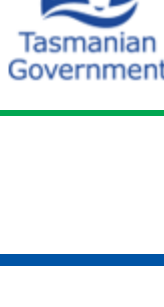


**TASMANIAN
INSTITUTE
OF SPORT****Tasmanian Institute of Sport
BULLETIN™****Edition 76 - April 2022****Rowing Results**

The Australian Rowing Championships were held at Nagambie, Victoria in late March and early April. TIS athletes produced some fantastic results in trying conditions. Stand out performers included Georgia Nesbitt, Sarah Hawe, Kate Oliver, Sophie Robinson, Eve Mure, Kate Hall and Alec Paterson all securing gold medals in their respective events. Overall TIS athletes podiumed in 17 events.

Podium Results**Gold**

Kate Oliver & Sophie Robinson – U23 Women's Lightweight Coxless Pair
 Sarah Hawe – Open Women's Quadruple Scull
 Sarah Hawe – Open Women's Coxed Eight
 Georgia Nesbitt – Open Women's Lightweight Single Scull
 Georgia Nesbitt, Eve Mure & Kate Hall – Open Women's Lightweight Quadruple Scull
 Alec Paterson – Open Men's Lightweight Double Scull

Silver

Kate Oliver & Sophie Robinson - U21 Women's Coxless Pair
 Sarah Hawe – Open Women's Coxless Four
 Henry Youl – Open Men's Coxless Four
 Georgia Nesbitt & Eve Mure – Open Women's Lightweight Double Scull
 Alex Paterson – Open Men's Lightweight Coxed Eight
 Roo Colley – U21 Men's Quadruple Scull
 Eve Mure – Open Women's Quadruple Scull

Bronze

Sarah Hawe – Open Women's Single Scull
 Henry Youl – Open Men's Coxless Pair
 Kate Hall – Open Women's Lightweight Double Scull
 Joseph Wilson & Connor Ryan – Open Men's Quadruple Scull

Five TIS athletes will attend the National Underage Selection Trials to be held at Lake Burley Griffin, Canberra from the 1 - 8 May 2022: Roo Colley, Molly McCausland, Kate Oliver, Sophie Robinson and Lucas Wigston.

Image: Georgia Nesbitt, (centre).



Image: Sarah Hawe (right).

**Cycling Results****Cycling**

The cycling program's key focus in April was the Oceania Track and Road Championships. TIS athletes performed exceptionally well led by Josh Duffy. Josh continued his great season by winning gold in the Elite Men's Team Pursuit, Elite Men's Madison and a bronze in the Elite Men's Scratch Race at the Oceania Track Championships.

TIS Academy Athletes, Hayden van der Ploeg and Sam McKee, teamed up in the Junior Men's Team Pursuit to claim a bronze medal.

The Oceania Road Championships followed the track events and with TIS athletes turning up in great shape ready to compete. Anya Louw won the U23 Women's Time Trial, then backed it up with a silver in the Road Race. Will Eaves kept his strong form going with a dominant display taking out the Junior Men's Time Trial. It was then onto the Elite Men's Road Race where Zack Gilmore was rewarded for a strong ride winning the bronze medal. Zack achieved this result after winning the 2022 King Street Criterium, part of the Brisbane Cycling Festival, two days prior.

Internationally, Georgia Baker raced in the Tour of Flanders in Belgium finishing fifteenth from a field of 175 riders.

During May, Hamish McKenzie, Will Eaves, Campbell Palmer and Felicity Wilson-Haffenden along with TIS Head Coach Matthew Gilmore, will travel to Europe as part of the Australian U19 Endurance Camp and will compete in the UCI Nations Cup events in France, Switzerland and the Czech Republic. This will be a wonderful opportunity for athletes to compete on the international stage and gain valuable experience.

Photo image: Will Eaves

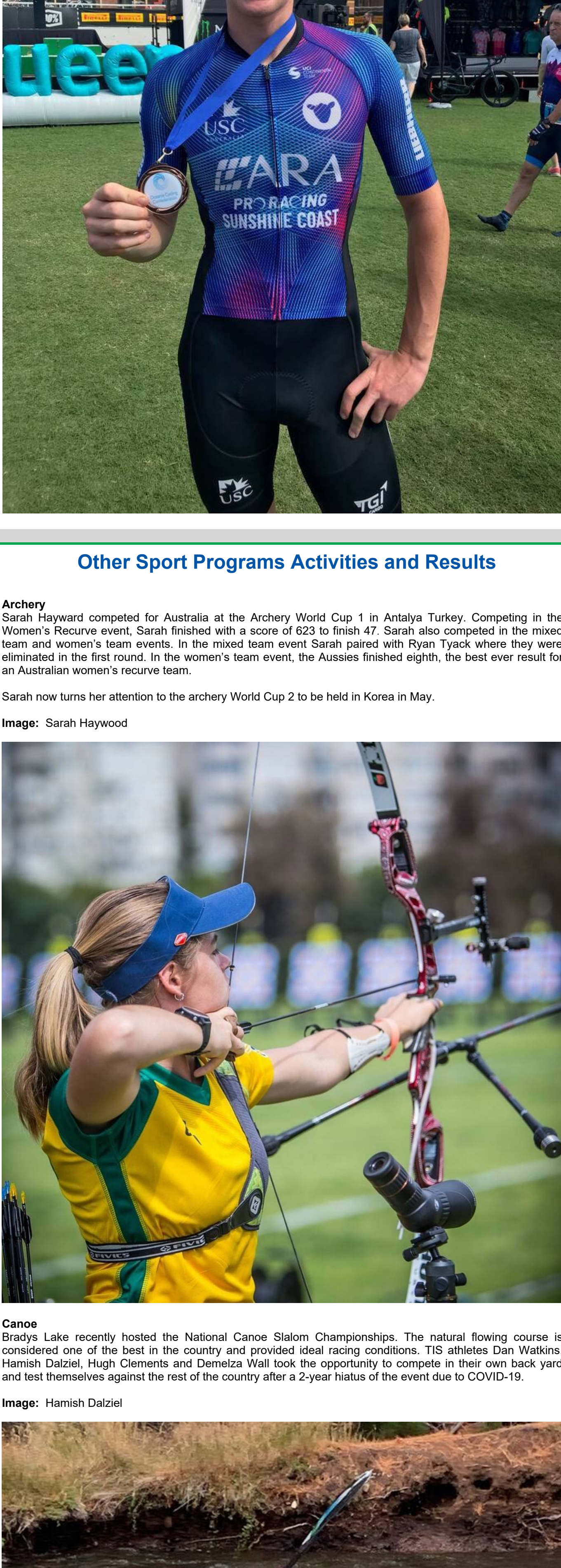
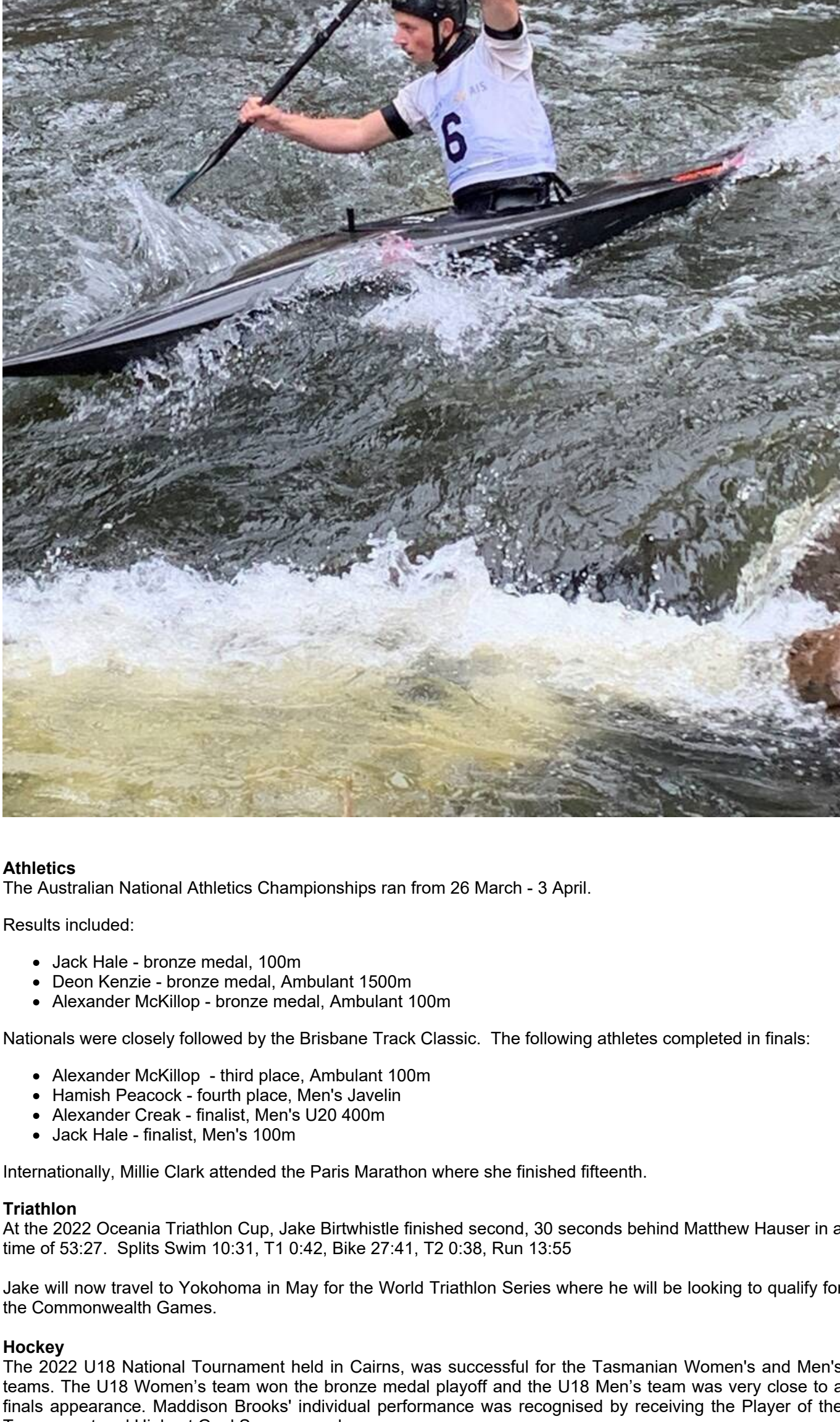


Photo Image: Zack Gilmore

**Other Sport Programs Activities and Results****Archery**

Sarah Haywood competed for Australia at the Archery World Cup 1 in Antalya Turkey. Competing in the Women's Recurve event, Sarah finished with a score of 623 to finish 47. Sarah also competed in the mixed team and women's team events. In the mixed team event Sarah paired with Ryan Tyack where they were eliminated in the first round. In the women's team event, the Aussies finished eighth, the best ever result for an Australian women's recurve team.

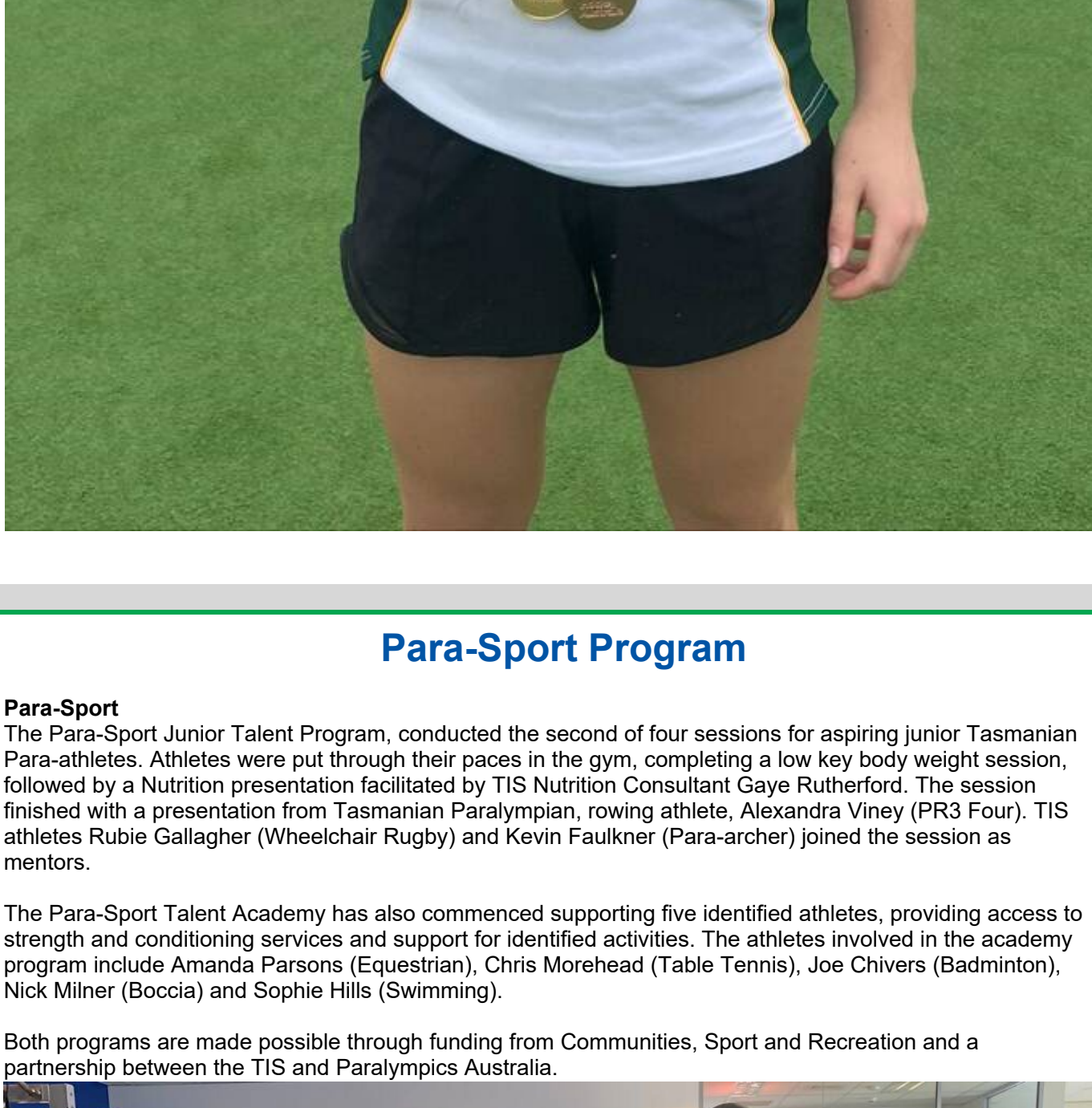
Sarah now turns her attention to the archery World Cup 2 to be held in Korea in May.

Image: Sarah Haywood

**Canoe**

Bradys Lake recently hosted the National Canoe Slalom Championships. The natural flowing course is considered one of the best in the country and provided ideal racing conditions. TIS athletes Dan Watkins, Hamish Dalziel, Hugh Clements and Demelza Wall took the opportunity to compete in their own back yard and test themselves against the rest of the country after a 2-year hiatus of the event due to COVID-19.

Image: Hamish Dalziel

**Athletics**

The Australian National Athletics Championships ran from 26 March - 3 April.

Results included:

- Jack Hale - bronze medal, 100m
- Deon Kenzie - bronze medal, Ambulant 1500m
- Alexander McKillop - bronze medal, Ambulant 1500m

Nationals were closely followed by the Brisbane Track Classic. The following athletes completed in finals:

- Alexander McKillop - third place, Ambulant 100m
- Hamish Peacock - fourth place, Men's Javelin
- Alexander Creak - finalist, Men's U20 400m
- Jack Hale - finalist, Men's 100m

Internationally, Millie Clark attended the Paris Marathon where she finished fifteenth.

Triathlon

The 2022 Oceania Triathlon Cup, Jake Birtwhistle finished second, 30 seconds behind Matthew Hauser in a time of 53:27. Splits Swim 10:31, T1 0:42, Bike 27:41, T2 0:38, Run 13:55

Jake will now travel to Yokohama in May for the World Triathlon Series where he will be looking to qualify for the Commonwealth Games.

Hockey

The 2022 U18 National Tournament held in Cairns, was successful for the Tasmanian Women's and Men's teams. The U18 Women's team won the bronze medal playoff and the U18 Men's team was very close to a finals appearance. Maddison Brooks' individual performance was recognised by receiving the trophy of the Tournament and Highest Goal Scorer awards.

Off the back of strong individual performances at the tournament, the following athletes were identified in Hockey Australia's 2022 National Futures Squad:

Taylor Brooks
 Madison Clark
 Ruben Hoey
 Max Johnstone
 Isabelle Krumink
 Magnus McCausland
 Emily Rockefeller
 Lachie Rogers

These athletes will now have the opportunity to take-up a TIS scholarship to help with their continued development both on and off the pitch.

Image: Maddison Brooks

Para-Sport Program**Para-Sport**

The Para-Sport Junior Talent Program, conducted the second of four sessions for aspiring junior Tasmanian Para-athletes. Athletes were put through their paces in the gym, completing a low key body weight session, followed by a Nutrition presentation facilitated by TIS Nutrition Consultant Gaye Rutherford. The session finished with a presentation from Tasmanian Paralympian, rowing athlete, Alexandra Viney (PR3 Four). TIS athletes Rubie Gallagher (Wheelchair Rugby) and Kevin Faulkner (Para-archer) joined the session as mentors.

The Para-Sport Talent Academy has also commenced supporting five identified athletes, providing access to strength and conditioning services and support for identified activities. The athletes involved in the academy program include Amanda Parsons (Equestrian), Chris Morehead (Table Tennis), Joe Chivers (Badminton), Nick Milner (Boccia) and Sophie Hills (Swimming).

Both programs are made possible through funding from Communities, Sport and Recreation and a partnership between the TIS and Paralympics Australia.

Upcoming Events**Archery:**

Archery World Cup, Korea 16 - 23 May - Sarah Haywood

Athletics:

Diamond League Athletic Meets, Qatar, England, USA - Stewart McSweyn

Cycling:

Australian U19 Endurance Camp, UCI Nations Cup events in France, Switzerland and the Czech Republic - Hamish McKenzie, Will Eaves, Campbell Palmer and Felicity Wilson-Haffenden

Hockey:

Kookaburras - Trans Tasman Series, New Zealand - 31 May - 5 June

Rowing:

Swimming:

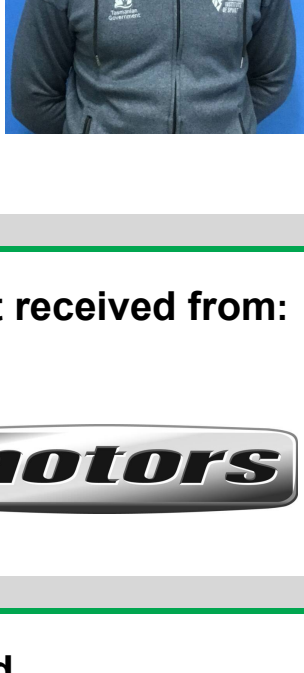
Australian Open Titles, Adelaide 17-22 May

TIS Staff Update

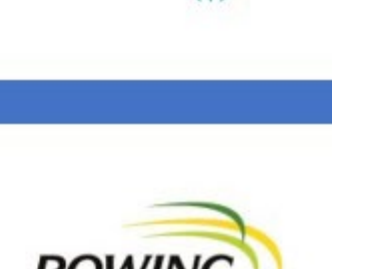
TIS welcomes Kurt Tropiano to the Technopark office. Kurt has commenced a 12 month contract as our Strength & Conditioning Coach whilst Annabelle Stratton is on maternity leave.

Kurt is a High Performance Coach who supports athletes in reaching their optimal performance through mastery of the mental, the physical and the energetic. He has over recent years spent time working at NBA China, with Olympic Windsurfer Peina Chen and at the Shanghai Institute of Sport. On top of completing a Masters in Strength & Conditioning, Kurt is a Level 2 ASCA Associate Coach, Performance Breathing Coach, Holotropic Breathwork facilitator and the founder of Embodiman Shanghai.

Welcome to #TeamTIS Kurt!

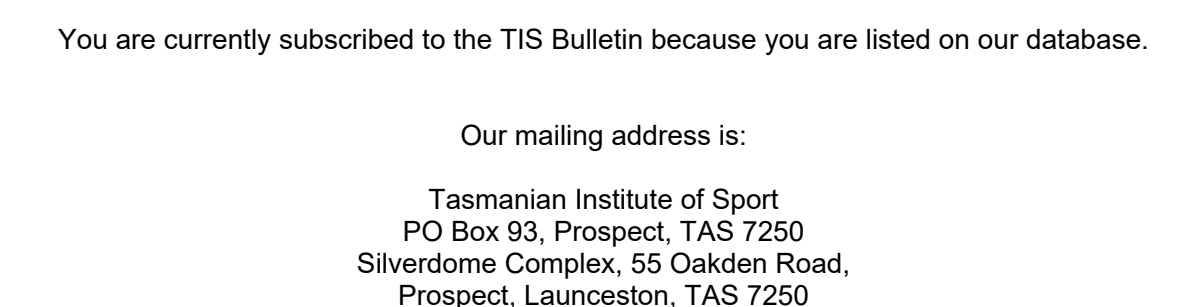


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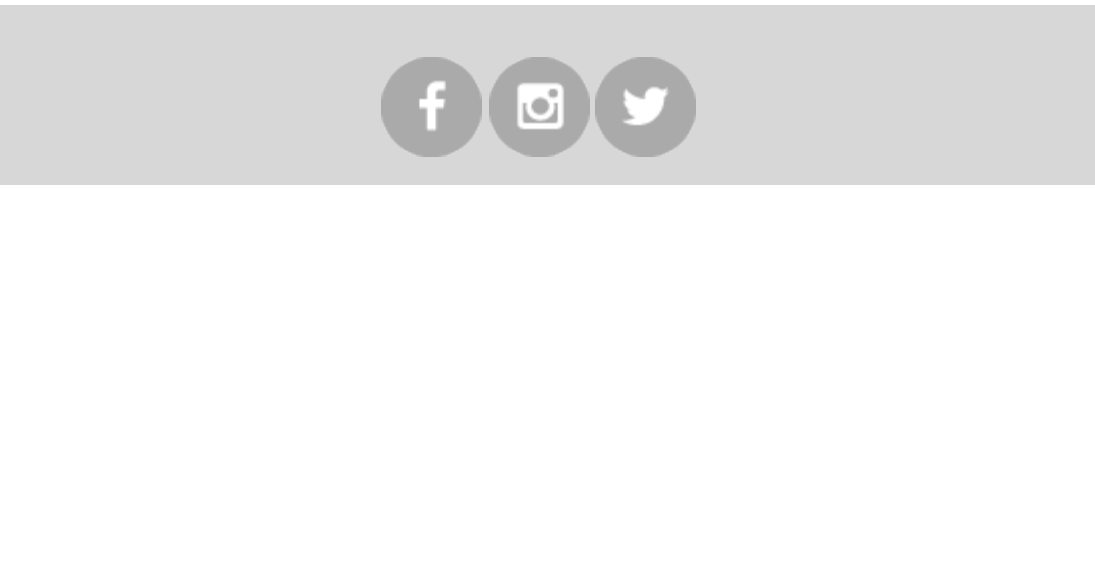


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Our mailing address is:

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

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