

Retirement after 29 Years with Team TIS

Well, this is goodbye. After 29 years with the TIS it is time for me to depart. It has been such a rewarding time for me personally over this time and looking back at where it was when I started, to what it is today, fills me with great satisfaction for what has been achieved.

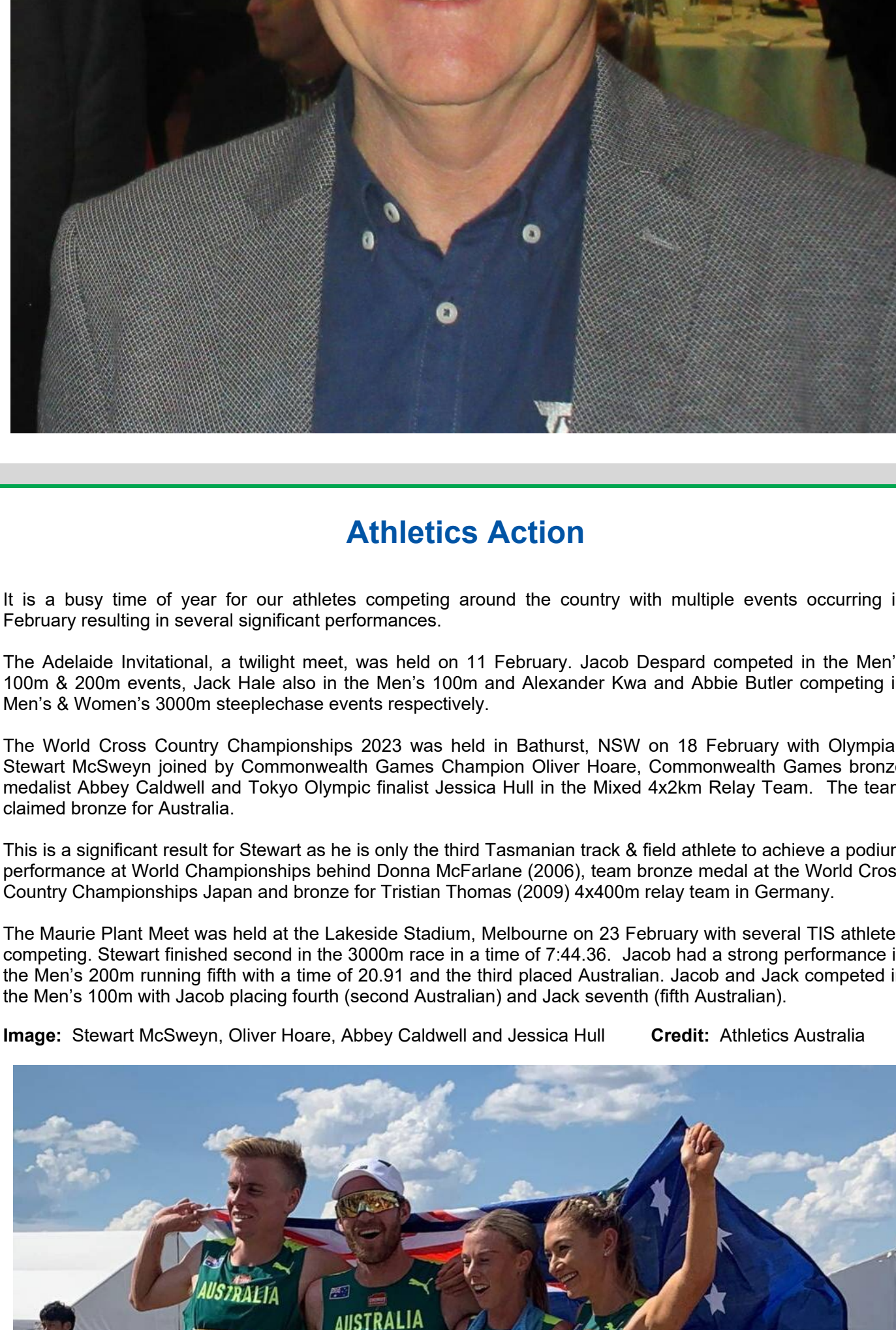
I am extremely grateful for the opportunity to lead the TIS and even more grateful for the outstanding team of people that work there; or have during my time as Director. Nothing would have been achieved if it wasn't for the passion and commitment of the TIS Team who invest so much into assisting talented athletes develop.

I would like to thank everyone, former or current staff, colleagues within the Departments of which there have been a few, fellow National Institute Network Directors, and our valued TIS sports partners for the way I have been helped and supported in our efforts to give Tassie's best athletes every chance to succeed.

Best wishes to the new Director Adam Sproule and to all the staff for the exciting future built around High Performance Sport in Australia over the next ten years. I wish all our athletes new and old every success as they chase their sporting dreams particularly those that have Paris 2024 looming large.

Paul Austen

Image: Paul Austen



Athletics Action

It is a busy time of year for our athletes competing around the country with multiple events occurring in February resulting in several significant performances.

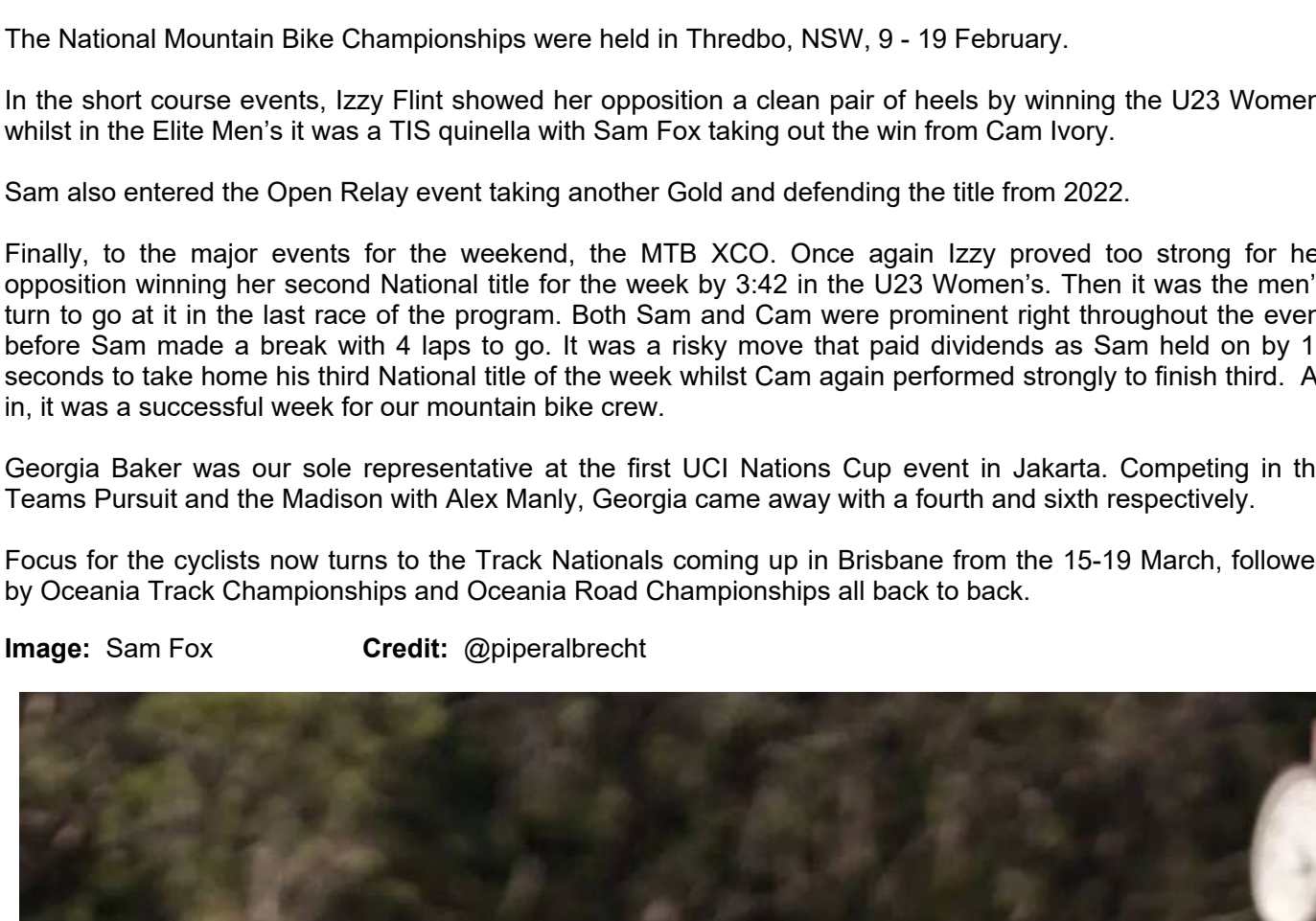
The Adelaide Invitational, a twilight meet, was held on 11 February. Jacob Despard competed in the Men's 100m & 200m events, Jack Hale also in the Men's 100m and Alexander Kwa and Abbie Butler competing in Men's & Women's 3000m steeplechase events respectively.

The World Cross Country Championships 2023 was held in Bathurst, NSW on 18 February with Olympian Stewart McSweyn joined by Commonwealth Games Champion Oliver Hoare, Commonwealth Games bronze medalist Abbey Caldwell and Tokyo Olympic finalist Jessica Hull in the Mixed 4x2km Relay Team. The team claimed bronze for Australia.

This is a significant result for Stewart as he is only the third Tasmanian track & field athlete to achieve a podium performance at World Championships behind Donna McFarlane (2006), team bronze medal at the World Cross Country Championships Japan and bronze for Tristan Thomas (2009) 4x400m relay team in Germany.

The Maurie Plant Meet was held at the Lakeside Stadium, Melbourne on 23 February with several TIS athletes competing. Stewart finished second in the 3000m race in a time of 7:44.36. Jacob had a strong performance in the Men's 200m running fifth with a time of 20.91 and the third placed Australian. Jacob and Jack competed in the Men's 100m with Jacob placing fourth (second Australian) and Jack seventh (fifth Australian).

Image: Stewart McSweyn, Oliver Hoare, Abbey Caldwell and Jessica Hull Credit: Athletics Australia



Cycling Results

The National Mountain Bike Championships were held in Thredbo, NSW, 9 - 19 February.

In the short course events, Izzy Flint showed her opposition a clean pair of heels by winning the U23 Women, whilst in the Elite Men's it was a TIS quinnella with Sam Fox taking out the win from Cam Ivory.

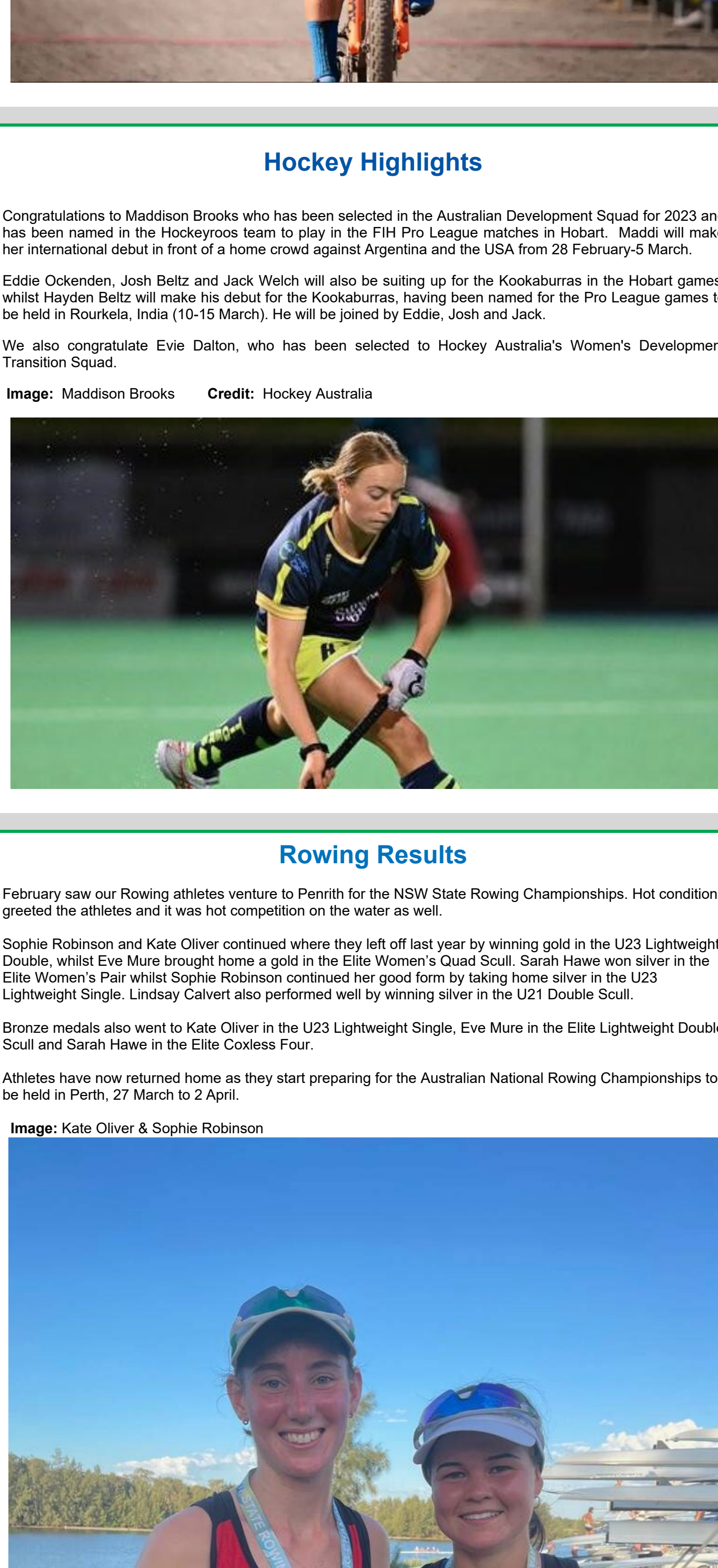
Sam also entered the Open Relay event taking another Gold and defending the title from 2022.

Finally, to the major events for the weekend, the MTB XCO. Once again Izzy proved too strong for her opposition winning her second National title for the week by 3:42 in the U23 Women's. Then it was the men's turn to go at it in the last race of the program. Both Sam and Cam were prominent right throughout the event before Sam made a break with 4 laps to go. It was a risky move that paid dividends as Sam held on by 10 seconds to take home his third National title of the week whilst Cam again performed strongly to finish third. All in, it was a successful week for our mountain bike crew.

Georgia Baker was our sole representative at the first UCI Nations Cup event in Jakarta. Competing in the Teams Pursuit and the Madison with Alex Manly, Georgia came away with a fourth and sixth respectively.

Focus for the cyclists now turns to the Track Nationals coming up in Brisbane from the 15-19 March, followed by Oceania Track Championships and Oceania Road Championships all back to back.

Image: Sam Fox Credit: @piperaltbrecht



Hockey Highlights

Congratulations to Maddison Brooks who has been selected in the Australian Development Squad for 2023 and has been named in the Hockeyroos team to play in the FIH Pro League matches in Hobart. Maddi will make her international debut in front of a home crowd against Argentina and the USA from 28 February-5 March.

Eddie Ockenden, Josh Beltz and Jack Welch will also be suiting up for the Kookaburras in the Hobart games, whilst Hayden Beltz will make his debut for the Kookaburras, having been named for the Pro League matches to be held in Rourkela, India (10-15 March). He will be joined by Eddie, Josh and Jack.

We also congratulate Evie Dalton, who has been selected to Hockey Australia's Women's Development Transition Squad.

Image: Maddison Brooks Credit: Hockey Australia



Rowing Results

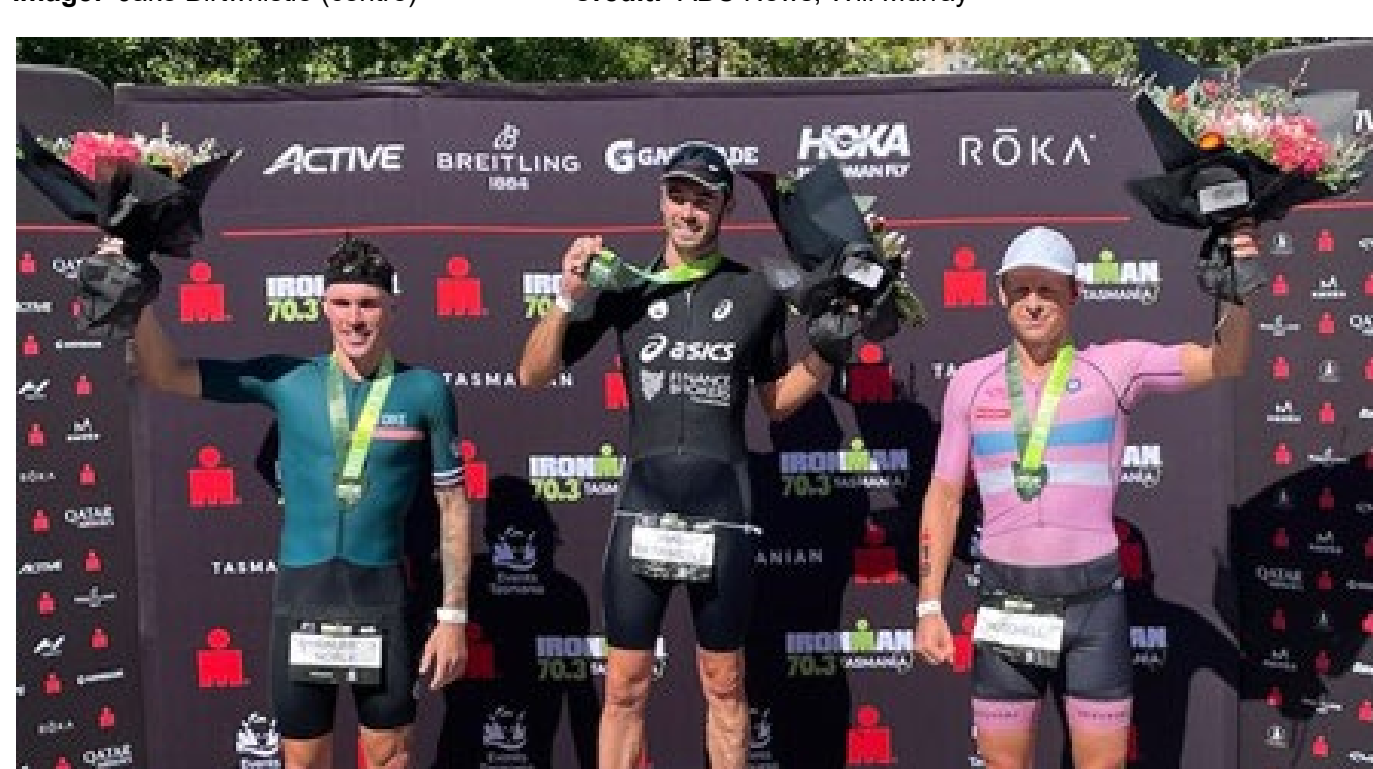
February saw our Rowing athletes venture to Penrith for the NSW State Rowing Championships. Hot conditions greeted the athletes and it was hot competition on the water as well.

Sophie Robinson and Kate Oliver continued where they left off last year by winning gold in the U23 Lightweight Double, whilst Eve Mure brought home a gold in the Elite Women's Quad Scull. Sarah Have won silver in the Elite Women's Pair whilst Sophie Robinson continued her good form by taking home silver in the U23 Lightweight Single. Lindsay Calvert also performed well by winning silver in the U21 Double Scull.

Bronze medals also went to Kate Oliver in the U23 Lightweight Single, Eve Mure in the Elite Lightweight Double Scull and Sarah Have in the Elite Coxless Four.

Athletes have now returned home as they start preparing for the Australian National Rowing Championships to be held in Perth, 27 March to 2 April.

Image: Kate Oliver & Sophie Robinson



Sport Program Activities

Canoe/Slalom

TIS athletes competed in the Australian Open Championships at the Penrith Whitewater Stadium, NSW 17-19 February.

Kate Eckhardt finished fifth overall in both the Women's Open Kayak and Women's Open Canoe with strong performances (third Australian behind Jess and Noemie Fox).

Hamish Dalziel won bronze in the U23 Men's Kayak as well as performing well in the hotly contested Men's U23 Canoe age group.

Claire Clements continued to gain competition experience winning Silver Medals in the U18 Women's Kayak and Canoe.

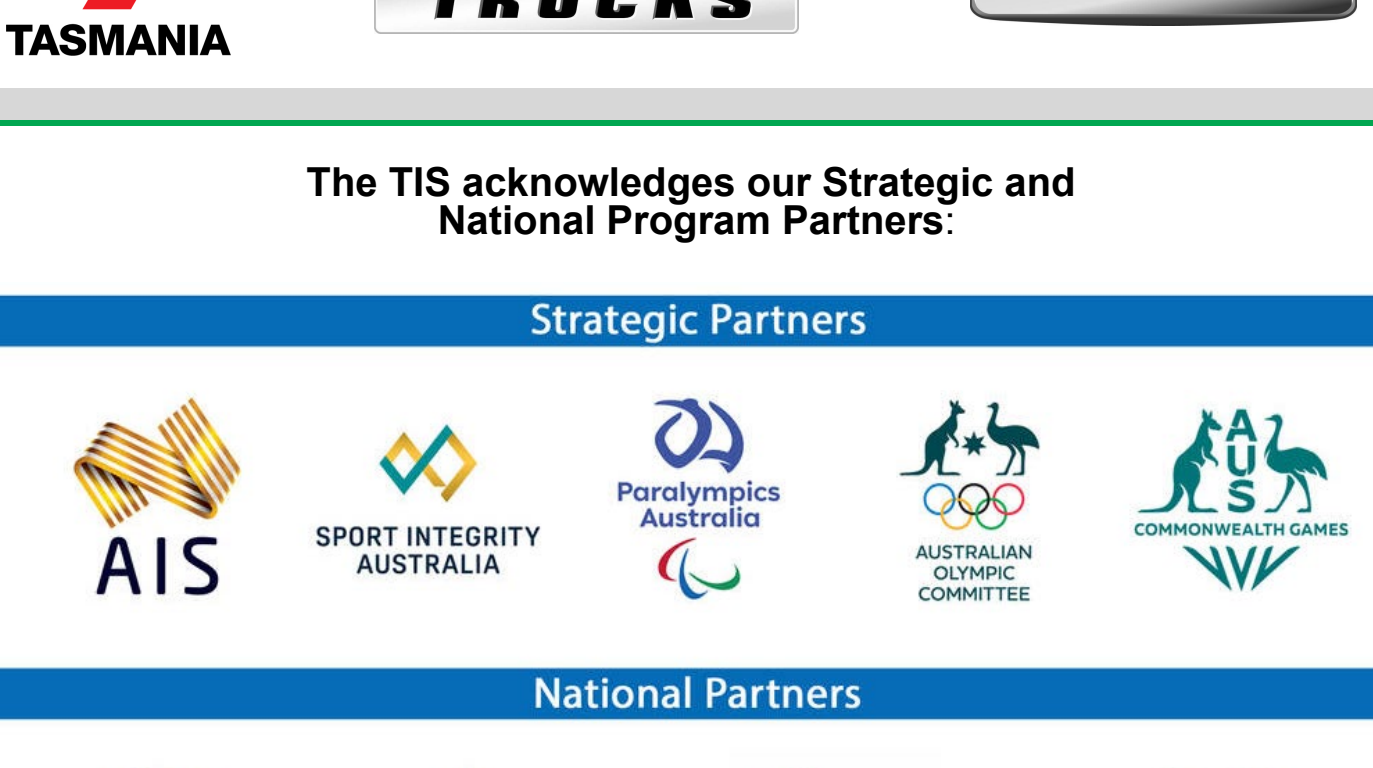
Image: Kate Eckhardt Credit: JGR Images & Paddle Australia



Triathlon

As part of his preparation towards 2024 Paris Olympic Games, Jake Birtwhistle competed in Tasmania's first Ironman competition, the Ironman 70.3 Tasmania. Jake commenced the event as one of the favourites and with a lot of local support behind him soon set a hot pace for his competitors. Jake posted a swim leg of 22:47, followed by a bike leg of 2:13:47 before bringing it home in the run with a time of 1:10:19 to post an overall time of 3:49:21 to take out the inaugural Ironman 70.3 Tasmania.

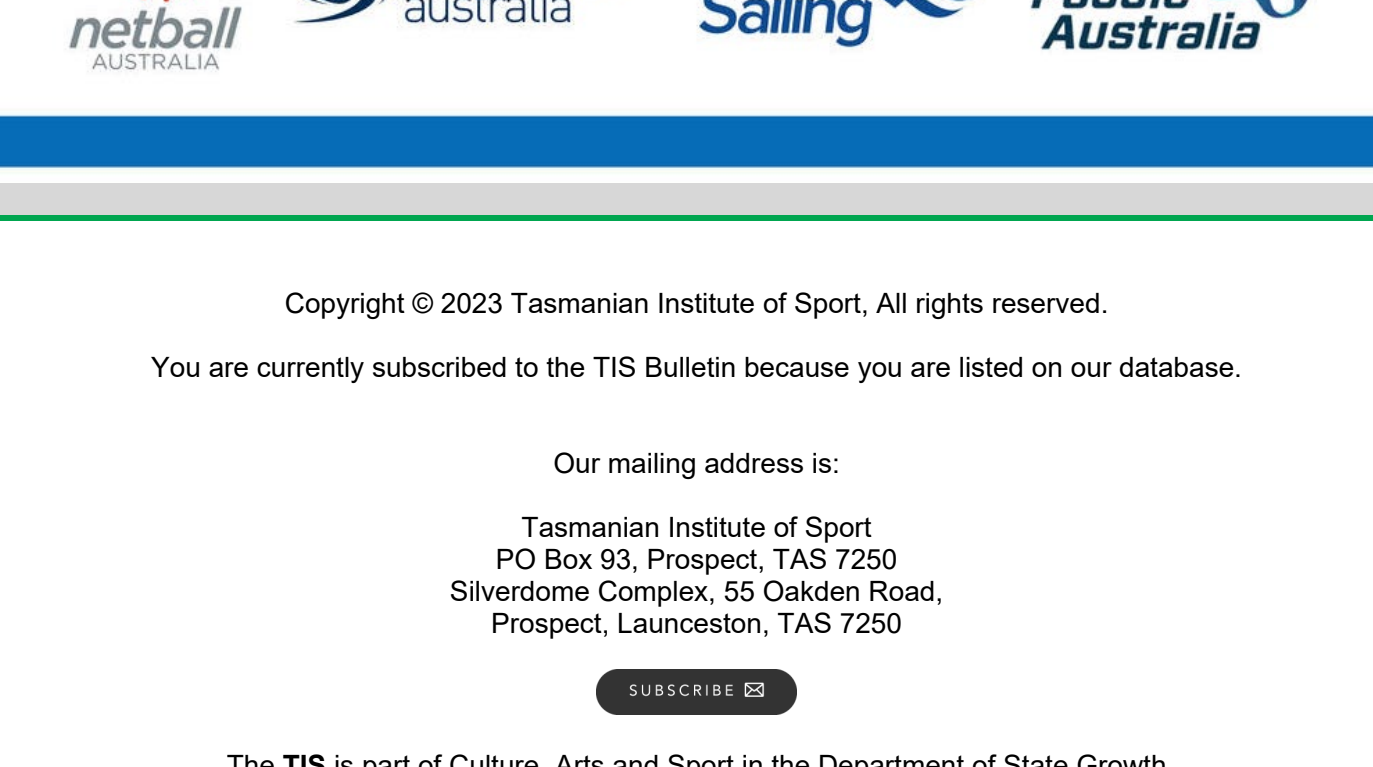
Image: Jake Birtwhistle (centre) Credit: ABC News, Will Murray



Wheelchair Rugby

Rubie participated in the first round of the 2023 Wheelchair Rugby National League competing over three rounds in Melbourne, Brisbane and Sydney. The wheelchair continues throughout March and April. Rubie is a member of the Sydney University team.

Image: Rubie Gallagher (left) Credit: Wheelchair Australia



Upcoming Events

Athletics

Sydney and Brisbane Track Classics, 11 and 25 March respectively
Auckland International Series, 15 March
Tasmanian Track and Field Championships, Launceston, 15-17 March
Australian Track and Field National Championships, Brisbane, QLD, 30 March-2 April

Cycling

Track Nationals, Brisbane, QLD 15-19 March
Oceania Track Nationals 24-28 March Brisbane QLD
Oceania Road Championships 30 March-1 April

Hockey

FIH Pro-league, Hobart, TAS, 28 February-5 March
FIH Pro-league, Rourkela, India, 10 March-15 March
U21 Hockey Championships, Sydney, NSW, 22-29 March

Rowing

Australian Rowing Championships, Perth WA, 27 March-2 April

Triathlon

2023 Oceania Triathlon Cup and Sprint Championships, Devonport, 13-19 March

Wheelchair Rugby

2023 Wheelchair Rugby National League - round 2, Nathan, QLD, 1 March-2 April

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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



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