Championship.

Cycling in December means Christmas Carnivals and it was great to see Lauren Perry put in some stellar performances. Fresh from statement podium finishes in national Omnium and Madison championships, Lauren backed up victory in the Hobart Wheel by adding the National Elimination Title and then winning the first UCI Women's Omnium event held in Tasmania at the Silverdome. Lauren also tasted success in the A-grade Scratch race at Devonport before finishing a close second in the Burnie Wheel.

With Road Nationals and the Tour Down Under completed, attention will now turn to the track as many of our athletes start to prepare for the National Track Championships in Brisbane in March.

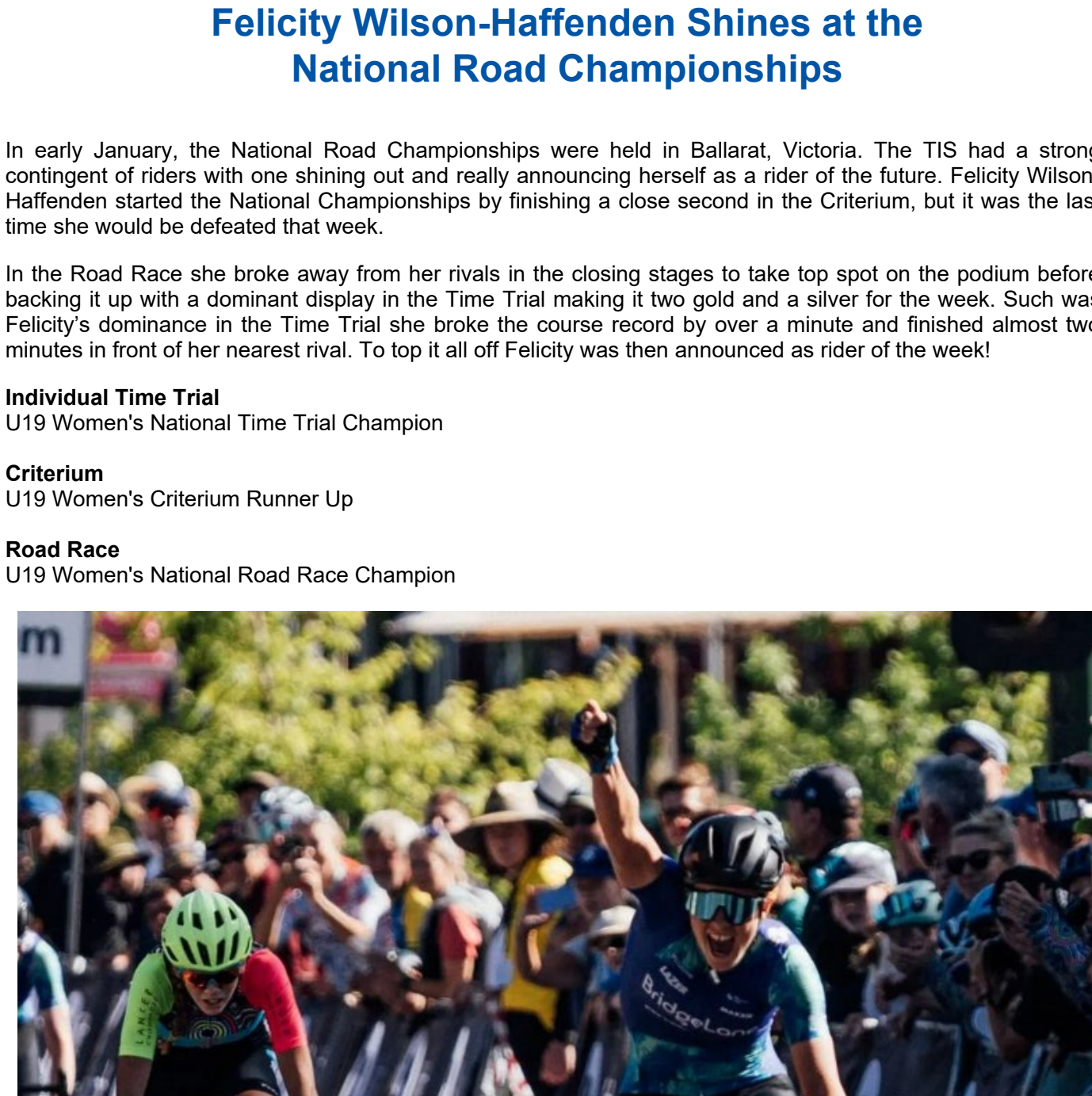
125th Austral Wheelrace, National Omnium & Madison Championships
 Women's Austral Wheel Race - 2nd Georgia Baker
 Elite Women Omnium - 1st Georgia Baker, 3rd Lauren Perry
 Men's A Grade Scratch Race - 2nd Will Eaves
 Women's Madison - 1st - Georgia Baker (Alex Manly), 2nd Lauren Perry (Chloe Moran)
 Men's Madison - 3rd Josh Duffy (Kurt Eather)

XCO National Mountain Bike Series

The national XCO series (cross country) commenced in Canberra with Sam Fox leading the national series after the first two rounds. Race one in the elite men saw Sam and Cameron Ivory podium one and three respectively with Sam following it up in race 2 to claim back-to-back wins.

Results indicate strong performances for the upcoming Mountain Bike National Championships in Thredbo, NSW from 9 February.

Image: Sam Fox Credit: @hixit



Felicity Wilson-Haffenden Shines at the National Road Championships

In early January, the National Road Championships were held in Ballarat, Victoria. The TIS had a strong contingent of riders with one shining out and really announcing herself as a rider of the future. Felicity Wilson-Haffenden started the National Championships by finishing a close second in the Criterium, but it was the last time she would be defeated that week.

In the Road Race she broke away from her rivals in the closing stages to take top spot on the podium before backing it up with a dominant display in the Time Trial making it two gold and a silver for the week. Such was Felicity's dominance in the Time Trial she broke the course record by over a minute and finished almost two minutes in front of her nearest rival. To top it all off Felicity was then announced as rider of the week!

Individual Time Trial
 U19 Women's National Time Trial Champion

Criterium
 U19 Women's Criterium Runner Up

Road Race
 U19 Women's National Road Race Champion



Daniel Watkins Retires

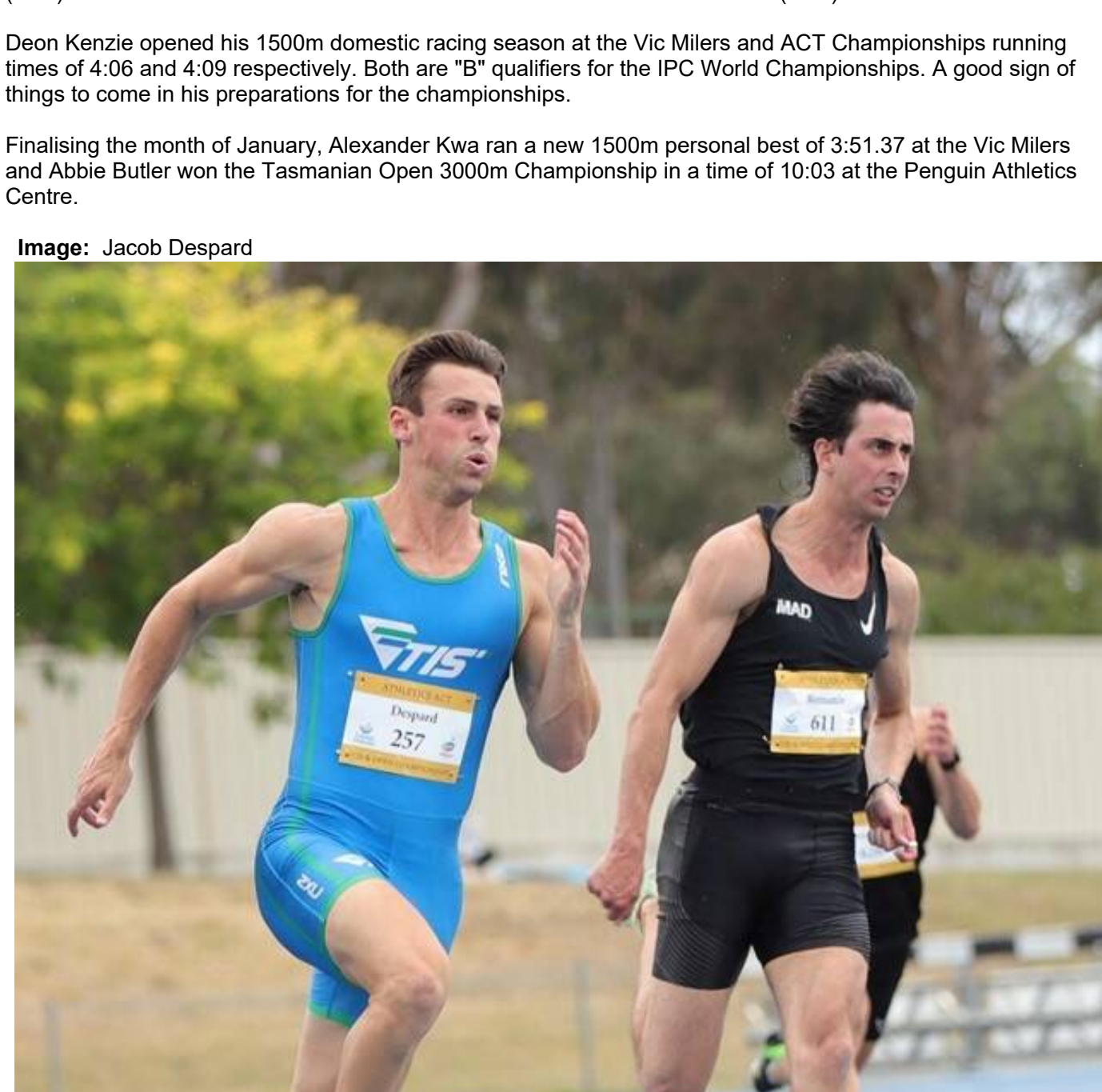
The TIS would like to congratulate Dan Watkins, who has announced his retirement from competition.

Dan held a TIS scholarship since 2011. He competed in his first international event in 2014 and in 2021 made his Olympic debut at the 2020 Tokyo Olympic Games.

Dan has been an excellent role model for the younger athletes in the TIS Canoe Slalom Program, many of whom aspire to achieve the heights that Dan has reached. We hope to see Dan maintain relationships with our younger athletes with his continued involvement with the sport.

The TIS wishes Dan all the best for his future adventures.

Credit: @callon-grady



Athletics Action

December saw key athletic events kicking off around the country with athletes attending a variety of events starting with Jacob Despard and Jack Hale attending Athletics Australia's National 4x100 Relay Camp in Brisbane as part of their strategic plan for 2023 World Championships and Olympic Qualification 2024.

The Zatopek:10 Track Challenge occurred in Melbourne with athletes Alexander Kwa and Abbie Butler gaining experience and confidence in the U20 Men's and Women's 3000m Steeplechase with both reaching new personal best performances of 8:26.49 and 9:43.37 respectively.

December events ended with the Tasmanian Christmas Carnivals showcasing Stewart McSweyn competing against Oliver Hoare (Commonwealth Games Gold Medalist) each obtaining a win over the other at the two events held in Devonport and Burnie. Jack Hale made the final in the Burnie Gift and Jacob Despard qualified for the sprint finals at Hobart, Devonport and Burnie carnivals.

January saw Stewart McSweyn qualify for the 2023 World Cross Country Championships after winning the 2km event in a time of 5:10 minutes at the Australian World Cross Country Trials conducted in Canberra. Stewart will be competing along the iconic Mount Panorama course as a member of the Mixed 4x2km Relay. The event will take place from February 17-19, Bathurst, NSW.

Jacob Despard had a very active January which included breaking a longstanding 26-year record of 20.92 seconds (March 1997) held by Simon Bresnahan over 200m at the Denise Boyd Shield Meet in a time of 20.78 (-0.3) seconds at the Queensland Sports and Athletics Centre.

Jacob then went on to break his own record 11 days later at the ACT Athletics Championships running 20.59 (+1.2) seconds including a new personal best claiming the 100m ACT title in a time of 10.21 (-0.2) seconds.

Jack and Jacob are now focusing their attention on the Australian Athletics Track Classic Series concluding at the Australian Championships 30 March-02 April aiming to qualify for the Budapest World Championship in August.

Alexander McKillop took gold at the ACT Track & Field Championships in the 200m Ambulant in a time of 26.49 (0.06) seconds and silver medalist over the 100m Ambulant in a time of 12.80 (+0.1) seconds.

Deon Kenzie opened his 1500m domestic racing season at the Vic Milers and ACT Championships running times of 4:06 and 4:09 respectively. Both are "B" qualifiers for the IPC World Championships. A good sign of things to come in his preparations for the championships.

Finalising the month of January, Alexander Kwa ran a new 1500m personal best of 3:51.37 at the Vic Milers and Abbie Butler won the Tasmanian Open 3000m Championship in a time of 10:03 at the Penguin Athletics Centre.

Image: Jacob Despard



Sport Program Activities

Canoe/Slalom

The opening event of the 2023 Paddle Australia domestic season, the Canoe Slalom Age Championship's, was held on the Forth River course in January. Events included C1, K1, team events and C2, along with the newly named Kayak Cross (formally known as Extreme Slalom).

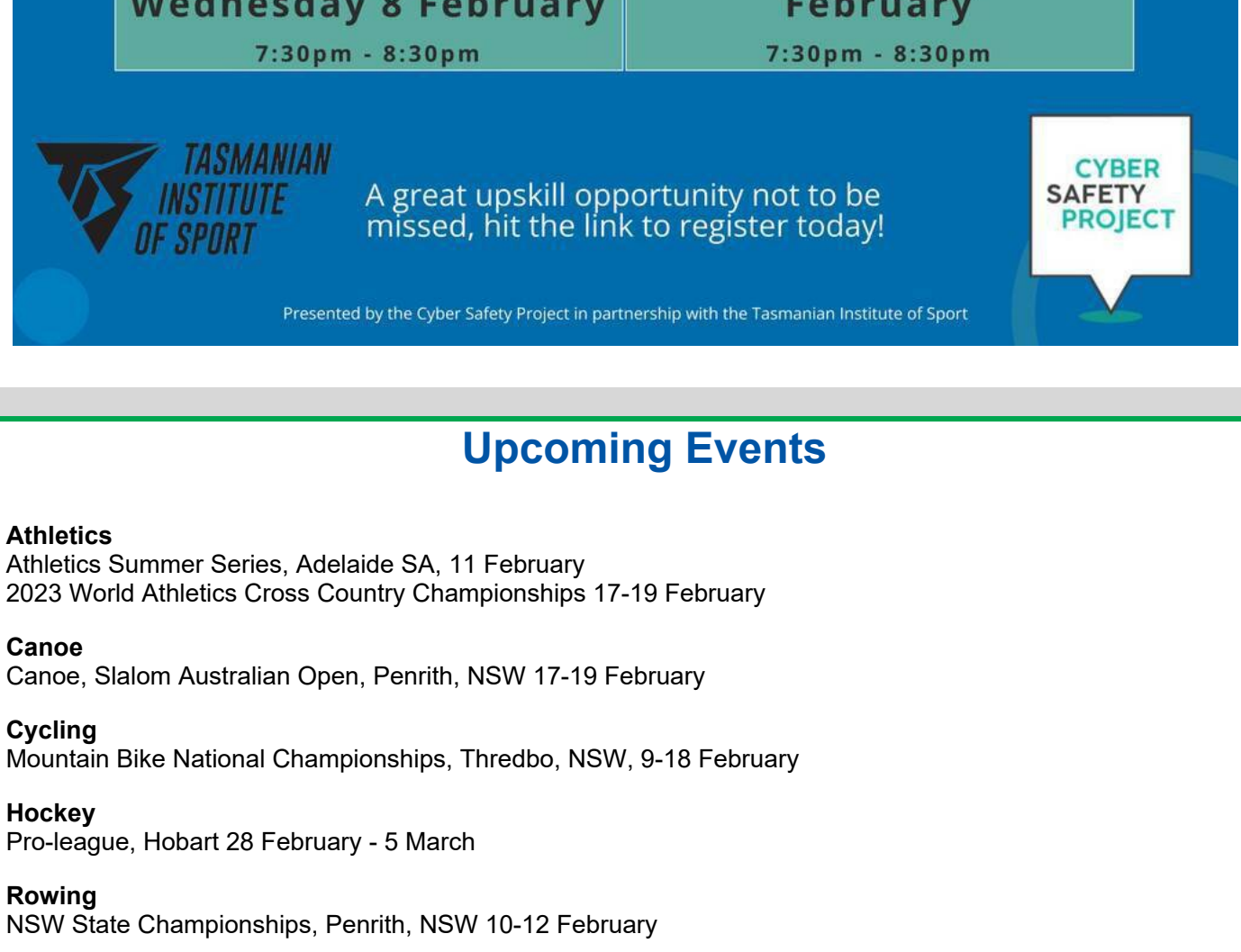
Claire Clements had an excellent overall event, winning gold in the women's C1, Kayak Cross and C2 events, while placing seventh overall in the K1, but first in her U18 division.

Hamish Dalziel won gold in the Kayak Cross and overall C1, silver in the K1 and topped his U23 division in both events.

Dan Watkins won gold in the Men's K1 and fourth overall in the Men's C1.

The next National event is the Canoe Slalom Australian Open from the 17-19 February at the Penrith Whitewater Stadium.

Image: Claire Clements Credit: Cheryl Mackie, Living Moments Studio



Hockey

In December Maddison Brooks, Evie Dalton and Josh Brooks represented the Jilloaros and Burras respectively at the Oceania Junior World Cup Qualifier with TIS Head Coach Tim Strapp attending as Assistant Coach to the Jilloaros. Both teams were successful by winning the series and now turn their focus to preparing for the Junior World Cups later in the year.

In the Hockey World Cup, Eddie Ockenden and Josh Beltz finished fourth after being defeated by the Netherlands 3-1 in the bronze medal match. The Kookaburras now commence preparation for the upcoming Pro-League season which kicks off in Sydney followed by a round in Hobart from the 28 February - 5 March.

Rowing

Over the course of December and January, athletes have been competing in numerous State Regattas as they prepare for the upcoming NSW State Championships to be held in Penrith, 10-12 February.

Senior athletes Eve Mure and Jack Barrett along with U23 athletes Will Birchmore and Molly McCausland, were invited to a training camp consisting of time trials and racing at the National Training Centre in December. This was a great opportunity for these athletes to race against and see Australia's best athletes in action. Strong learnings from the camp will be applied in training leading to the nationals in Perth WA, 27 March - 2 April.

Sailing

In December TIS athletes participated in Sail Sydney with some key results. Eddie Reid had a great regatta, winning the opening race in the Laser ICLA 6 (Radial) and placing fifth against the adult fleet.

Sam King placed fifth, the first of the non-National Team athletes, continuing his dominance in the Developing athlete space in the ILCA 7 (Laser) with Will Sargent finishing mid field.

Competing in the Nacra 17 class, Will Cooley and Amy Potter contested their first event of the season and this was a great starting point for their upcoming sailing campaign.

The 2023 Oceania & Australian Laser Open & Youth Championships in Sydney saw Sam King place 13th being the sixth Australian over the line and Will Sargent finishing as the 12th Australian in 21st spot in the ILCA 7 (Laser) class. Eddie Reid sailing in the Gold ILCA 6 (Radial) class finished 15th overall but fourth in the U19 age group.

Rounding out the month, Sail Melbourne in January also provided further competition opportunities for Sam, Will & Eddie.

Swimming

Max Gilliani and Noah Kamprad have been preparing for nationals occurring in April, by participating in the Queensland and South Australian State Championships during December and January.

Max had the opportunity at the South Australian Championships to line up against four Olympians including Kyle Chalmers, going on to record a victory by winning the 100m freestyle title by one-one-hundredth of a second with a time of 49.77 to edge Chalmers 49.78.

For Max, this was his second fastest swim, sitting behind his personal best of 49.66 which he achieved at the Queensland State Championships.

Register Now - Cyber Safety & Wellbeing Live Webinars

The TIS in partnership with the Cyber Safety Project will be running two Cyber Safety & Wellbeing Live Webinars.

Coach, Performance Managers & Administrators Webinar - 8 February 7:30-8:30pm

To register: <https://bit.ly/TISCoaches>

Athlete Webinar - 15 February 7:30-8:30pm

To register: <https://bit.ly/TISAthletes>

For coaches, performance managers & administrators, communicating in this era can be a useful and instant tool, but also a mine field as your athletes have grown up in a digital era.

What if there is a situation where you have been filmed coaching your athletes and it goes viral for the wrong reason?

Your athlete is caught up in a media/social network frenzy of bullying. How do you the coach and the club administrators support the athlete?

Digital addictions (online gaming, gambling) how do you start the conversations? What steps can your club take?

For athletes today, growing up digital is a whole new world. Learning safe practices and healthy athlete environment where digital use is encouraged, but managed effectively, can be a tough balance.

Register now for your opportunity to hear the latest and upskill your knowledge in this every changing environment.

If you have any questions, please email Angela tasapplications@tis.tas.gov.au.

Cyber Safety & Wellbeing Live Webinars

Navigating a Digital World Safely in Today's Sporting Environment

What you will learn

- Online Gaming and the links to gambling and sports betting
- Sexting, Nude Image Sharing and the law
- Managing online harassment, help-seeking strategies and resources
- Athlete/Coaches Digital Passports and our Athlete/Coaches Digital Footprint
- Protecting your Online vs Offline personal brand
- Establishing positive relationships in your support network and how to report cyber abuse

For Coaches, Performance Managers and Administrators

Wednesday 8 February

7:30pm - 8:30pm

For Athletes

Wednesday 15 February

7:30pm - 8:30pm

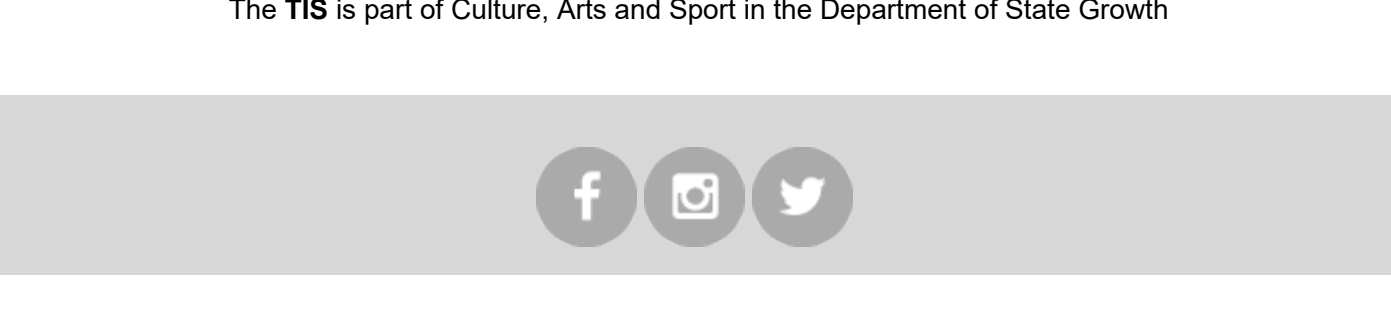
A great upskill opportunity not to be missed, hit the link to register today!

Presented by the Cyber Safety Project in partnership with the Tasmanian Institute of Sport

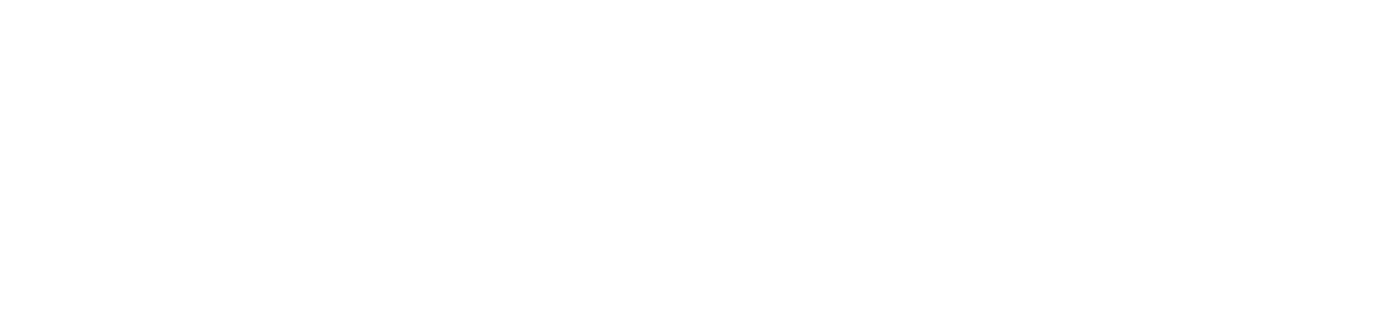
Upcoming Events

- Athletics**
Athletics Summer Series, Adelaide SA, 11 February
2023 World Athletics Cross Country Championships 17-19 February
- Canoe**
Canoe, Slalom Australian Open, Penrith, NSW 17-19 February
- Cycling**
Mountain Bike National Championships, Thredbo, NSW, 9-18 February
- Hockey**
Pro-league, Hobart 28 February - 5 March
- Rowing**
NSW State Championships, Penrith, NSW 10-12 February

The TIS gratefully acknowledges the valuable support received from:



The TIS acknowledges our Strategic and National Program Partners:



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Our mailing address is:

Tasmanian Institute of Sport
 PO Box 93, Prospect, TAS 7250
 Silverdome Complex, 55 Oakden Road,
 Prospect, Launceston, TAS 7250

The TIS is part of Culture, Arts and Sport in the Department of State Growth

