Illawarra Academy of Sport

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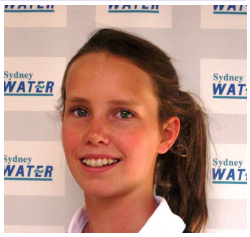
Swim Sports

SWIMMERS SUCCESS



The Sydney Water Swim team had great success at the state age titles at Homebush last week.

Leading the way once again was star swimmer Emma McKeon **(Pictured)** Competing in the girls 15 years category, McKeon won the 50, 100, 200 and 400m freestyle events as well as the 100m butterfly race. She also won bronze in the 200m backstroke and the U16 400m free relay.

Zoe Elkerton (Shellharbour) picked up a silver in the 200m butterfly and bronze in the 800m free, the 400m IM and the U16 400m relay.

Jarrod Poort **(Pictured)** won the 400m and 1500m freestyle as well as picking up a bronze in the 200 of the boys 15 years category. Alexis Mastro (Blackbutt) picked up a gold medal the girls 14 years 100m backstroke, a silver in the 100m butterfly and bronze in the 200m backstroke and the U16 400m relay.

Also competing a these championships were the BlueScope Steel open water swimmers, Aaron & Nick Ferderer (Bulli).

Aaron finished 3rd in the boys 14 years 1500m and 5th in the 400m free, whilst Nick made the finals of the 200m butterfly and 400m IM events.

Upcoming

NOMINATIONS

Nominations for Golf, Cycling and the Lawn Bowls programs are now open.

To nominate please go to the academy's website and fill in the form online.

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Mt Bike

TOWERS RETURNS

Liam Towers **(Pictured)** competed in round one of the Australian MTBA National Downhill series in Glenorchy, Tasmania on the weekend of December 12-13 2009. This was Liam's first race since moving up to the U17 age bracket after a good season in the U15's where he came third in the Australian Championships at Mt Stromlo Canberra, 3rd in the NSW Series and 5th at the NSW state Championships in Lithgow.

After a small "off" at the top of the course, Towers recorded a time of 3min 50sec in his race run which gave him a final place of 11th overall in a field of 32 which was a great result. His next two events are the Australian Champs in Adelaide on the 13-17 January and round 2 of the National Series in Shepparton Vic on January 23-24.

Also competing in this championship round was former Tobin winner, Amiel Cavalier. Cavalier competed in the elite men's downhill category and finished a very close second.

Cycling

JAYCO WIN

High profile graduate, Rochelle Gilmore had a successful time at the 2010 Jayco Bay Classic. Gilmore was part of the Honda Dream Team and won 3 of the 4 stages of the tour. Gilmore was the clear overall classification winner as well as winning the sprint classification. In other news, Scott Law won the A grade scratch race in Tasmania, three days after brother Jackson won the Latrobe Wheel Classic.

Finishing behind Scott were fellow IAS graduates, Jackson Law and Ben Kersten.

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