

Edition 66 - February 2021

The TIS welcomes three new staff members



Mike King

Mike joins the Strength and Conditioning team and will service the gym at Technopark.

Mike spent the last five years working with the South Australian Institute of Sport, Athletics South Australia, Cycling South Australia and the Adelaide University.

Prior to this, Mike worked as a strength and conditioning coach in the UK with professional cricket (eight years) and at Loughborough University (four years) servicing rugby union, soccer, tennis and swimming.

Welcome to the Strength and Conditioning team Mike!

Brett Gillow

Brett is the new Sports Program Coordinator and is based at our Silverdome office.

Brett worked in the Tourism Industry for 23 years - the last 18 years in the private sector organising group travel for inbound groups into Tasmania. Prior to this Brett worked at Tourism Tasmania for five years.

Outside of work Brett has spent 30 years as a volunteer in sports administration for sports including AFL football, netball and athletics at both club and state levels.

Welcome to the Sports Programs team Brett.

Rob Ballard

Rob joins the team as Athletics State Performance Advisor and is located at Technopark.

Rob has had a long and varied career in the sporting industry as an athletics coach, physical performance coach and strength and conditioning consultant.

Rob was also an accomplished track and field athlete. Rob represented Australia at the 1988 Olympics and 1990 Commonwealth Games in the 4 x 400m relay. Rob won the Stawell gift three times and in 2009 he was the World Masters Champion in the 100 and 400 metres.

Welcome to the TIS Rob.

Australian National Road Cycling Titles

Many of our cyclists competed at the National Road Championships and achieved some pleasing results.

Individual Time Trial

In the Elite Women and U23 event Nicole Frain secured a bronze medal. Anya Louw finished 9th overall and achieved bronze in the U23 section. Caitlyn Turner finished 14th overall and 5th in U23 section.

In the Men's U19 Time Trial Hamish McKenzie fought hard after having an early mechanical and in the Men's U23 Race Zack Gilmore rode well for 15th.

Criterion

In the Elite & U23 Women's event Georgia Baker was 32nd following a crash on the final corner. Prior to the crash Georgia was in a position to contest the medals.

In the U23 Men Sam Fox put in a great performance to finish 10th and Scott Bowden finished 11th in the Elite Men's event.

Road Race

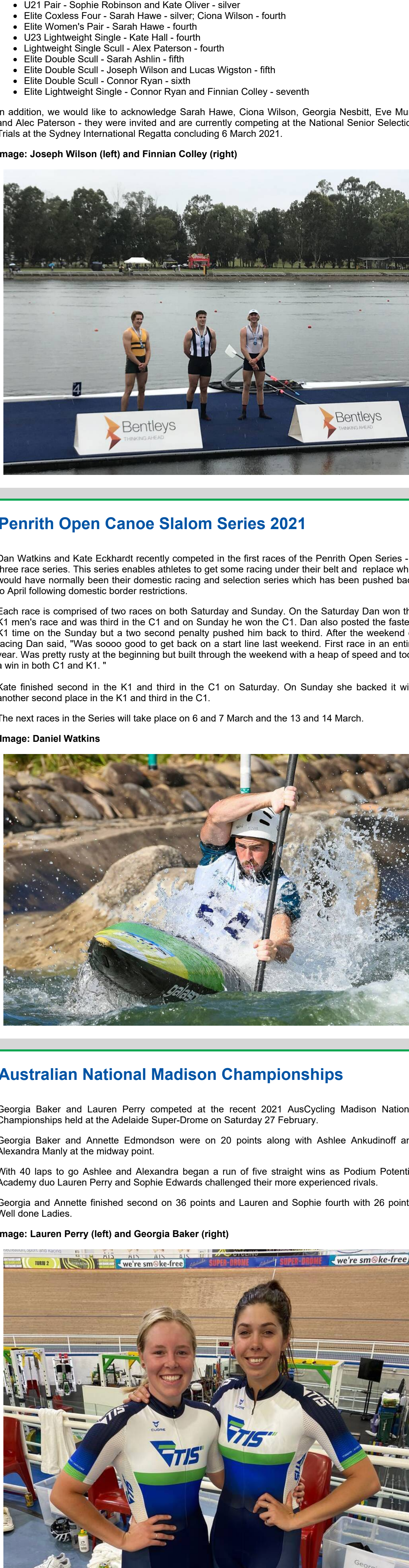
Hamish McKenzie finished a pleasing 9th in the U19 Men's event.

In the U23 event Sam Fox topped off a great Nationals with 18th. Zack Gilmore finished 30th and Liam Johnstone 50th.

Scott Bowden put in an amazing performance in the Elite Men's event achieving bronze. As well as third outright Scott was fourth in the King of the Mountain. Scott has had many up's and down's in the past couple of years - injury's and illness. It is fantastic to see Scott's perseverance and determination has finally paid off!

Nicole Frain finished 11th in the Elite & U23 event, Anya Low rode strongly to finish 26th and Georgia Baker put in a gutsy performance after her crash two days earlier to finish 37th.

Image: Scott Bowden



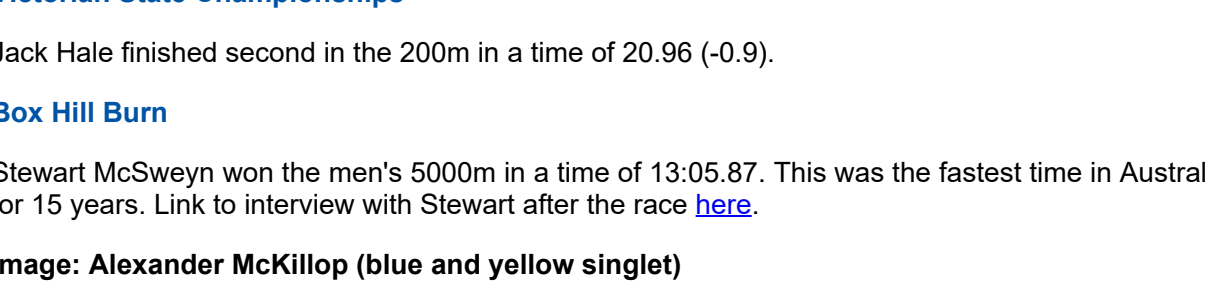
TIS Rowers achieve success at the NSW Champs

Congratulations to our rowers who achieved the following results at the NSW Rowing Championships:

- U21 Single Scull - Lucas Wigston - gold
- U21 Lightweight Double Scull - Sophie Robinson - gold; Kate Oliver - silver
- Elite Lightweight Double Scull - Georgia Nesbitt - gold, Eve Mure - silver
- Elite Lightweight Single Scull - Georgia Nesbitt - gold
- U23 Single Scull - Joseph Wilson - silver; Finnian Colley - bronze
- U21 Pair - Sophie Robinson and Kate Oliver - silver
- Elite Coxless Four - Sarah Hawe - silver; Ciona Wilson - fourth
- Elite Women's Pair - Sarah Hawe - fourth
- U23 Lightweight Single - Kate Hall - fourth
- Lightweight Single Scull - Alex Paterson - fourth
- Elite Double Scull - Sarah Ashlin - fifth
- Elite Double Scull - Joseph Wilson and Lucas Wigston - fifth
- Elite Double Scull - Connor Ryan - sixth
- Elite Lightweight Single - Connor Ryan and Finnian Colley - seventh

In addition, we would like to acknowledge Sarah Hawe, Ciona Wilson, Georgia Nesbitt, Eve Mure and Alex Paterson - they were invited and are currently competing at the National Senior Selection Trials at the Sydney International Regatta concluding 6 March 2021.

Image: Joseph Wilson (left) and Finnian Colley (right)



Penrith Open Canoe Slalom Series 2021

Dan Watkins and Kate Eckhardt recently competed in the Penrith Open Series - a three race series. This series enables athletes to get some racing under their belt and replace what would have normally been their domestic racing and selection series which has been pushed back to April following domestic border restrictions.

Each race is comprised of two races on both Saturday and Sunday. On the Saturday Dan won the K1 men's race and was third in the C1 and on Sunday he won the C1. Dan also posted the fastest K1 time on the Sunday but a two second penalty pushed him back to third. After the weekend of racing Dan said, "Was soooo good to get back on a start line last weekend. First race in an entire year. Was pretty rusty at the beginning but built through the weekend with a heap of speed and took a win in both C1 and K1."

Kate finished second in the K1 and third in the C1 on Saturday. On Sunday she backed it with another second place in the K1 and third in the C1.

The next races in the Series will take place on 6 and 7 March and the 13 and 14 March.

Image: Daniel Watkins



Australian National Madison Championships

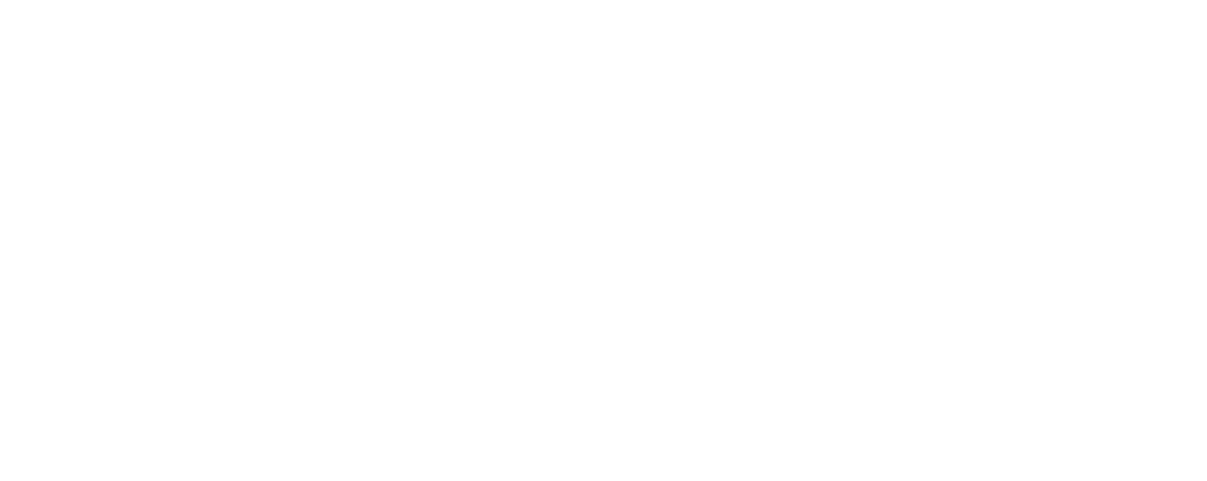
Georgia Baker and Lauren Perry competed at the recent 2021 AusCycling Madison National Championships held at the Adelaide Super-Drome on Saturday 27 February.

Georgia Baker and Annette Edmondson were on 20 points along with Ashlee Ankudinoff and Alexandra Manly at the midway point.

With 40 laps to go Ashlee and Alexandra began a run of five straight wins as Podium Potential Academy duo Lauren Perry and Sophie Edwards challenged their more experienced rivals.

Georgia and Annette finished second on 36 points and Lauren and Sophie fourth with 26 points. Well done Ladies.

Image: Lauren Perry (left) and Georgia Baker (right)



Recent Track and Field Performances

ACT Summer Series

T38 athlete Deon Kenzie broke the two-minute barrier for 800m, running 1:59.83 to set a new personal best in a strong showing of early-season form.

Victorian Track Relay Championships

Jack Hale and his team mates set a new Victorian Club record in the 4 x 100m relay finishing in a time of 39.86.

ACT Athletics Championships

Alexander McKillop won his 300m in a season best time and finished 2nd in the 100m in his best time since September 2020. Jack Hale finished second in the Men's Open 100m.

Zatopek10

Sam Clifford finished third in the Men's U20 3000m.

David Baxter 100 Yards Championship

Jack Hale broke Gary Eddy's 100 yard record of 9.52 (-0.8) set in 1966. Jack finished in a time of 9.43 (+2.0)

Summer Super Series - Canberra

In one of the best performances in the meet, Jack Hale sprinted to a 100m victory in the a time of 10.21 (+1.0). The race was Jack's third in three weeks with each one quicker than the last. Jack is looking to clock 10.05 to secure an Olympic berth and is pleased to be back in PB territory.

Victorian State Championships

Jack Hale finished second in the 200m in a time of 20.96 (-0.9).

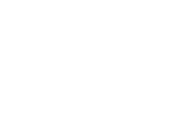
Box Hill Burn

Stewart McSweyn won the men's 5000m in a time of 13:05.87. This was the fastest time in Australia for 15 years. Link to interview with Stewart after the race [here](#).

Image: Alexander McKillop (blue and yellow singlet)



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