

OUR PARTNERS



OUR SPONSORS



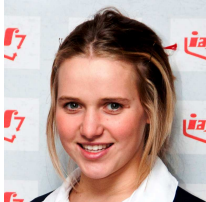
COMING SOON...

DECEMBER

- 6.....Rugby Union Training
Kiama
Tuesday
6pm—8pm
- 13.....IAP Squad
Time Management
University of Wollongong
IAS Office
Tuesday
6.15pm—7.15pm
- 13.....Rugby Union
Training
Eridge Park
Bowral
Tuesday
6pm—8pm

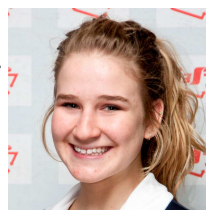
Cycling **CYCLING NEWS**

The NSW omnium champs were held last Sunday in Sydney. Despite winning 3 of the 6 legs, Holly Heffernan had to settle for 2nd in the U17 category. Ella Scanlan-Bloor (**Pictured right**) finished 6th in the same category.



On Saturday the Clarence street cup meet was conducted at the velodrome, with some great results for the IAS. Holly rode a great race in the open women's cup final, finishing second.

Lara Batkin (**Pictured right**) had numerous wins on the night, culminating with her win in the JW17 section of the cup. Bridget Mullany had to settle for second in the same race. Brad Heffernan faced some stiff opposition in the JM17 category, but raced well and ended up finishing third in the cup race.



Hockey **HOCKEY SELECTIONS**

The strength of local hockey was highlighted once again last week with 11 locals gaining selection in the country teams to take on city at the Macarthur next March.



Selected in the U17 teams were: Paul Counsell, Blake Govers, Brock McCracken, Jack Rowe, Kiarra Marsh, Mikaela Patterson and Bella Worner-Butcher.

In the U15 category Riley Smith, Grace Stewart (**Pictured above**), Riley Wishart and Joshua Mayo all gained selection.

Golf **ON A ROLL!!**

A number of golfers have had some success of late. Beau Fraser (**Pictured right**) started the ball rolling early last month with a great round of 70 to win the Kiama junior open by three shots from Jordan Widdicombe.



A week later Mark Panopolous won the Moss Vale junior open, with Jamie Krzyszczak winning the 13 and under category from Rhett Makin. Makin last week played in the 2XU champions trophy at Moss Vale and won the 13 and under nett category by 7 shots.

Tennis **ON THE ROAD**

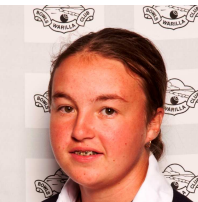
Stella Crick was once again a finalist in the doubles at the Red Centre open in Alice Springs last month. Unfortunately rain stopped the finals from being played.



Last week, Crick played in a tournament in Glenorchy, Tasmania, making the semi finals of both the singles and doubles sections.

Lawn Bowls **U18 SERIES**

Sean Mawdsley, Stephanie Hill and Dawn Hayman (**Pictured**) were last week selected into the NSW under 18 team to play the quadrangular series against WA, SA and Victoria next January.



Athletics **ATHLETICS WRAP**

Sarah Carli won the U18 400m hurdles at the Australian all schools last weekend in Queensland, running a world youth qualifying time of 58.79. Carli also picked up a silver medal in a relay team. Samantha Peace also won gold, winning the girls 14 and under discus. In the boy's 2000m steeplechase, Joshua Kentwell was the first NSW athlete home, placing seventh overall. Liam Henderson finished ninth in the 14 and under 800m then fourth in the 1500m.



In local news, Jye Edwards (**Pictured above**) raced at Campbelltown and finished seventh in the under 17 category, despite only being 13. Edwards ran a new personal best time of 4.40 for the distance.

Surf Life **HECTIC MONTH**

Joshua Bond, has come through a hectic month of racing to gain selection in the branch team to compete in Newcastle next month.



Bond finished 4th at the NSW endurance champs in the swim and the board. He then followed this up by making the finals of the swim, board, ski and ironman, earning top 10 placings in all events.