

OUR PARTNERS



OUR SPONSORS



COMING SOON...

DECEMBER

- 7.....RUGBY UNION  
Training  
Shoalhaven Park  
6pm - 8pm
- 8.....IAP  
Sports Psychology  
IAS Office  
University of Wollongong  
6.15pm - 7.45pm
- 12.....HOCKEY  
Games v SWSAS  
Unanderra  
Sunday  
10am - 1pm
- 12.....HOCKEY  
Training  
Unanderra  
Monday  
5.30pm - 7.30pm

*Cycling*

SPRINT SUCCESS

Six members of the IAS Cycling squad competed in the NSW team sprint championships at Dunc Gray Velodrome on last Sunday.



In order to ensure maximum participation from the squad, the U15 cyclists Bridget Mullany (*Pictured above*) and Matthew Pignatelli competed in the U17 events and were therefore unable to defend their 2009 U15 state titles. As a consolation, their time of 58.455, which they set last year remained unbeaten in 2010.

In the U17 category Lara Batkin (*Pictured below*) teamed up with Brie Dutton to reach the gold medal ride-off and went on to take the JW17 gold medal in a time of 39.723 seconds. Josie Talbot teamed up with Hannah Crichton and qualified for the bronze medal ride-off and finished in fourth place.



Mullany and Holly Heffernan teamed up with Brad Heffernan to compete in the junior men's 17 event. The Illawarra trio qualified for the bronze medal ride-off. Bridget's and Holly's two lap split time of 39.285 seconds (would have earned them the gold medal in the JW17 event) was anchored by Brad Heffernan to take the bronze medal.

These were great results for the IAS Squad with all of the cyclists qualifying for the finals.

*Athletics*

NATIONAL CHAMPION

BlueScope Steel hurdler, Sarah Carli (*Pictured right*) blitzed the field to record her first world youth qualifier, in taking the girl's U18 400m hurdles in a time of 60.52 at the Australian All Schools competition held in Melbourne last weekend.



Susie Seitaridis (Primbee) also raced and finished with a bronze medal in the U14 80m hurdles. Graduate Talissa Scott finished just out of the medals in both the 100m hurdles and the long jump.

*Hockey*

SELECTIONS GALORE!!

Hockey NSW has published the names of the players selected to compete in the annual city v country matches.



Selected in the U15 country teams were Mikaela Patterson (*Pictured right*), Bella Worner-Butcher, Blake Govers and Daniel Olsen and Max Hughes. Selected in the U18 boy's team were Jack Hayes, Corey Harding, Paul Counsell, Joe Plumb and James Olsen.

Selected in the U18 girl's country squad were Rachel Cheetham, Kizziah Plumb, Tegan Richards and Kyah Gray.

Finally, selected in the U21 men's team were Flynn Ogilvie, Tristan White, Oliver Walker and Scott Govers.

Also in hockey, the national indoor championships concluded last Saturday at the Unanderra and Berkeley venues. The NSW men's open team won the final 7-4 against WA with Tristan White (*Pictured right*) scoring 3 goals.

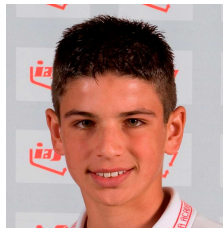


The women's open team also won the national title with a 6-3 win over Victoria, with Emma Cobbin scoring a double. In the under 21's the women won 3-1 against Queensland with Elanor Woods, Claire Rieck and Kim Bunt in the team. The boys under 21 team lost 4-3 to Victoria, despite a hatrick from Jeremy Huk.

*Golf*

MAKING THE CUT

Jordan Zunic was one of only four amateur golfers to make the cut for the weekend at the Australian Open golf in Sydney.



After a promising start, Zunic found plenty of trouble in the weekend's rounds and faded to finish well back with scores of 73-71-79-76.

Check out the Academy page in the Illawarra Mercury every Thursday!

For more information go to [www.iasa.org.au](http://www.iasa.org.au)

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