



Cycling

NATIONAL TRIFECTA!!!

The 2010 Australian Junior Road Championships was held at the Stromlo Forest Park in Canberra last weekend. The highly successful Academy cycling program produced three new national champions at this event.



Brad Heffernan (*Pictured above*) became the new national champion after producing a superb sprint finish to win the 34km road race in the under 15 category.

In the under 17 category, Caleb Ewan (*Pictured right*) produced a dominant display of speed and stamina to totally demolish his opposition.



Ewan won the 68km road race by 40 seconds to claim the national title.

Then on Sunday Bridget Mullany (*Pictured below*) won the girls under 15 criterium in swirling, windy conditions. Graduate Tirian McManus rode well and gained a top 10 placing in the same race.

In the girls division, Josie Talbot (Wollongong) was the best placed performer, with a bronze medal in the under 15 25km road race.



The individual time trials were also held over the weekend and although there were no winners from the Academy squad there were some good performances.

Bridget Mullany placed fifth in the under 15 8k time trial and Lara Batkin (Kiama) 12th, whilst Josie Talbot rode into sixth place in the under 17 category.

In the first weeks of December 2010, the Illawarra Academy of Sport will celebrate 25 years of operation.

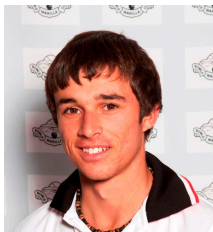
To mark this remarkable milestone a dinner will be held. Stay tuned for more details!!

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Lawn Bowls

7 IN THE HUNT

The teams to represent the NSW development and the NSW combined high schools sides were announced last week.



Seven members of the Warilla Bowls Academy squad gained selection in the combined high schools sides.

Aaron Spears (*Pictured above*), Kyle Johannes (Barrack Heights), Wilson Patuwai (Windang), Stephanie Hili (Barrack Heights), Justine Walsh (Shellharbour), Sean Mawdsley (Dapto) and Sarah Boddington (*Pictured right*) were all named.



These two teams will play games against each other at the Port Macquarie City Bowling Club on 21-23 September.

Athletics

COMEBACK QUEEN

BlueScope Steel sprinter, Abbie Taddeo (*Pictured right*) has made a successful comeback after spending seven months on the sidelines with a broken foot.



Taddeo competed at the regional diocesan carnival in Campbelltown last month. With swirling winds in Campbelltown she came 1st in the girls 16 years 100m and in the 200m, breaking a 11 year record for the 200m.

Then she competed at the Illawarra All Schools on Sunday 29th August at Beaton Park.

Taddeo ran in the 100m and 200m and came away with wins in both races. She now will be competing at CCC Athletics in the 100m and 200m sprints and the 100m hurdles which is to be held at Homebush later this month.

Graduate Sara Carli also raced at the All Schools carnival and came away with a dominant win in the girls 16 years 400m sprint in a time of 57.3.

For more information go to www.illawarraia.com.au

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COMING SOON...

SEPTEMBER

- 8.....Lawn Bowls Training
Warilla Bowls Club
5.30m-7.30pm
- 11.....Golf Training & Edu
Swing video analysis
Saturday
Port Kembla Golf Club
2.30pm-4.30pm
- 12.....Cricket Game v Illawarra U17
Bomaderry
Sunday
10am
- 13.....Rugby Union Trials for 2011 Squad
Wollongong University
Monday
6pm-8pm