

Athletics

At the Canberra Athletics Classic over the weekend, Crystal Attenborough was 4th fastest in the individual 100m in a time of 11.82 sec. and 7th in the 200m in a time of 24.32 sec. Crystal was also a member of the successful Australia A 4x100m team.

1, Australia A 'A' (Lauren Hewitt, Sally McLellan, Crystal Attenborough, Jody Henry), 44.26

At the Sydney Track Classic Crystal came 5th in the 100m after deciding not to compete in the 200m due to a few niggling injuries from the relay camp she attended beforehand that could be severely affected in a 200m race. With Beijing Olympic selection around the corner she could not afford to seriously damage her leg injuries.

Cricket

Cameron Francis has been named as reserve for the Australian squad for the upcoming U19 World Cup in Malaysia, which was reduced to 13 players at the end of the U19 Championships. He will travel to Brisbane in February for the U19 camp hoping to be called up to tour.

Cycling

In Ballarat, fellow AIS scholarship holder Simon Clarke held off Northern Territory rider Matt King to win a thrilling Australian Men's U23 Road Race. Clarke defeated his South Australia.com team-mate by just three seconds in a sprint finish in the 122.4km race. "Simon's got a couple of years and a bit more experience on me, so I'm stoked to have run second, I don't see it as a disappointment at all," King said.

Earlier at the championships, NTIS/AIS scholarship holder Matt King won the U23 men's 28km time trial in a nail biter, defeating his SouthAustralia.com-AIS team mate Ben King (WA) by less than a second. Matt King was aggressive from the start notching a 20 second lead at the top of the first climb, approximately five kilometres into the event. However, Ben King put in a strong second half to almost bridge the gap.

"I had my family shouting at the finish line so I knew it must be close so I just buried myself," said Matt. "But this is just too close for comfort and I won the Thuringen Rundfahrt time trial (German stage race) by 0.6 of a second in 2007 so this is not good for the nerves.

Hockey

NTIS hockey athlete Desmond Abbott, a member of the Australian Kookaburras team which competed in a five-nation tournament won gold recently. The Kookaburras playing against Spain in the final defeated the Spanish 3-2. Des scored in the first round Spanish game and also against South Africa. Other teams present in the tournament were Germany, and Netherlands.

Fellow NTIS athlete Adrian Lockley, a member of the Australian U21 squad which came up with all the right answers to beat India 3-2 to win the eight-nation junior men hockey tournament in Kuala Lumpur, Malaysia. Adrian was part of the winning team against Korea scoring the winner in the 65th minute and against Pakistan with a 14th minute goal.

Chantrelle Carey, an Assistant coach to the NTIS program has been successful in obtaining a scholarship under the Hockey Australia 2008-2009 Female Coaching Apprenticeship Program.

Rugby League

NTIS Scholarship holders Michael Elphick, Peter Hassall and Tyler Malone visited and played for the AIS Rugby League team against Canberra and St George-Illawarra teams recently. Peter Hassall has been given a scholarship at Mackay State High School to play with the schools' Rugby League Academy and Souths in their local competition.

Rugby Union

Congratulations to the following 2008 Rugby Union athletes on their selection as NTIS Scholarship holders: Blake Bishell, Jack Bruce, Kyle Davies, Josh Hall, Alex Munro, Tari Mutoti, Elijah Vodo, Christopher Lay, Elliot Lewis, Jake Noble, Matthew Paterson- Nocolai, Josef Stanek, Isaac Tauleiei, Liam Walker and Shaun Wauchope.

Sailing

NTIS sailor's Rohan Langworthy and Jack Benson were in second place behind the current World champions and Australia's Olympic representatives Darren Bundock and Glenn Ashby at the Australian Tornado Championships at Somers in Victoria. Mark Edmonds sailing with Damien Ford came 6th in the fleet of 15 boats.

The Asia Pacific Tornado Championships were sailed concurrently, Rohan and Jack were 16th and Damien and Mark were 22nd in the fleet of 31 boats.

At the Sail Melbourne Tornado event held at the Sandringham Yacht Club, Rohan and Jack finished in 20th place (the second Australian crew) and Damien and Mark finished in 21st place, (third Australian crew). The event was won by Australians Bundock and Ashby.

The NTIS sailors started their summer series at the Sydney International Regatta which was held in December. Rohan and Jack finished in 10th place from 11 starters but were the 2nd place Australians. Olympians Ashby and Darren Bundock won the tornado category, winning six out of nine races. Mark Edmonds competed in the Laser Radial men class at the Sydney International Regatta finishing in 12th place from 29 starters with a best race finish in 8th place.

Swimming

Kia King won both the 100m U16 Breastroke and the 200m Breastroke at the Victorian Age Championships this month. Best result for Alice Springs swimmer Zac Dalby was finishing 3rd in the 15 year old men's 100m butterfly event. His other results were:

Zac Dalby 11th Men 15 year old 100m freestyle

Zac Dalby 8th Men 15 year old 200m freestyle

Zac Dalby 6th Men 15 year old 200m Individual Medley.

Tennis

Adil Hakeem, the number 2 seed, made the top 16 players in the singles tournament in New Zealand at the 18 & U Auckland ITF Summer Championships losing to Ben Mitchell (Australia) 6-4, 7-5. Adil is currently into the quarter final in the men's doubles. Emily Webb lost in her first round in this event while Matilda Hurst lost to Japanese player Haruka Naito 6-4, 6-4 in the second round.

Carbine Club Development Scholarship holder Kassandra Dunser represented Australia in the Under 12 years Test match against New Zealand in Gosford. Kassandra was named as the number one player to represent Australia where they defeated the New Zealanders. Kassandra is currently the highest ranked 12 year old in the Australian rankings, after a very successful year that included three semi-finals in National Events as well as winning titles in Brisbane and Melbourne.

12 year old, Kassandra will take part in a National High Performance Training Camp at Melbourne Park this week along with other talented 12 year olds including new NTIS scholarship holder, Kiera Halicek. They will then participate in the National 12/U Teams Event. Kassandra won all her single matches and they came 2nd losing first position only by a tie break. The girls' were managed by NTIS scholarship holder, Ashlee Brown. Kassandra

will also take part in the 14/U National High Performance Training Camp along with fellow Darwin girls' Matilda Hurst and Emily Webb. They will then combine for the National 14/U Teams Event. Here the team came 6th out of 8 teams.

Kassandra was a semi finalist in the Optus 12s Australian Championships and a quarter finalist in the doubles with Victorian Skye Hopper held in Gosford, NSW. The following week Kassandra stayed on in Gosford to play in the Optus 14s Australian Championships where she also was a semi finalist defeating the number 3 seed and lost her last match in three sets.

Adil Hakeem lost in the first round of the Australian Junior Open qualifiers to 10th seed Blaz Rola from Slovakia, 6-2, 6-2 missing a berth in the main draw.

Tenpin Bowling

NTIS scholarship holder and Alice Springs Tenpin sensation Andrew McArthur has won the SA Cup in Adelaide over the Australia Day weekend beginning his assault on number one Rankings position for 2008.

McArthur finished the match play in third position behind the leader Australian Captain, Jason Walsh and SA champion Brenton Davy. However in the semi final McArthur quickly disposed of Davy 445 to 406 pins and then in the grand final defeated Jason Walsh convincingly 426 to 390 pins.

Currently Andrew is 3rd in National Rankings and Bruno Maglieri ranked 12th.

Tenpin Bowlers have a skills camp and tournament in Darwin from 22-24 February.

Triathlon

Sophie Hawkins raced in the Benalla Triathlon in Victoria in December finishing as the first female across the line and winner of the Elite female category.

Wheelchair Basketball

Melanie Hall has been selected for the Australian Women's' wheelchair Basketball team "Gliders" for the Osaka Cup in Japan in February.

Melanie went to an Australia Day Wheelchair Basketball Competition on the Sunshine Coast on the weekend and came back with both a Most Valuable Player and All Star 5 Award. Teams included were from all over Qld including Brisbane, Rockhampton, Sunshine Coast and a few people from NSW joining in.

NTIS Coaches and Staff

Stacey West is off to Canberra shortly for a high Performance Coaches seminar with all the SIS/SAS coaches and the ANZ Trophy club coaches. She will also catch up with AIS skill acquisition specialist Damian Farrow regarding the work she has been doing with her netballers.

Michael Rawiri has recently returned from Canberra and Wollongong to watch two NTIS athletes train and play with the AIS Rugby League team which played two games, one against Canberra Raiders SG Ball and St George-Illawarra SG Ball teams.

Upcoming Events

Narelle Long will compete in the Australian Athletics Cup in the 100m as part of the Jump Start Indigenous program followed next week by the Victorian Championships.

Crystal will compete in February in the Sydney Grand Prix on the 16th, Melbourne Grand Prix on the 21st, and the Australian championships on the 28th.

Kelly Fong and Tamara Betts will compete in the ACT Open over the 9th and 10th of February.

Jack Benson, Rohan Langworthy, Mark Edmonds and Damian Ford will compete in the Sail Auckland event from the 16th-19th February then the World Tornado Championships in Auckland from the 22nd February to 1 March.

Ali Fitch will be competing on Feb 23 in Ironman Malaysia, Langkawi Island.
Sophie Hawken will be competing in the Hobart Triathlon in February.

Adil Hakeem, Matilda Hurst and Emily Webb are in New Zealand to play in the 18 & Canterbury and Wellington tournaments.