

OUR PARTNERS



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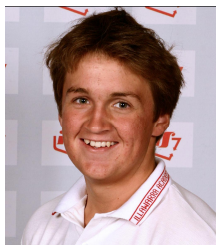
COMING SOON...

NOVEMBER 2006

- 18.....Training (Golf)
- 19.....Education (Nutrition & Goal setting) (Netball)
- 22.....Taining (Rugby Union)
- 29.....Training (Rugby Union)
- 30.....Mayoral Reception (All sports—Wollongong athletes only)

JACK NEWTON GOLF AWARDS

Last Thursday (November 9) was the night of nights for Australia's front running junior golfers to receive their accolades for a year of competition. The annual Jack Newton Junior Golf Foundation golf day and presentation dinner is an opportunity for the foundation to recognize the hard yards that the youngsters, their parents and sponsors put into the sport.



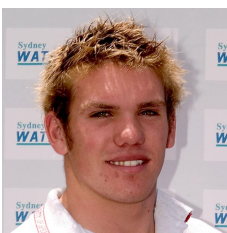
One of the major awards is the 'Junior Masters of Masters' award, to which Lewis Westhoff was the deserving recipient. The award is for the player with the best average score of the five masters events that are played around NSW. The tournaments run over two days each and were played between May and October this year.



Congratulations are also extended to graduate Lincoln Tighe, who was named 'Junior of the Year'.

SWIMMERS IN THE DEEP END

Josh Minogue was a vision of strength and stamina at the 2006 Speedo International on November 3 – 5 at the AIS pool in Canberra. Donning his speedos Minogue threw himself into the pool with a renewed thirst for racing. His intense training regime paying good dividends over the weekend, as he walked away from the event with bronze in the mens 200m Butterfly in a time of 2.03. 43 and a commendable 7th place in the mens 100m Butterfly in 57.79.



Angela Hurley was amongst the outsiders to put Olympian Jodie Henry through her paces. Hurley was the 8th fastest in the most ruthless women event: the 50m freestyle. However, touching the wall in a time of 26.87, Hurley fought hard, only to sit behind Henry on the leader board by a mere 0.4 seconds.



RUNNERS LIGHT UP HOMEBUSH

Last Saturday Ryan Gregson took on Australia's long distance running elite at the NSW Open 3km Champs. Gregson, set a scorching pace from the outset. He ran most of his laps in 67 seconds. He managed to ward off arch rival James Nipperess, who was outsmarted and outrun by Gregson who managed to finish the race in 8.23.91, 10th overall (8th from NSW). What's more, the fast & furious race brought with it more surprises for Gregson, whose time was a personal best by a whopping 12 seconds and just under 4 seconds from a world junior qualifying time.



"I didn't think that a time like this was achievable for me this season, so I'm just over the moon," he said.

The next day, Gregson competed in the Fisher's Ghost 5km Fun Run at Campbelltown. Gregson led the race from start to finish in a time of 15.39mins.

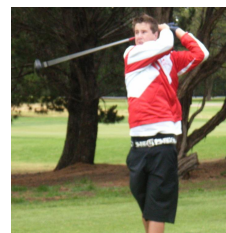
Ashley Thomas made a comeback to running last weekend at Homebush. It was do or die for her as she needed a national qualifying time to be part of the NSW team in December.



Great conditions, a suitable wind and some great competition presented the opportunity for Thomas to come away happy with two very good wins in the 90m and 200m hurdles, in the under 16 girls category. Two seasonal personal best times were recorded and a lot of confidence was regained.

TORY DRIVES GOLF DAY

The Academy's Annual Tory Toyota Golf Day was a hit in more ways than one. With Academy golfers, notable personalities and sponsors descending on Kiama's golf course, much fun was had by all.



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