

*Cycling*

**NATIONAL MEDALS**

The Australian track championships were held in Adelaide last weekend, with a number of graduates competing.



The last four IAS cyclists of the year award winners were competing. Scott and Jackson Law, Tirian McManus and Caleb Ewan all picked at least one medal each.

Scott (**Pictured above**) won a silver medal in the 1000m open time trial and Jackson a silver in the open 40k points race. Ewan won two silver and two bronze medals, whilst McManus won a gold medal in the U19 madison as well as two silver and two bronze medals.

Madison Law finished sixth in the open women's madison final, whilst Holly Heffernan finished sixth in the U19 scratch race, eight in the U19 points race and eight in the open women's sprint.

Holly (**Pictured right**) was last week selected as the NSW U17 rider to compete at the Australian junior track championships to be held in Melbourne in March.



Alongside her will be Lara Batkin and Josie Talbot, whilst Brad Heffernan will compete for NSW in the U17 men's category.

*Athletics*

**WINNING RETURN**

Former Tobin winner, Ryan Gregson has made a successful return to racing at the Adelaide leg of the Grand Prix series.



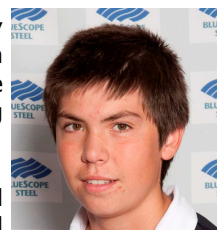
Racing over his favourite distance of 1500m, Gregson was in the lead pack throughout and was able to outprint his training partner Jeff Riseley to win.

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*Cricket*

**GRADUATES ON FIRE**

South Coast won the Jeffrey Cup against Shoalhaven last week at the Croome road venue with a strong batting display.



Shoalhaven batted first and Lachlan Lamont top scored with 108 runs in his team's total of 219 and Jordan Matthews, for South, took 2/36. In reply, Southern chased down to total for the loss of only 5 wickets, with Blake Munilla (**Pictured above**) scoring 85 and Duncan Maddinson 41.

In graduates news, Brett Lee and Nic Maddinson both played in the Sydney Sixers win over the Perth Scorchers in the final of the inaugural T20 competition.

Lee was on fire early claiming 2 wickets in the first over and thus helping to reduce the total. The Sixers ending winning comfortably by 7 wickets with 7 balls to spare.

*Event*

**AQUATHON RESULTS**

Several members and graduates of the BlueScope Steel IAP squad competed with success at the Australia Day aquathon in Wollongong.



Graduates, Ben Allen and Shane Barrie led the field out of the water leg of the long course event, but were run down, with Barrie (**Pictured above**) finishing second and Allen fifth. Jake Montgomery had a strong run leg and won the U20 category.

Current scholarship athlete, Olivia Lavelle put in a strong run leg to finish third in the U20 women.

In the short course event, Jules Cleary (**Pictured right**) finished a creditable 26<sup>th</sup> overall, recording the 8<sup>th</sup> fastest run leg of the day, despite only being 13 years of age.



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

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**COMING SOON...**

**FEBRUARY**

- 6.....Hockey Training Welby Monday 5.30pm—7.30pm
- 7.....Rugby Union Training University of Wollongong Tuesday 6pm—8pm
- 7.....IAP Program Education University of Wollongong Tuesday 6pm—8pm