



OUR PARTNERS



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COMING SOON...

*Rugby League*  
**QLD OPEN TITLES**

The 2011 NSW state age short course championships were held last weekend in Sydney. Graduates of the Sydney Water swim sports program once again excelled at these championships.

Leading the way was the current Illawarra Academy of Sport athlete of the year, Emma McKeon. Emma won gold in the 17-18 years 100m and 200m freestyle and the 100m butterfly and then also picked up a silver medal in the 100m backstroke event. Another to win gold was Jarrod Poort (Shellharbour) in the boy's 16 years 200m freestyle. Poort also won a silver in the 400m individual medley (IM) and a bronze in the 200m butterfly.

Zoe Elkerton had a number of top 10 finishes, with bronze medals in the 17-18 years 400m IM and the 200m butterfly, her best results. Although not medalling, both Alexis Mastro and Kiera Eady had top 10 finishes at these championships.

*Cycling*  
**INVERELL SUCCESS**

The Academy's cycling squad made a successful trip to Armidale for the 2011 NSW junior road championships. In the individual time trial, Bridget Mullany (Cambewarra) started off her campaign with a third place finish in the girl's 15 years category.

Lara Batkin (Kiama) and Holly Heffernan (Wollongong) both had top 10 placings, whilst graduate, Josie Talbot won the girl's 17 years category. For the boys, both Matt Pignantelli and Tom Delamont finished in the top 10 of the boy's 15 years section. In the criterium, best results came from Mullany who won her race and Batkin and Talbot, who finished with the gold and silver medals in their race.

The final event of the championships was the road race and it was here that the IAS riders really produced the goods. Mullany easily won the girl's 15 years race, then Talbot took out the girls 17 years category and finally Brad Heffernan won the boy's 17 years category by just 8/1000 of a second. In fact the first six riders in this race were separated by just one second. In the end, academy riders and graduate finished with a total of 6 gold, 1 silver and 1 bronze medal.

*Cricket*  
**REP SELECTIONS**

The NSW men's open team has had a similar misfortune that other NSW teams have had this year. Playing in the final of the AHL league against WA, the NSW team lost 4-3, with the winning goal coming in the last minute of play. The NSW squad contained four IAS graduates for the series. Nathan Ackroyd, Kieran Govers, Flynn Ogilvie and Tristan White.

*Lawn Bowls*  
**Lawn Bowls**

Sally Fitzgibbons has ended her ASP tour with a win the final event, the US Open Of Surfing at Huntington Beach in the US. The win secured her second place finish in the series for the second year running. Another graduate, Ryan Gregson, was last week named in the Australian squad to compete at the World athletics championship in Korea later this month. The selectors have show faith in Gregson as he has not yet run a qualifying time.

*Noms*  
**NOMINATIONS**

Athlete and staff nominations are closing soon for the 2012 academy programs in the sports of Hockey, Netball, Rugby Union, and Individual Athlete Program. Please check the IAS website for details on all nominations will close on 21 August.

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

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

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