

Edition 81 - September 2022

Cycling Results

The month of September saw the World Road Cycling Championships held on home soil in Wollongong. The TIS was well represented with Hamish McKenzie and Will Eaves representing Australia in the U19 Men and Georgia Baker in the Elite Women. The week started with Georgia competing in the Road World Championships in the Elite Women's Time Trial. Georgia had an outstanding time trial resulting in her finishing eighth overall.

On the Tuesday, it was the U19 Men's turn in the Time Trial. Hamish McKenzie was the fourth rider to go and immediately set a blistering pace. Hamish completed the course in a time of 35:18.45 and thrust himself into the hot seat, a position he would hold until the very last rider from Great Britain. Hamish in fact sat in the hot seat for 2 hours and 57 minutes before being piped for the World Championship gold and finished with a silver medal. Will Eaves also put in a solid ride to finish 18th overall at his first World Championships.

Wednesday, the Team Time Trial Mixed Relay took place, a new event in the World Championship schedule, with Georgia Baker back on the road again. A strong ride from the men, then backed up by the women, led by Georgia, the team won the bronze medal.

Friday, Hamish and Will were back in action in the Junior Men's Road race. Unfortunately, Hamish had a crash early in the race and had to chase hard to get back on to the peloton. Sporting abrasions, Hamish showed great character to not only get back onto the main bunch, but to then attack. Hamish and Will finished in the main peloton in 37th and 47th respectively.

On Saturday in the Elite Women's Road Race, Georgia worked hard for the team especially on the climbs doing a lot of work to assist as much as possible to put her team mates in good positions to challenge for the win.

Next up for cycling will be the World Track Championships in France from 12 to 16 October with Josh Duffy and Georgia Baker set to go head to head with the world's best as members of the track endurance team.

Image: Hamish McKenzie (left) **Image:** AusCycling

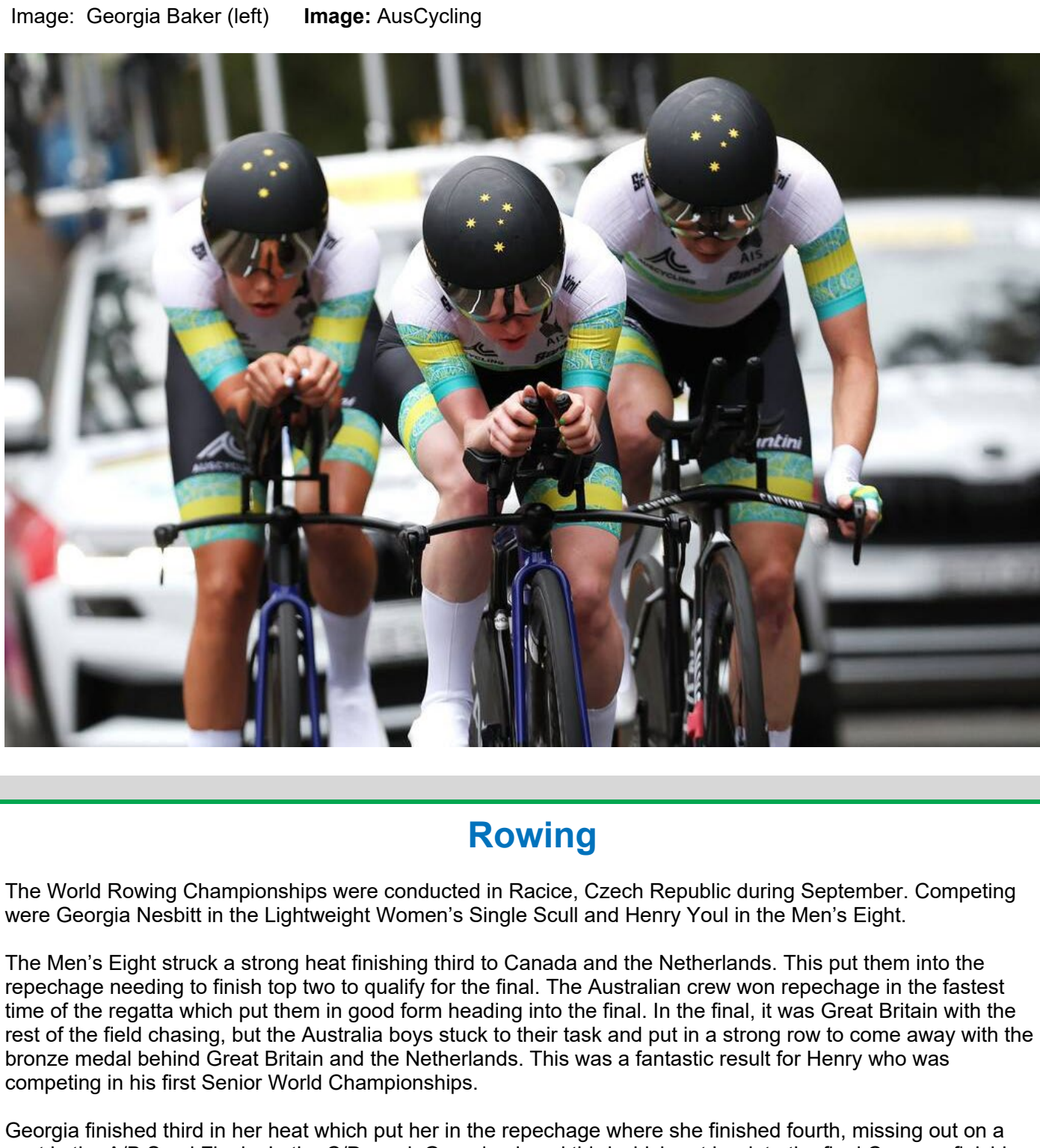


Image: Georgia Baker (left) **Image:** AusCycling



Rowing

The World Rowing Championships were conducted in Racice, Czech Republic during September. Competing were Georgia Nesbitt in the Lightweight Women's Single Scull and Henry Youl in the Men's Eight.

The Men's Eight struck a strong heat finishing third to Canada and the Netherlands. This put them into the repechage needing to finish top two to qualify for the final. The Australian crew won repechage in the fastest time of the regatta which put them in good form heading into the final. In the final, it was Great Britain with the rest of the field chasing, but the Australia boys stuck to their task and put in a strong row to come away with the bronze medal behind Great Britain and the Netherlands. This was a fantastic result for Henry who was competing in his first Senior World Championships.

Georgia finished third in her heat which put her in the repechage where she finished fourth, missing out on a spot in the A/B Semi Finals. In the C/D semi, Georgia placed third which put her into the final C group, finishing fifth overall.

The month of October sees the start of the State Regatta series as well as testing for our National Training Centre hopefuls.

Image: Henry Youl, bottom row left **Image:** Rowing Australia



Sport Program Activities

Hockey

Japan Tour

Hayden Beltz, Gobindraj Gill and Sam McCulloch travelled with the Australian A Squad to Japan in August/September. Jack Welch was also named in the squad but unfortunately withdrew due to injury.

This tour, the first to be conducted since 2020, was a great opportunity for players to learn more about the Kookaburras way of play, gain exposure to quality opposition and prepare for future up coming events including the FIH Men's World Cup to be held in January 2023.

The squad was comprised of a combination of Kookaburras squad players and members of the Men's National Development Squad and played four matches against Japan's national men's team in Tokyo.

The Australian A team took out the series 2:1 which included a draw. The international experience was invaluable for the boys allowing them to experience an international way of play not usually obtained/played here in Australia.

Sultan of Johor Cup

Congratulations to Josh Brooks who has been selected to represent the Burras in the Australian Under 21 men's team for the upcoming Sultan of Johor Cup in Malaysia from 22-29 October.

The Sultan of Johor Cup is the only junior invitational hockey tournament in the world and will host six hockey nations, Australia, Britain, India, Japan, South Africa and Malaysia. The Burras will attend a training camp and play a practise match in Kuala Lumpur before heading to Johor for their opening match against Japan on the 22nd.

HockeyOne

The HockeyOne competition has commenced the second edition of the competition after the long Covid-19 break. This competition includes many of the hockey program athletes competing for the Tasmanian Tigers over the next two months.

Wheelchair Rugby

Rubie Gallagher had her first opportunity touring with the Australian Development Wheelchair Rugby Team in early September.

Entered in the New Zealand National Championships, it was the first time the team had played together. The championships included the "Wheelblacks" New Zealand's National Team and was an invaluable experience for Rubie.

As a member of the Australian Development Squad, Rubie will now prepare for their next international opportunity, a tour to Japan in November.

Photo: Rubie Gallagher in action in New Zealand **Image:** Wheelchair Rugby



UniSport Nationals, Western Australia

Three TIS athletes participated in the recent UniSport Games conducted in Perth, WA. Representing rowing were Sophie Robinson & Kate Oliver in the Light Weight Single Sculls and Sam King skippering the Tasmanian Uni boat in the sailing event. After a weeks competition, Sam and his crew finished first and Sophie and Kate made the A final finishing third and sixth respectively.

TIS Welcome New Staff

Team TIS has expanded and we extend our welcome to Erica McCarthy (Manager, Business & Relationships), Damian Mansfield (Sports Program Coordinator), and Cooper Marshall (Schools Based Traineeship).

Erica McCarthy - Launceston

Erica spent the last seven years at the City of Launceston, most recently as the lead in the management of the Building Assets and Investigations team and contributed to the strategic planning and asset management of building infrastructure.

Outside of work, Erica spends time with her Husband and two boys and is passionate about animal welfare.

Damian Mansfield - Hobart

Damian is an experienced professional in banking and sports administration. He is skilled in lending, business consultancy, strategic management, coaching and sport development. He is also a director of Southern Mortgage Group.

Damian has worked and participated in sport around the state including AFL, Cricket and Surf Lifesaving with his most recent role being with Cricket Tasmania and Cricket Australia in Coach Development.

Outside of work, Damian spends time with family and planning family adventures.

Cooper Marshall - Hobart

Cooper is undertaking his Certificate III in Sport & Recreation. Cooper spends two days a week at the TIS and will be with us for 36 months.

Cooper has many roles and responsibilities at the Technopark facility assisting with general office administration, assisting our sports performance team with associated tasks and activities whilst balancing his other three days with his studies at Elizabeth College. In the run up to the recent Commonwealth Games, Cooper was instrumental in developing a lot of our athletes profiles for our website. Cooper is currently undertaking a project for the Athlete Wellbeing team in regards to where sport can take athletes and the many opportunities there are for them.

Outside of work, Cooper is a keen soccer player.

Para-sport Get Involved Multi-sport Day

Paralympics Australia, in partnership with Sport Australia, will be hosting three Get Involved Multi-Sport Day's for Para-sport athletes in Hobart, Launceston and Ulverstone.

Para-athletes will learn more about the sports and programs on offer in their local area and can try a variety of Para-sports on the day and connect with local clubs.

The event is suitable for ages 10+ (under 18s must be accompanied by a parent or guardian).

Entry and participation is free. Registrations are essential - www.paralympic.org.au/events/calendar/GetInvolved: Ulverstone, Launceston or Hobart news article.

If you would like to give any of the Para-sports a go on the day, please remember to wear comfortable clothing and appropriate footwear and bring a bottle of water.

Get Involved: Ulverstone

When: Saturday 8 October
Venue: Ulverstone Sports & Leisure Centre, Flora St, West Ulverstone
Time: 9.30am - 11.30am

Get Involved: Launceston

When: Saturday 8 October
Venue: St. Patrick's College, 282 Westbury Road, Prospect Vale
Time: 3.00pm - 5.00pm

Get Involved: Hobart

When: Sunday 9 October
Venue: Moonah Sports Centre, 17 Gormanston Road, Moonah
Time: 9.30am - 11.30am

TIS Upcoming Workshop - November

Australian Institute of Sport (AIS) Eating Disorders in Sport (EDIS) Workshop

Held in Launceston Thursday 17 November and in Hobart 18 November - 10.00am to 2.00pm

Facilitated by Alex McNaughton, Psychologist & Wellbeing Lead, South Australian Sports Institute and Jaymeila Webb, TIS Consultant Dietitian, this workshop is specifically intended for coaches, managers and support staff working with athletes in High Performance and the general sporting community.

The aims of the workshop include:

- **Increase knowledge:** of body image, disordered eating and eating disorders;
- **Increase confidence:** to talk about body image, disordered eating and eating disorders;
- **Highlight the importance:** of prevention and early identification of disordered eating and eating disorders in athletes;
- **Understand individuals' role:** in the prevention and identification of disordered eating and eating disorders in athletes.

Registrations are now open for both workshops.

For more information or to register, please contact Angela Mills on email angela.mills@tis.tas.gov.au.

Upcoming Events

Athletics

Start of the State Athletics Track & Field Season

Cycling

2022 World Track Championships, France, 12-16 October - Georgia Baker & Josh Duffy

The Cycle Sunshine Coast, Sunshine Coast, 6 - 9 October - Dalton Stretton, Hayden van der Ploeg

Hockey

HockeyOne - 29 September - 12 November (across Australia) - Hobart games, 20 October & Friday 4 November

2022 Sultan of Johor Cup, Johor, Malaysia, 22-29 October 2022 - Josh Brooks

Rowing

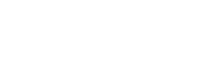
Start of the State Regatta Series

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