

### Edition 74 - February 2022

## Rowing Athletes Achieve at NSW State Rowing Championships

15 Rowing Program Athletes travelled to Penrith in February to compete in the NSW State Rowing Championships. The three day program proved to be quite successful with many athletes achieving podium results in A finals.

Georgia Nesbitt, Eve Mure, Henry Youl and Alec Paterson have returned to the National Training Centre as they look to secure a position within the Australian Team.

A Final results:

- Elite Women's Lightweight Scull - Georgia Nesbitt 1<sup>st</sup>
- Elite Women's Lightweight Pairs - Georgia Nesbitt 1<sup>st</sup>
- Elite Women's Lightweight Pairs- Eve Mure 2<sup>nd</sup>
- Elite Women's Coxless Four – Sarah Hawe 2<sup>nd</sup>
- Elite Men's Lightweight Pairs – Alec Paterson 2<sup>nd</sup>
- Elite Men's Double Scull - Henry Youl 2<sup>nd</sup>
- Elite Men's Lightweight Scull - Alec Paterson 3<sup>rd</sup>
- U23 Women's Pairs - Molly McCausland 2<sup>nd</sup>
- U23 Men Double Scull – Lucas Wigston 2<sup>nd</sup>
- U21 Women's Pair – Sophie, Robinson and Kate Oliver 2<sup>nd</sup>
- Elite Women's Single Scull – Sarah Hawe 4<sup>th</sup>
- Elite Women's Single Scull – Eve Mure 5<sup>th</sup>
- Elite Men's Single Scull – Henry Youl 4<sup>th</sup>
- U23 Men Single Scull – Lucas Wigston 7<sup>th</sup>

Image: Kate Oliver

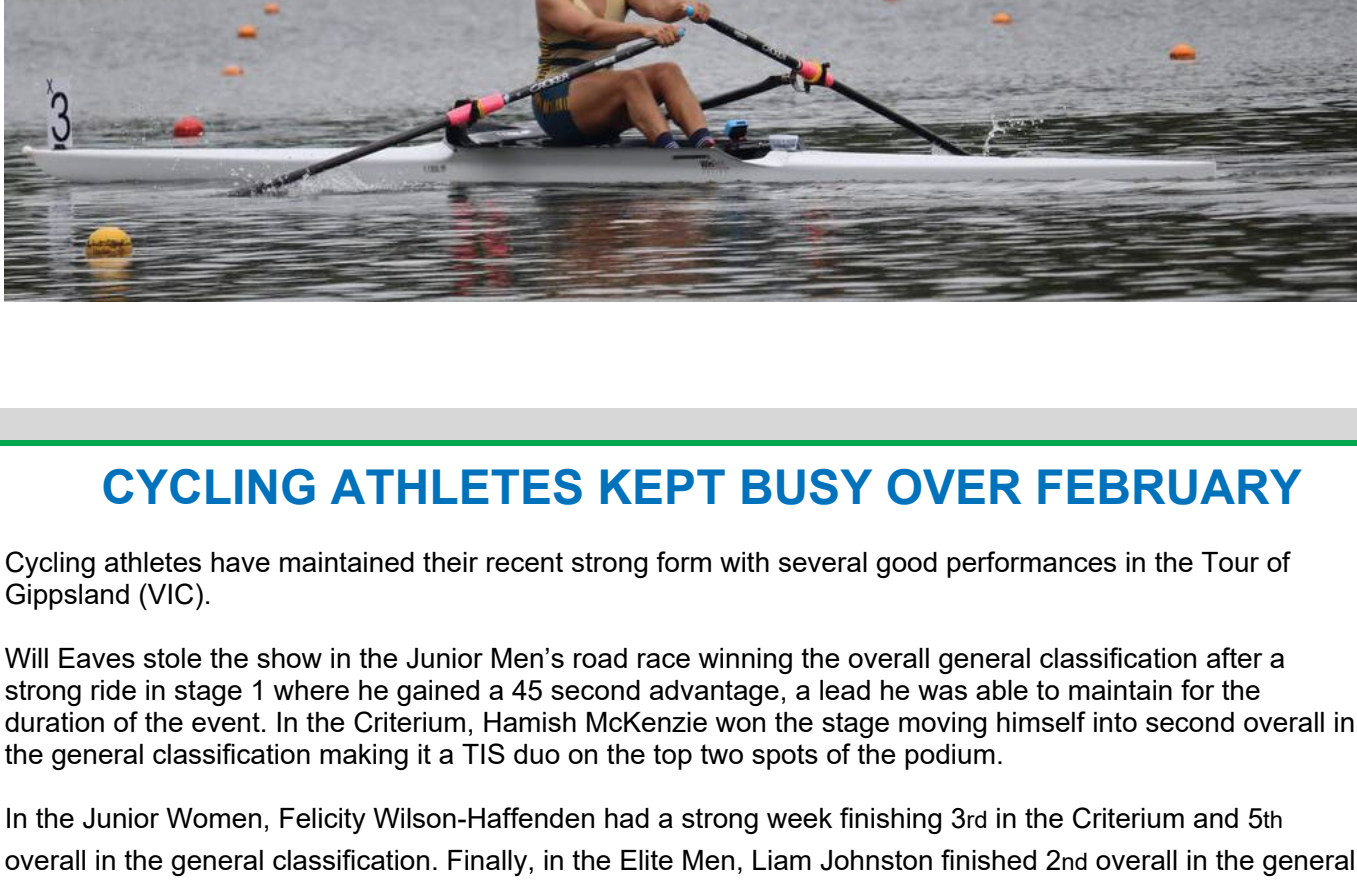
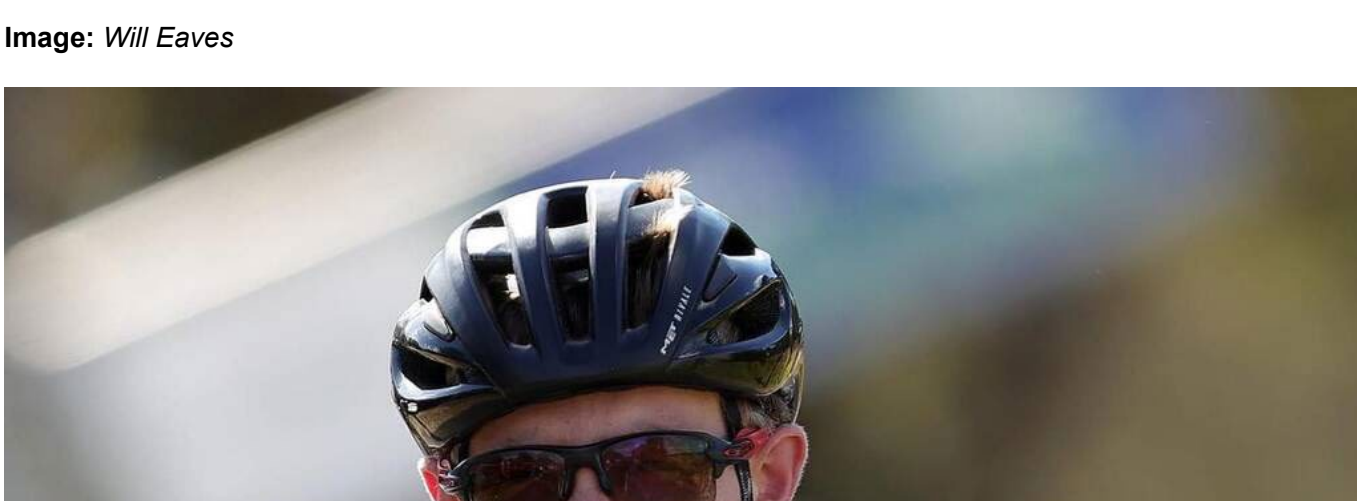


Image: Lucas Wigston



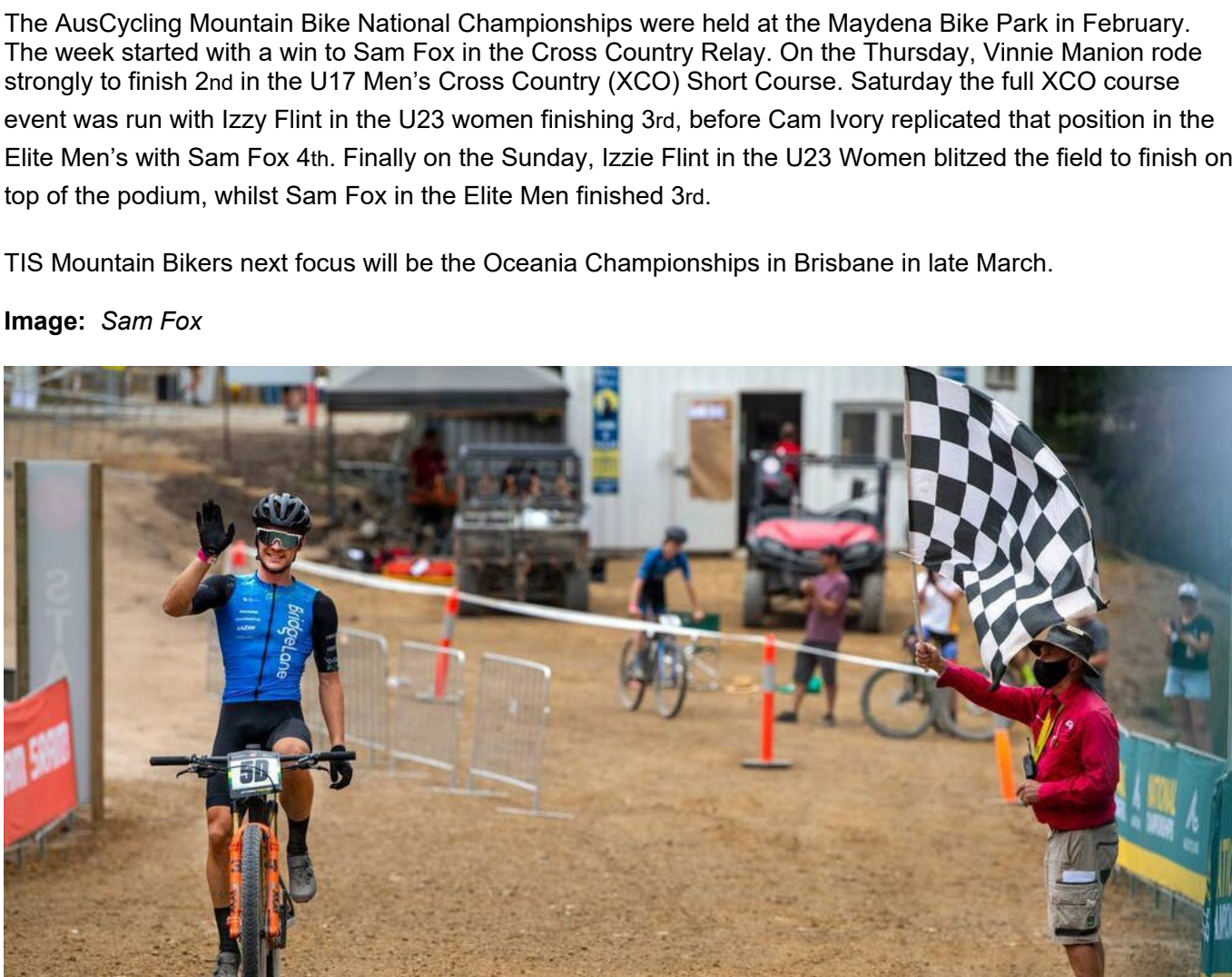
## CYCLING ATHLETES KEPT BUSY OVER FEBRUARY

Cycling athletes have maintained their recent strong form with several good performances in the Tour of Gippsland (VIC).

Will Eaves stole the show in the Junior Men's road race winning the overall general classification after a strong ride in stage 1 where he gained a 45 second advantage, a lead he was able to maintain for the duration of the event. In the Criterium, Hamish McKenzie won the stage moving himself into second overall in the general classification making it a TIS duo on the top two spots of the podium.

In the Junior Women, Felicity Wilson-Haffenden had a strong week finishing 3rd in the Criterium and 5th overall in the general classification. Finally, in the Elite Men, Liam Johnston finished 2nd overall in the general classification after a strong few days of cycling, Liam also won the white jersey for best young rider of the tour.

Image: Will Eaves



The AusCycling Mountain Bike National Championships were held at the Maydena Bike Park in February. The week started with a win to Sam Fox in the Cross Country Relay. On the Thursday, Vinnie Manion rode strongly to finish 2nd in the U17 Men's Cross Country (XCO) Short Course. Saturday the full XCO course event was run with Izzy Flint in the U23 women finishing 3rd, before Cam Ivory replicated that position in the Elite Men's with Sam Fox 4th. Finally on the Sunday, Izzie Flint in the U23 Women blitzed the field to finish on top of the podium, whilst Sam Fox in the Elite Men finished 3rd.

TIS Mountain Bikers next focus will be the Oceania Championships in Brisbane in late March.

Image: Sam Fox



## Other Sport Programs Activities and Results

### Athletics

February has seen several strong individual performances from athletes at a number of local and interstate competitions. The most notable performance was achieved by Hamish Peacock who on return from a long term injury threw 77.15, a seasons best at the state championships.

### Adelaide Invitation

Jack Hale - 100m 3<sup>rd</sup>, second Australian past the line in a time of 10.26, his best season opener. Jack will now turn his focus to the Sydney Track Classic in March.

### Victorian Track and Field Championships

Jack Hale - 200m 2<sup>nd</sup>

### Tasmanian State Championships

- Hamish Peacock - Javelin, 77.15m, 1st
- Alexander Creak – U20 400m 1<sup>st</sup>, Open 400m 2<sup>nd</sup>
- Alexander McKillop – T38 100m 1<sup>st</sup>, T38 200m 1<sup>st</sup>
- Sam Clifford – Open 5000m 2<sup>nd</sup>

### Run the Bridge

Milly Clark ran the 10km in 33:16 minutes, her best time over this course. Milly continues to prepare for the upcoming Paris marathon in April.

### Swimming

Swimmers Matilda Smith and Max Giuliani had a busy February. After a successful competition at the Victorian State Long Course championships, they spent two days in Adelaide undergoing biomechanical analysis and training with the South Australian Institute of Sport High Performance Squad coached by Peter Bishop.

### Results

Matilda Smith  
100m Open Women's Breaststroke final 3<sup>rd</sup>  
200m Open Women's Breaststroke final 1<sup>st</sup>, TAS Open and 17yrs record

### Max Giuliani

100m Open Men's Freestyle final 2<sup>nd</sup>  
200m Open Men's Freestyle final 3<sup>rd</sup>

### Canoe

The 2022 Canoe Slalom Australian Open was held at Penrith on the last weekend in February.

The event proved successful for Kate Eckhardt, Demelza Wall and Hamish Dalziel with podium finishes in their respective age groups.

- Women's K1 final – Kate Eckhardt 3<sup>rd</sup>
- Women's C1 final – Kate Eckhardt 2<sup>nd</sup>
- Women's C1 final – Demelza Wall 3<sup>rd</sup>
- Men's K1 Final (K1MU18) – Hamish Dalziel 2<sup>nd</sup>

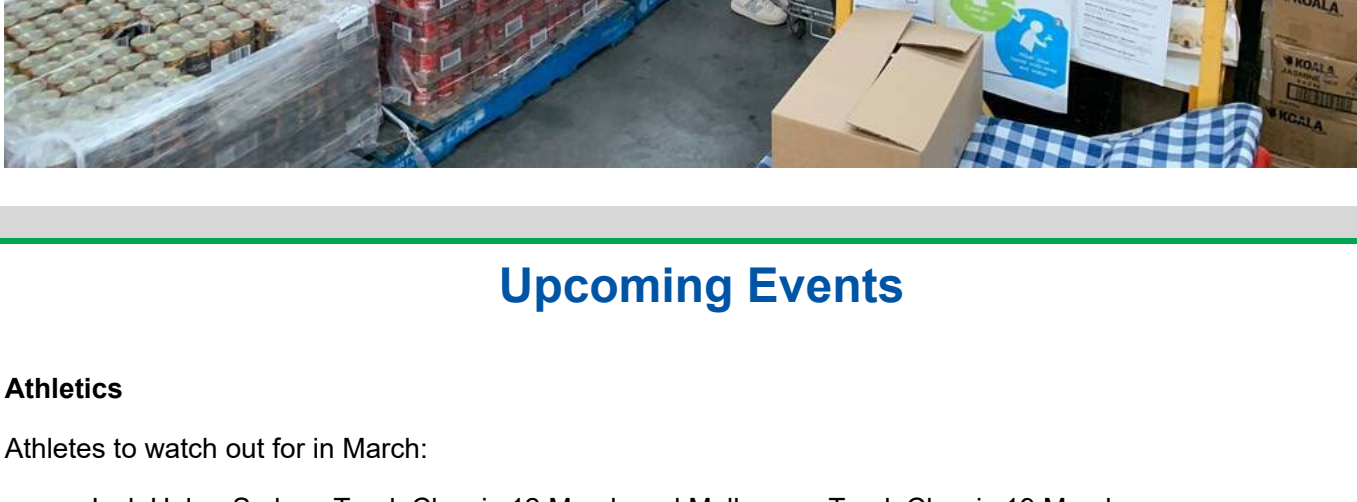
Image: Kate Eckhardt



### Wheelchair Rugby

Rubie Gallagher attended a National Steelers Wheelchair Rugby team camp during the last week of February. The camp was held alongside the Australian Steelers Wheelchair Rugby team camp. It was the first time the Development Squad have trained with the Steelers providing a great opportunity to compare themselves with some of the world's best.

Image: Rubie Gallagher with Head Coach Brad Dubberley (left), Development Coach Jason Lees (right) and Wheelchair Rugby Aus. General Manager Chris Nay (back).

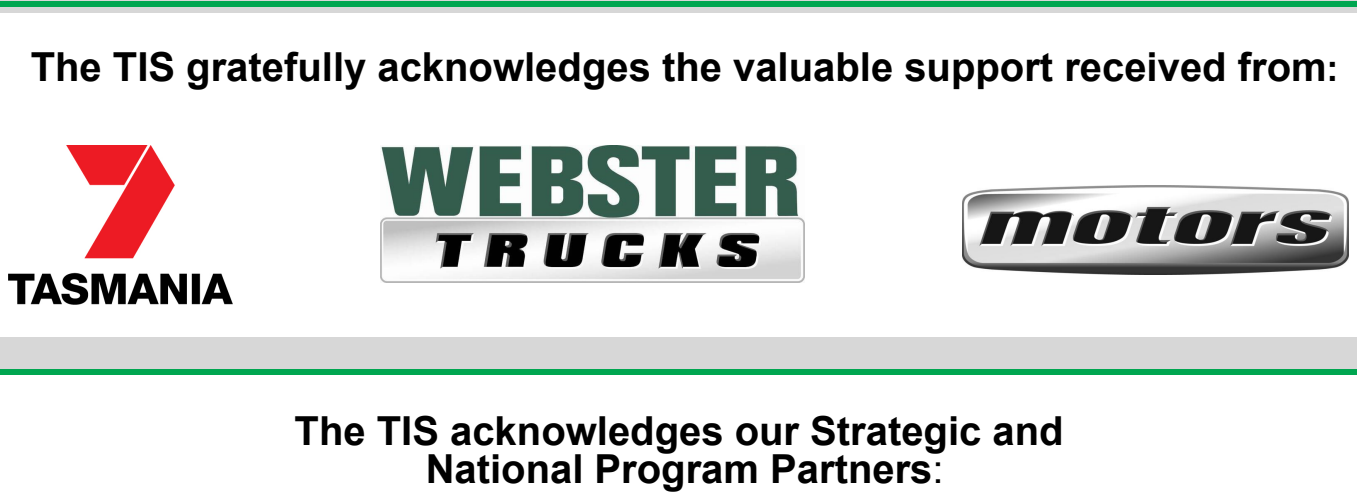


## Athletes in the Community

The Hockey Program has continued its community engagement initiative with Foodbank Tasmania.

Athletes swapped an early morning Wednesday training session to pack 100 food hampers, assisting Foodbank to provide essential grocery and food relief to those in need around the state.

Athletes will continue the initiative when they complete another packing session in March.



## Upcoming Events

### Athletics

Athletes to watch out for in March:

- Jack Hale - Sydney Track Classic 12 March and Melbourne Track Classic 19 March
- Sam Clifford - National 3k Championships Sydney 12 March
- Stewart McSweyn - Boxhill Burn Victoria 8 March then World Indoors Belgrave in late March
- Alexander Creak & Hamish Peacock - Queensland State Championships 26 March - 3 April

### Cycling:

Mountain Bike - Oceania Championships, Brisbane 27 March  
AusCycling Track Nationals 2022 - Brisbane, QLD March 24 - 30

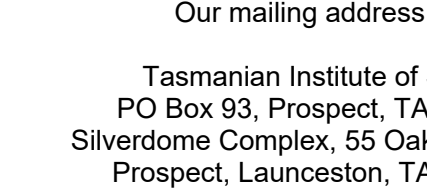
### Hockey:

Australia Domestic Series Camp, Gold Coast QLD 13 - 18 March

### Rowing:

2022 Australian Rowing Championships, 28 March to 3 April Penrith, NSW

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