



South Australian Sports Institute

# 2023 YEARBOOK

# THE *Heart* OF SOUTH AUSTRALIA'S SPORTING SUCCESS

The South Australian Sports Institute (SASI) as the High-Performance sports hub in South Australia is committed to a vision of being the heart of South Australia's sporting success. We support South Australian based coaches and athletes ensuring they have access to world leading coaching, sport science and medicine and facilities to achieve podium performances at World Championships, Olympic, Paralympic and Commonwealth Games.

As part of this commitment to international sporting excellence, SASI strives to develop outstanding athletes whose character, journey and performances are inspirational for South Australians.

# STAFF

## MANAGEMENT AND OPERATIONS

**Wes Battams**  
Director

**Kevin Tabotta**  
High Performance  
Manager

**Keren Faulkner**  
Performance Services  
Manager

**Simon Cain**  
Manager Sports  
Programs

**Eddie Denis\***  
Manager Sports  
Programs

**Kayla Ratley**  
Project and Operations  
Coordinator

**Tom James**  
Sport Services Officer

## COACHING STAFF

**Andrew Schacht**  
Beach Volleyball

**David Smith**  
Canoe Sprint

**Brett Aitken**  
Cycling

**James Glasspool**  
Cycling

**Andy Banks**  
Diving

**Hugh Purvis**  
Hockey

**Jacqui Illman**  
Netball

**Nick Mitchell**  
Rowing

**Christine MacLaren**  
Rowing

**Peter Bishop**  
Swimming

**Craig Stewart**  
Swimming

## AI'S NATIONAL GENERATION 2032 COACH PROGRAM

**Jared Tallent**  
Athletics

**Ashlee Ankudinoff**  
Cycling

**Bernadette Wallace**  
Canoe Sprint Para

**Lilly Foster**  
Diving

## PERFORMANCE SERVICES

**Jenny Borlase**  
Athlete Wellbeing and  
Engagement Advisor

**Tim Rawlins**  
Performance Analyst

**Luke Knapstein**  
Physical Preparation Lead

**James Pearce**  
Physical Preparation  
Coach

**Steven van Diepen**  
Physical Preparation  
Coach

**Cate Gifford**  
Physical Preparation  
Coach

**Alek Saunders**  
Physical Preparation  
Coach - Para athletes

**Kent Dredge**  
Physical Preparation  
Coach (casual)

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Psychologist and  
Wellbeing Lead

**Sian Barris**  
Sports Biomechanist;  
Skill Acquisition Specialist

**Olivia Warnes**  
Sports Dietitian

**David Haydon**  
Sports Engineer

**Eileen Robertson**  
Technical Lead Senior  
Physiologist

**Toni Haddad**  
Sports Physiologist

**Jamie Stanley**  
Sports Physiologist

**Sarah Woolford**  
Sports Physiologist

**Jayden Lowrie**  
Sports Scientist,  
Movement Sciences

**Tyson Basford**  
Sports Science Intern

## CONSULTANTS

**Dr Geoff Verrall**  
Chief Medical Officer

**Melissa Millstead**  
Massage Therapist

**Andrew Darcey**  
Physiotherapist

**Jacqui Haskett**  
Physiotherapist

**Liam Nottle**  
Physiotherapist

**Scott Smith**  
Physiotherapist

**David Spurrier**  
Physiotherapist

**James Trotter**  
Physiotherapist

**Julian Urlings**  
Physiotherapist

**Stuart Gollan\***  
Physiologist

**Tiffany Copley**  
Psychologist

**Kylie Baker**  
Psychologist

**Jacqui Sandland**  
Psychologist

**Aurora Balding**  
Sports Engineer

## COMMUNICATIONS

**Elise Julian**  
Communications Officer

**Matt Axford**  
Graphic Designer

## UNIVERSITY STUDENTS

**Georgina Barratt**  
University of South  
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**Samantha Lange**  
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**Jack Trehearne**  
University of South  
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**Millie Scott**  
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Australia

**Tan Phuoc**  
University of South  
Australia

**Liam Mason-Ernst**  
University of South  
Australia

# DIRECTOR'S MESSAGE



As we come to the end of 2023 and reflect on the year that was, there is so much to be proud of. The South Australian Sports Institute (SASI) has had some major wins in the past 12 months, both on and off the field. We continue to live up to our reputation where SASI is at the heart of South Australia's sporting success.

While some may be fooled into thinking that the workload is less intense in a non-Olympic/Paralympic/Commonwealth Games year, we've continued to pursue excellence in all areas and the results speak for themselves. Our athletes have put the world on notice, achieving a podium position again, and again, and again. In the past year, SASI athletes won 10 gold, 14 silver and 10 bronze across world championship events, realising their lifelong dreams that they have worked tirelessly for, for so many years. This is a phenomenal achievement and an exciting sign of things to come ahead of the 2024 Paris Olympics and Paralympics.

Our staff and coaches are leading the way when it comes to best practice and research in high-performance sport. The team has worked alongside other industry experts on collaborative research projects, shared their knowledge at conferences around the country and set up coaching networks to provide additional support to their peers. We've also enjoyed learning from some of the best in the business and applying these new skills to our daily practices. Some of the highlights from the year include working with Dr Dehra Harris, the Director of Performance Research and Education at the Toronto Blue Jays and Dr Véronique Richard, Research Fellow at the University of Queensland.

We are also approaching the finish line on two of the biggest projects that SASI has ever undertaken. Early in the New Year, we will open the Australian Centre for Sports Aerodynamics – a multi-sport facility which will be the only dedicated sport wind tunnel in the southern hemisphere.

This will not only give our athletes the winning edge, but it will also enhance South Australia's reputation as a world-class training State, attracting elite athletes from all corners of the globe. I thank the State Government and Australian Institute of Sport for their support and contribution to this initiative.

Complementing these works in the Mile End sport precinct, hype is building around the construction of the new SASI headquarters. Due for completion mid-next year, the purpose built, state-of-the-art facility will be a game-changer for high-performance sport in SA, providing a world class training environment for aspiring Olympians and Paralympians. It will be equipped with cutting-edge technology, supporting SASI's service staff in delivering world leading practices. I can only imagine the new heights our team will reach in this ground breaking environment.

With a new era on the horizon, the timing feels right for me to retire and pass the baton on. Serving as SASI Director for the past 26 years has been an absolute joy and privilege. It has been a huge honour to work with such a talented, hardworking and passionate team. The outstanding achievements and reputation of our SASI athletes, programs and staff is hard won, well deserved and testament to them all. My sincere thanks to all the SASI staff and athletes, current and past, who have made SASI what it is. Thanks also to the Office for Recreation, Sport and Racing staff as well as the National Institute Network Directors and SASI's network of high-performance sport colleagues and program partners.

I wish you all the best for the next exciting chapter... I will be cheering you on from the sidelines!

**Wes Battams**  
SASI Director



# STAFF



# 2023 WORLD CHAMPIONSHIP MEDALLISTS



## MEDALLISTS

### GOLD

1	<b>Amanda Reid</b> (SASI Athlete)	<b>Cycling (para)</b> Women's C2 500m Time Trial Women's C2 Omnium
1	<b>Tayte Ryan</b> (SASI Athlete)	<b>Cycling</b> Junior Men's 1km Time Trial
1	<b>Sarah Klau</b> (SASI Graduate)	<b>Netball</b> World Cup
1	<b>Jed Altschwager</b> (SASI Athlete)	<b>Rowing (para)</b> PR3 Mix2x
1	<b>Nikki Ayers</b> (SASI Athlete)	
1	<b>Kyle Chalmers</b> (SASI Athlete)	<b>Swimming</b> Men's 100m Freestyle Men's 4x100m Freestyle Mixed 4x100m Freestyle
1	<b>Meg Harris</b> (SASI Athlete)	<b>Swimming</b> Women's 4x100m Freestyle Mixed 4x100m Freestyle
1	<b>Matt Temple</b> (SASI Athlete)	<b>Swimming</b> Men's 4x100m Freestyle*
1	<b>Madi Wilson</b> (SASI Athlete)	<b>Swimming</b> Women's 4x100m Freestyle* Mixed 4x100m Freestyle* Women's 4x200m Freestyle*

\*Heat swimmer

### SILVER

2	<b>Michael Roeger</b> (SASI Athlete)	<b>Athletics (para)</b> Men's T46 1500m
2	<b>Darren Hicks</b> (SASI Athlete)	<b>Cycling (para)</b> Men's C2 Road Race Men's C2 Time Trial Men's C2 Individual Pursuit
2	<b>Matt Glaetzer</b> (SASI Graduate)	<b>Cycling</b> Men's 1km Time Trial Men's Team Sprint
2	<b>Leigh Hoffman</b> (SASI Graduate)	<b>Cycling</b> Men's Team Sprint
2	<b>Alex Manly</b> (SASI Graduate)	<b>Cycling</b> Women's Madison
2	<b>Amanda Reid</b> (SASI Athlete)	<b>Cycling (para)</b> Women's C2 Scratch Race
2	<b>Tayte Ryan</b> (SASI Athlete)	<b>Cycling</b> Junior Men's Sprint
2	<b>Caitlin Ward</b> (SASI Athlete)	<b>Cycling (para - pilot)</b> Women's B 1km Time Trial Women's B Sprint
2	<b>Meg Harris</b> (SASI Athlete)	<b>Swimming</b> Women's 4x100m Medley*
2	<b>Matt Temple</b> (SASI Athlete)	<b>Swimming</b> Mixed 4x100m Medley
2	<b>Madi Wilson</b> (SASI Athlete)	<b>Swimming</b> Women's 4x100m Medley*
2	<b>Anu Francis</b> (SASI Athlete)	<b>Triathlon (para)</b> Women's PTS2

\*Heat swimmer



### BRONZE

3	<b>Angus Hincksman</b> (SASI Athlete)	<b>Athletics (para)</b> Men's T38 1500m
3	<b>Kurtis Marschall</b> (SASI Graduate)	<b>Athletics</b> Men's Pole Vault
3	<b>Paige Greco</b> (SASI Graduate)	<b>Cycling (para)</b> Women's C3 Road Race Women's C3 Individual Pursuit
3	<b>Meg Lemon</b> (SASI Athlete)	<b>Cycling (para)</b> Women's C4 Road Race
3	<b>Amanda Reid</b> (SASI Athlete)	<b>Cycling (para)</b> Women's C2 Individual Pursuit
3	<b>Olympia Aldersey</b> (SASI Graduate)	<b>Rowing</b> Women's Eight
3	<b>Molly Goodman</b> (SASI Graduate)	
3	<b>Nick Blackman</b> (SASI Athlete)	<b>Rowing</b> U23 Quadruple Sculls
3	<b>Angus Dawson</b> (SASI Graduate)	<b>Rowing</b> Men's Eight
3	<b>Kyle Chalmers</b> (SASI Athlete)	<b>Swimming</b> Men's 4x100m Medley Men's 4x200m Freestyle
3	<b>Matt Temple</b> (SASI Athlete)	<b>Swimming</b> Men's 4x100m Medley

# BEACH VOLLEYBALL

## SASI PROGRAM AND MEN'S NATIONAL CENTRE OF EXCELLENCE

### COACHING STAFF

**Andrew Schacht**  
Head Coach

**Joey Yigit**  
Pathways Coach

**Lachlan Hinds**  
Physical Preparation Coach

### SASI SCHOLARSHIP ATHLETES

**Lelani Burnell**  
**Solomon Bushby**  
**Bailee Kendall**  
**Lucy Knight**  
**Jack Pearse**  
**D'Artagnan Potts**  
**Ruby Vanloo**

### SASI GRADUATE ATHLETES

**Max Guehrer\***  
**Chris McHugh**  
**Zachery Schubert**

### SASI BASED NCE ATHLETES

**Paul Burnett**  
**Izac Carracher**  
**Thomas Hodges**  
**Mark Nicolaidis**

\*Concluded

### WORLD CHAMPIONSHIP RESULTS

Zachery Schubert and Thomas Hodges  
9th Men's

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Chris McHugh and Paul Burnett  
17th Men's

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Mark Nicolaidis and Izac Carracher  
33rd Men's

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D'Artagnan Potts (and Ben Hood)  
17th Men's U21



### AUSTRALIA WINS GOLD AND SILVER AT THE MEN'S ASIAN BEACH VOLLEYBALL CHAMPIONSHIPS

An all-Aussie showdown in the final of the Men's Asian Beach Volleyball Championships saw SASI supported athletes Zach Schubert and Thomas Hodges claim the gold medal, while Chris McHugh and Paul Burnett secured silver.

Held in Pingtan, China, Schubert and Hodges defeated the 2022 Commonwealth Games Champions in the gold medal match 2:0 (21-17, 21-18), with both teams gaining valuable world ranking points that contribute to qualification for the Paris 2024 Olympic Games.

Schubert said he was thrilled to win his first Asian Championship title, and enjoyed the challenge of facing off with his Aussie teammates.

"We had a great game against the other Aussie team, it's always really fun whenever we play against them because we know each other so well, so it's always a great challenge on both sides of the court trying to work out what each other is going to do," Schubert said.

"It was a really exciting game and we absolutely loved the challenge."

"We've won some Asian Tour events before but never the Asian Championships, so it's the first for both of us and we're really happy about that."

Hodges said the team had been finding their groove during the international tour, having also won the Volleyball World Beach Pro Tour Challenge in Jurmala in the lead up to the event.

"It was a massive week and we just couldn't think too far ahead; I can't believe we made it this far to be honest," Hodges said.

"I think we've been playing our volleyball one point at a time, one game at a time and having a lot of patience and belief in our volleyball and it's really paid off."

"It's fantastic and really exciting to get two tournament wins in a row."

SASI is proud to support the Volleyball Australia Beach Volleyball National Training Centre, located at SASI's training facilities.



# CANOE SPRINT

## COACHING STAFF

**David Smith**  
SASI Head Coach

**Luke Haniford**  
Paddle SA Talent Coach

**Bernadette Wallace**  
Gen2032 Coach

## SASI SCHOLARSHIP ATHLETES

**Reece Bacchus\***

**Demi Bates**

**Josephine Bulmer**

**Chelsea Jentz\***

**Maguire Reid**

**Emerson Simone\***

**Charli Smyth**

**William Spencer\***

**Sebastian Steel**

**Caitlin Webber**

**Finn White**

## SASI GRADUATE ATHLETES

**Jakob Hammond**

\*Concluded

## WORLD CHAMPIONSHIP RESULTS

**Jakob Hammond**

4th E-Final K1 1000  
9th C-Final K1 200  
7th A-Final K2 1000

**Demi Bates (U23)**

3rd B-Final K2 Mixed 500  
8th B-Final K2 500

**Maguire Reid (U23)**

4th B-Final K1 1000  
4th B-Final K2 500  
4th B-Final K2 1000

**Charli Smyth (U23)**

4th B-Final K1 200  
4th Semi-final K4 500

**Emerson Simone (Junior)**

3rd B-Final K4 500

**Caitlin Webber (U23)**

4th Semi-final K4 500  
8th B-Final K2 500



## PADDLING FOR SUCCESS IN SINGAPORE

The SASI Canoe Sprint program has a focus on identifying and developing nationally-categorised athletes capable of achieving selection into Paddle Australia national teams and programs.

To give athletes the best chance to succeed, SASI set up an international five-week training camp in Singapore in July this year.

Through a partnership with the Singapore Canoe Federation and Singapore Sports Institute, a dedicated training block was planned, exposing athletes to a higher training workload for a prolonged period of time during the preseason training phase. Led by SASI Head Coach Sprint Canoe/Kayak David Smith and supported by SASI Sports Scientist Jayden Lowrie, the pair worked with SASI athletes Maguire Reid, Demi Bates, Charli Smyth, Caitlin Webber, Will Spencer and Finn White on the trip.

"Our focus was aimed primarily at gym/strength/hypertrophy training with a technical focus of shifting that strength to on water technique," Smith said.

"The warm weather provided endless opportunity to access on water training but also added immense benefit to the gym training as it mitigated the difficulties when it comes to pushing the bodies hard in the gym.

"We gained valuable insight through on water testing, measuring our athletes' speed of acceleration through each stroke and how each athlete's boat responds to their movements.

"It was a fantastic opportunity for the canoe/kayak team to represent SASI as a whole in a non-competitive environment.

"Having the opportunity to train and paddle in a world-renowned city and also have the waters of Marina Bay Sands as the training base was a once in a lifetime opportunity and we as a team will forever be grateful."

We are excited to see what these athletes will achieve, having gained this international experience.



# CYCLING



## COACHING STAFF

**Brett Aitken**  
Head Coach

**James Glasspool**  
Sprint Coach

**Ashlee Ankudinoff**  
Gen2032 Coach

## SASI SCHOLARSHIP ATHLETES

**Grant Allen**  
**Alli Anderson**  
**Kai Arbery**  
**Oliver Bleddyn**  
**James Brister**  
**Carlos Carisimo\***  
**Finn Carpenter**  
**Josh Cranage**  
**Sarah Dally**  
**Kelly Fettes\***  
**Darren Hicks**  
**Wil Holmes**  
**Candice Kennedy\***

**Meg Lemon**  
**Max Liebeknecht**  
**Zac Marriage**  
**Angus Miller**  
**Amber Pate**  
**Amanda Reid**  
**Kalinda Robinson**  
**Tayte Ryan**  
**Kaitlyn Schurmann**  
**Dylan Stanton\***  
**Leani van der Berg**  
**Caitlin Ward**  
**Sophie Watts\***  
**Beau Wootton**  
**Leo Zimmermann**

## SASI GRADUATE ATHLETES

**Tiffany Cromwell**  
**Rohan Dennis**  
**Alex Edmondson**  
**Sophie Edwards**  
**Matthew Glaetzer**  
**Paige Greco**  
**Leigh Hoffman**  
**Alex Manly**  
**Chloe Moran**  
**Maeve Plouffe**  
**Callum Scotson**  
**Miles Scotson**

\*Concluded



## TAYTE RYAN'S BREAKOUT YEAR

It's been a year to remember for Tayte Ryan, who's burst onto the international stage with performances that have grabbed the world's attention.

At the UCI Junior Track World Championships, the 17-year-old won the rainbow jersey in the 1000m "kilo" Time Trial and was just short of a world record time in the qualifying and the final.

Logging an uber-impressive winning time of 1:00.748 in the final, Ryan also crossed the finish line in qualifiers at 1:00.546 – both times narrowly missing Thomas Cornish's 2018 kilo world record of 1:00.498.

Ryan, who also won a silver medal in the 200-metre sprint with a near sub-10 second time, exceeded his own expectations as a first-year under-19 in his maiden world championship, describing the experience as "a life dream come true."

"I can't even begin to wrap my head around tonight... it's insane," Ryan said.

"It's an amazing feeling knowing I've had such a successful World Championships campaign, even more so that I'm a first-year.

"I came to Worlds to soak up the experience and learn, and now I'm walking away with rainbows... definitely a good week on the bike."

Only weeks prior to this, the self-proclaimed 'Ginger Ninja' represented Australia at the Trinbago Commonwealth Youth Games.

On the track in Trinidad, he swept the sprint events, claiming gold in the Men's Keirin, 1000m Time Trial, and Sprint races.

In the Men's Sprint, he was the fastest qualifier coming into the final and continued this form as he raced for the top spot on the podium, outclassing Syndel Samaroo of the host nation in a tight battle.

"Pretty unreal to represent Australia at the 2023 Youth Commonwealth Games... such an incredible experience and great racing – over the moon with my results," Ryan said on Instagram.

"Massive thanks to everyone who made this possible."

## WORLD CHAMPIONSHIP RESULTS

**Oliver Bleddyn**

4th Men's Team Pursuit  
7th Men's 4km Pursuit

**Tiffany Cromwell**

10th Women's Gravel

**Rohan Dennis**

7th Men's Individual Time Trial

**Sophie Edwards**

5th Women's Team Pursuit

**Matthew Glaetzer**

2 Men's Team Sprint

2 Men's 1km Time Trial

7th Men's Keirin

15th Men's Sprint

# 1 2022 Men's Team Sprint

# 3 2022 Men's 1km Time Trial

**Leigh Hoffman**

2 Men's Team Sprint

# 1 2022 Men's Team Sprint

**Alexandra Manly**

3 Women's Madison

5th Women's Team Pursuit  
57th Women's Road Race

**Chloe Moran**

5th Women's Team Pursuit  
13th Women's Scratch Race  
19th Women's Elimination Race  
20th Women's Omnium

**Maeve Plouffe**

5th Women's Team Pursuit  
5th Women's 3km Pursuit

**Tayte Ryan (Junior)**

1 Men's 1km Time Trial

2 Men's Sprint

11th Men's Kierin

**Josh Cranage (Junior)**

28th Men's Road Race  
30th Men's Individual Time Trial

**Wil Holmes (Junior)**

5th Men's Points Race  
13th Men's Omnium  
17th Men's Road Race  
20th Men's Individual Time Trial

#2022 WC result occurred within the 2023 performance period (Oct 1st 2022 - 31st Oct 2023)





## WORLD CHAMPIONSHIP RESULTS (CONT)

### Grant Allen (para)

- 10th Men's H4 Road Race
- 11th Men's H4 Time Trial

### Darren Hicks (para)

- 2 Men's C2 Road Race
- 2 Men's C2 Time Trial
- 2 Men's C2 Individual Pursuit
- 6th Men's C2 Omnium
- 6th Men's C2 Scratch Race
- 8th Men's C2 1km Time Trial
- # 2 2022 Men's C2 Scratch Race

### Meg Lemon (para)

- 3 Women's C4 Road Race
- 5th Women's C4 Time Trial
- 5th Women's C4 Scratch Race
- 7th Women's C4 Omnium
- 7th Women's C4 Individual Pursuit
- 8th Women's C4 500m Time Trial
- # 3 2022 Women's C4 Individual Pursuit
- # 3 2022 Women's C4 Scratch Race

### Paige Greco (para)

- 3 Women's C3 Road Race
- 3 Women's C3 Individual Pursuit
- 5th Women's C3 Time Trial
- # 3 2022 Women's C3 500m Time Trial

### Amanda Reid (para)

- 1 Women's C2 500m Time Trial
- 1 Women's C2 Omnium
- 2 Women's C2 Scratch Race
- 3 Women's C2 Individual Pursuit

### Kaitlyn Schurmann (para)

- 4th Women's C1 Time Trial
- 5th Women's C1 Road Race

### Caitlin Ward (para - pilot for Jessica Gallagher)

- 2 Women's B Sprint
- 2 Women's B 1km Time Trial
- # 2 2022 Women's B Sprint
- # 2 2022 Women's B 1km Time Trial

### Beau Wootton (para)

- 4th Men's B Sprint
- 6th Men's B 1km Time Trial
- DNF Men's B Mixed Team Sprint

#2022 WC result occurred within the 2023 performance period (Oct 1st 2022 - 31st Oct 2023)



## AMANDA REID SHINES IN GLASGOW

SASI's newest recruit was outstanding at the 2023 UCI Cycling World Championships, claiming two gold medals, a silver, a bronze and a world record.

Amanda Reid delivered Australia's first rainbow jersey at the World Championships in Glasgow, winning the C2 500m Time Trial by a margin of 3.940 seconds in a time of 38.378.

That time was a fraction slower than the new world record she set earlier in the day, eclipsing her own world best benchmark time in 38.162 seconds.

The win marked Reid's fourth consecutive in the C2 500m Time Trial and fifth since 2017, a count she had lost track of due to her success in para-cycling.

"It's pretty cool – I didn't realise it was my fifth. I only thought it was four in a row until a minute ago after stepping off the podium," Reid said.

"The world record was very surprising considering the injuries I've had and moving states recently, so I was pretty happy with it.

"We thought I could possibly do a PB, but it was really a 'hope for the best' situation after an injury. So that's what I did – just went out there and raced."

While in Glasgow, the 26-year-old also defended her C2 Omnium title and picked up a silver in the C2 Scratch Race and bronze in the C2 Individual Pursuit.

Since moving from New South Wales to South Australia, Reid has enjoyed utilising the SASI facilities to supplement her training regimen as a member of the National Paralympic cycling program in Adelaide.

"So far, it's [been] pretty good. SASI has been very supportive of me coming over," Reid said.

"[I have been] getting some good training in and enjoy my time while I'm down here."

Remarkably, cycling is just one of the sports Reid is proficient in.

Prior to beginning her professional cycling career in 2015, Reid was an elite swimmer, claiming an extraordinary seven gold medals at the 2011 Global Games.

Additionally, Reid is currently the defending world champion in snowboarding at the Winter Games.

Reid, who lives with cerebral palsy and an intellectual impairment, is a proud Aboriginal woman with heritage originating from the Wemba Wemba and Guringai people.

Additionally, she is an ambassador for the Australia Institute of Sport's (AIS) 'Share a Yarn' program, which endeavours to link Aboriginal and Torres Strait Islanders with Australia's elite athletes to learn more about different cultures, lands and histories.

SASI is proud to support Amanda in her pursuit of her goals.



# DIVING

## SASI PROGRAM AND NATIONAL PILLAR PROGRAM

### COACHING STAFF

**Andy Banks**  
National Head Coach

**Lillian Foster**  
Gen2032 Coach

**Amber Cameron**  
Diving Australia National Pathways Coach

**Duncan Roy**  
Volunteer Coach

### SASI SCHOLARSHIP ATHLETES

**Jaxon Bowshire**  
**Shixin Li**  
**Zafar Marikar**  
**Macie Wheeler**

### SASI ASSOCIATE SCHOLARSHIP ATHLETES

**Jessica Carter**  
**Luis Fazzalari**  
**Laura Fitzgerald**  
**Bailey Flynn**  
**Alexandria Sando**

### SASI GRADUATE ATHLETES

**Nikita Hains**

## WORLD CHAMPIONSHIP RESULTS

**Nikita Hains**  
4th Mixed 3m & 10m Team  
15th Semi Women's 10m Platform

**Shixin Li**  
4th Mixed 3m & 10m Team  
5th Men's 1m Springboard (Non-Olympic)  
15th Men's 3m Springboard  
12th Men's 3m Synchronised

**# Jaxon Bowshire (Junior)**  
5th Mixed 3m & 10m Team  
6th Men's 10m Synchronised  
6th Men's 10m Platform  
17th Men's 3m Springboard

**# Luis Fazzalari (Junior)**  
10th Men's 3m Synchronised  
23rd Men's 3m Springboard  
25th Men's 1m Springboard

**# Zafar Marikar (Junior)**  
17th Men's 10m Platform

**# Macie Wheeler (Junior)**  
5th Mixed 3m & 10m Team  
14th Women's 3m Springboard  
16th Women's 1m Springboard

*#2022 WC result occurred within the 2023 performance period (Oct 1st 2022 - 31st Oct 2023)*



### JAXON BOWSHIRE DAZZLES IN 2023

Jaxon Bowshire has made a quick impact within the diving community, emerging as one to watch.

At this year's Australian Elite Youth Diving Championships, he put in a spectacular performance where he won the Boys A 1m Final, A 3m Final, A Platform Final and the Boys A/B Platform Synchro with Victorian diver Jonah Mercieca.

The 17-year-old has a long list of other major achievements to date, which includes adding to his medal collection by earning a bronze medal in the team event at the World Cup and winning the Boys A 1m Final, 3m Final, Platform Final and Platform Synchro at the Australian Elite Youth Diving Championships.

He's also showcased his talents on the international stage where he was selected in the national team for the World Junior Diving Championships and placed fifth in the mixed 3m and 10m team events and sixth in the 10m platform.

To top it all off, Bowshire was named as the Commonwealth Games Emerging Athlete of the Month for June – an honour he didn't take lightly.

"As a young athlete it is great to be recognised for the effort we put into our sport," Bowshire said.

"With so many other athletes pushing at the same level over a huge number of sports with the same dedication, it really does make me super proud and honoured to be recognised along with some of the country's best athletes."

Bowshire's future in diving looks to be prosperous as well, with the announcement late last year that he will be joining the University of Michigan for 2024 following his graduation from Saint Michael's College this year – his plans for national representation remaining steadfast, though.

"The US College system gives access to some of the world's best coaches – unfortunately not quite as good as Andy Banks (Bowshire's Head/National coach) – sensational education and a huge volume of competitions with many more competitors which I believe will help me in the big competitions," Bowshire said.

"The University of Michigan previously had and currently has Australian divers on their team and a key part of my decision-making process was to ensure they are able to work with Diving Australia to maximise my opportunities to represent Australia."

With these achievements under his belt, it's easy to see why Bowshire was a Tier 3 recipient of the Sport Australia Hall of Fame (SAHOF) 2024 Scholarship and Mentoring Program.

He is among an impressive group of Australian athletes named who will be supported by SAHOF's esteemed member base over the next 12 months.

We're excited to see the heights that this rising star will reach over the coming years.

# HOCKEY

## COACHING STAFF

**Hugh Purvis**  
Head Coach

**Melody Cooper**  
Skills Coach

**Holly Evans-Gill**  
Skills Coach

**Matt Morton**  
Dragflick Coach

**Jaimie Holland**  
GK Coach

## SASI SCHOLARSHIP ATHLETES

**Ella Bruce**  
**Aiden Cameron**  
**Emily Cochrane**  
**Mitchell Dell**  
**Fred Gray**  
**Bryce Hammond**

**Carly Hoffmann\***  
**Jack Holland**  
**Kyton Rayner**  
**Katie Sharkey**  
**Lucy Sharman**  
**Hassan Singh\***  
**Evan Staker**  
**Lucas Toonen**  
**Thomas Wycherley**

\*Concluded

## SASI GRADUATE ATHLETES

**Jane Claxton**  
**Hattie Shand**  
**Tom Wickham**

## MEN'S HOCKEY WORLD CUP

4th Tom Wickham



## SASI JILLAROOS ARE READY TO TAKE ON THE WORLD

Katie Sharkey and Lucy Sharman have achieved the hockey pinnacle for their age group, being selected in the 18-player Jillaroos squad which will represent Australia at the Junior Women's World Cup in Chile.

The road to selection has been testing for both athletes, with the SASI pair competing for Australia in the Japan Series in February.

Following that, they both represented South Australia at the national Under-21s competition while competing for the Adelaide Fire in Hockey One, later earning selection in a national squad of 35 eligible players that would be cut to 18.

SASI Head Hockey Coach Hugh Purvis praised Sharkey's and Sharman's dedication to their craft, expressing great pride over the achievement to represent Australia at the top level.

"Yeah, [it's] fairly emotional... you see all the work that the athletes do, and how responsive they are to feedback and the drive to get better," Purvis said.

"So, you're certainly on the journey with them and you live the highs and lows of non-selection, injuries, or whatever they need to get over the hurdles they need to overcome.

"It's very exciting, and certainly why we coach is to see these athletes perform at their best... it's really exciting and quite emotional when they do get there."

Selection in the Jillaroos is a proven pathway to representing Australia at the senior level, with many SASI graduates – including Jane Claxton, Karri McMahon, and Hattie Shand – all going on to receive Hockeyroos caps in recent years.

Purvis recognised the Jillaroos' potential for gold at the World Cup, citing the seven Hockeyroos in the team as invaluable resources for leadership.

"The group has really high potential... there's definitely enough capability for that team to win, and they should have high medal aspirations when they go away," Purvis said.

This belief is shared by Jillaroos coach Stacia Strain, who didn't shy away from the lofty external expectations despite Australia having never won the tournament.

"Since I took on the role, the emphasis has been on cultivating an environment where we create confident, balanced and independent women who then lead and empower those around to do and be the same," Strain said.

"This 18-player team is an incredibly talented group who have been selected not just based on their skills but also for their outstanding work ethic, grit, and a commitment to our culture – what we believe are the true hallmarks of Australian hockey.

"The Junior World Cup is a significant event in the development of young athletes. The coaching staff and I are honoured to be entrusted with the responsibility of preparing them for this challenge.

"Our coaching philosophy has always been to push boundaries and strive for excellence, and this selection reinforces our commitment to that vision."

# NETBALL

## COACHING STAFF

Jacqui Illman  
Head Coach

Natalie von Bertouch  
Skills Coach

Khao Watts  
Skills Coach

Kim Hocking  
Skills Coach

## SASI SCHOLARSHIP ATHLETES

Nyah Allen  
Sienna Burns  
Sophie Casey  
Lucy Denton  
Lauren Frew  
Poppy Gilfillan-Silk  
Kayla Graham  
Jessie Grenvold  
Tabitha Packer  
Poppy Scholz  
Aaleya Turner  
Lucy Voyvodic  
Molly Watson

## SASI GRADUATE ATHLETES

Lucy Austin  
Chelsea Blackmann  
Sasha Glasgow  
Georgie Horjus  
Sarah Klau  
Maisie Nankivell  
Tyler Orr  
Maddy Proud  
Maddy Turner  
Tayla Williams

## NETBALL WORLD CUP

1 Sarah Klau



## SASI STARS VICTORIOUS IN NETBALL GRAND FINAL

SASI graduates were part of the triumphant Adelaide Thunderbirds, who claimed the 2023 Suncorp Super Netball Grand Final championship title.

The Adelaide Thunderbirds won the exhilarating Grand Final against the Sydney Swifts 60 to 59.

The match had gone into extra-time after both teams couldn't be separated at the end of the fourth quarter.

This was the third time the Thunderbirds got the better of the NSW side in four weeks, ending the minor premiers' nine-game winning streak in round 14 before backing this up seven days later to win the major semi and secure their spot in the big dance.

Eight SASI graduates took to the court in the Grand Final match – Hannah Petty (captain), Maisie Nankivell, Georgie Horjus, Tayla Williams and Lucy Austin from the Thunderbirds, and Maddy Proud (co-captain), Maddy Turner and Sarah Klau from the Swifts.

SASI Netball Head Coach Jacqui Illman said it was thrilling to see SASI graduates in the major battle.

"SASI is incredibly proud of the fantastic performances of its graduates this season and the contribution that SASI and the Netball SA pathway have made in helping them to perform at this level," Illman said.

"This successful transition highlights the strong alignment between SASI and the Suncorp Super Netball teams, as well as the entire Netball SA High Performance Pathway.

"SASI provides its athletes with an exceptional daily training environment and service providers, giving them a solid foundation to flourish in the future."

This was the first Grand Final victory for Adelaide since 2013 and their fifth in total since they were founded in 1997.

# ROWING

## COACHING STAFF

**Nick Mitchell**  
Head Coach

**Christine MacLaren**  
Rowing Talent Pathway  
Coordinator

## SASI SCHOLARSHIP ATHLETES

**Simon Albury**  
**Jed Altschwager**  
**Nikki Ayers**  
**Jeremy Beale**  
**Nick Blackman**  
**Ella Bramwell**  
**Adam Holland**  
**Oscar McGuinness**

## SASI GRADUATE ATHLETES

**Olympia Aldersey**  
**Angus Dawson**  
**Molly Goodman**  
**Alexander Hill**

## WORLD CHAMPIONSHIP RESULTS

**Jed Altschwager and Nikki Ayers (Para)**

1 PR3 Mix2x

**Olympia Aldersey and Molly Goodman**

3 Women's Eight

**Angus Dawson**

3 Men's Eight

**Alex Hill**

5th Men's Four

**Oscar McGuinness**

16th Men's Double Sculls

**Nicholas Blackman**

3 U23 Men's Quadruple Sculls



## SASI SUCCESS ACROSS THE BOARD AT WORLD ROWING CHAMPIONSHIPS

It's been a year to remember for SASI rowers, proving they have what it takes to be the world's best in the lead up to Paris 2024.

The new pairing of Jed Altschwager and Nikki Ayers has proven to be a dominant force in Para-rowing.

They've achieved phenomenal success on the water, kicking off an outstanding season with gold medal wins in the PR3 Mixed Double Sculls at the International Para Regatta and World Cup II.

They backed these performances up by earning a World Championship title in Belgrade, Serbia at the World Rowing Championships.

Battling through rough conditions, Altschwager and Ayers emerged victorious in the A Final on the Ada Ciganlija Regatta Course with a time of 8:07.07, with the USA and defending world champion France placing second and third respectively.

"We knew it was going to be tricky conditions and rough, that you would need to stick to the basics," Altschwager said.

"We knew there was going to be some mistakes and errors, and not let that get ahead of us, just get on to the next stroke."

"Our first three strokes weren't too pretty, but we got onto it, started to pull away and went from there."

Ayers and Altschwager finally reflected on what had been a gruelling season in the boat.

"It's one of – if not the most – proudest moments in my life," Ayers said.

"To share that with Jed, knowing both our families back home are supporting us – and our families have been on that journey with us late at night, watching us and yelling at that TV – it is a super proud moment to be Australian and wear the green and gold.

"Now the Gold World Champion's medal [is] around our necks."

The dynamic duo's win has now qualified Australia's boat in the event for the Paris 2024 Paralympics.

It was fantastic to have multiple SASI athletes come away with medals from the World Championships, where both the Women's and Men's Eight teams finished with bronze medals and qualified their boats for Paris 2024.

For the Women's Eight, Olympia Aldersey and Molly Goodman played key roles in a team that came so close to winning gold, leading all countries at the 1000m mark.

Romania charged ahead by a mere 0.44 seconds in the third 500 to win gold, while a late push by the United States pushed them to silver and the Australians to bronze with a time of 6:04.17.

Angus Dawson proved to be an integral part of the Men's Eight team, which also led for majority of the race but found itself in a tight contest against Great Britain and The Netherlands, ultimately finishing third with a time of 5:26.65.

# SHOOTING

## SHOOTING AUSTRALIA NATIONAL CENTRE OF EXCELLENCE - RIFLE

### COACHING STAFF

**Petr Kurka**  
Rifle National Coach

**Carrie Quigley**  
Rifle National Talent  
Coach

**Emma Adams**  
TRSA State Development  
Coach

**James Pearce**  
Performance Support  
Coordinator

### SHOOTING AUSTRALIA NATIONAL CENTRE OF EXCELLENCE ATHLETES

**Jack Rossiter**  
**Tori Rossiter**  
**Dane Sampson**

### WORLD CHAMPIONSHIP RESULTS

**Jack Rossiter - Shooting Rifle**  
19th Men's 10m Air Rifle  
48th Mixed Team 10m Air Rifle  
61th Men's 50m Air Rifle 3 positions

**Dane Sampson - Shooting Rifle**  
21st Men's 10m Air Rifle  
26th 50m Air Rifle 3 Positions  
33rd 50m Air Rifle Prone



### AUSSIE RIFLE PAIR COME THROUGH IN BUDAPEST AND BAKU

Many of the world's top shooters gathered in Budapest, Hungary, for the Masped Cup in July, with SASI athletes Dane Sampson and Jack Rossiter representing Australia in excellent fashion.

After posting a score of 626.1 in the qualifying round of the Men's 10m Air Rifle, Sampson shot an average of 10.4 over his 22 total attempts in the final, finishing with a bronze medal.

"The qualification was tough, and I had to work pretty hard... and I had to work through a bit of a struggle, which is good preparation for World Champs," Sampson said.

"The final was good, and I started off great... it was close at the end, but third place is still great for an international competition."

Rossiter also qualified in the 10m Air Rifle final with a score of 631.2, posting 165.5 in the final to finish in 6th place.

Both Sampson and Rossiter also competed in the 50m Rifle 3 Position and 50m Rifle Prone events.

The Masped Cup provided a great opportunity for both athletes to get their eye in ahead of the World Championships in Baku, Azerbaijan.

"It is always great to be in this environment with the [athletes] we will be competing with at World Champs... it's a nice build up in a space that you can really just focus on the sport," Sampson said.

At the World Championships Men's 10m Air Rifle, Rossiter finished in 19th place with a total of 628.2 while Sampson got a total of 628.0 to finish in 21st place. The Top 8 qualified for the final with a cut-off of 629.3.

Well done to both Jack and Dane for a fantastic effort amidst strong competition.

# SWIMMING

## SASI PROGRAM AND NATIONAL HIGH PERFORMANCE HUB

### COACHING STAFF

**Peter Bishop**  
Head Coach

**Craig Stewart**  
Assistant Coach

### NETWORK STAFF

**Shaun Curtis**  
Marion SC Head Coach

**Luke Curtis**  
Norwood SC Head Coach

**Scott Beringen**  
Southern Performance SC

### SASI SCHOLARSHIP ATHLETES

**Brittany Castelluzzo**

**Kyle Chalmers**

**Meg Harris\***

**Matt Temple**

**Madi Wilson**

### SASI ASSOCIATE SCHOLARSHIP ATHLETES

**Harrison Biddell**

**Clancy Luscombe**

**Fergus McLachlan\***

**Molly Walker**

**Emily White**

\*Concluded

## WORLD CHAMPIONSHIP RESULTS

### Kyle Chalmers

- 1 Men's 100m Freestyle
- 1 Mixed 4x100m Freestyle
- 1 Men's 4x100m Freestyle
- 3 Men's 4x100m Medley
- 3 Men's 4x200m Freestyle

### Meg Harris

- 1 Women 4x100m Freestyle
- 1 Mixed 4x100 Freestyle
- 2 Women's 4x100m Medley\*

### Matt Temple

- 1 Men's 4x100m Freestyle\*
- 2 Mixed 4x100m Medley
- 3 Men's 4x100m Medley
- 4th Men's 100m Butterfly
- 16th Men's 200m Butterfly

### Madi Wilson

- 1 Mixed 4x100m Freestyle\*
- 1 Women's 4x100m Freestyle\*
- 1 Women's 4x200m Freestyle\*
- 2 Women's 4x100m Medley\*
- 9th (semi) 100m Backstroke

\*Heat swimmer



## SASI DOLPHINS HEADLINE HISTORIC PERFORMANCE AT THE WORLD AQUATICS CHAMPIONSHIPS

SASI's talented swimmers made an almighty contribution to Australia's best ever performance at the 2023 World Aquatics Championships when they competed in Fukuoka, Japan in July this year.

Kyle Chalmers, Madi Wilson, Matt Temple and Meg Harris all came away with multiple medals each to contribute to the Dolphins' tally.

Chalmers was spectacular for Australia, bringing home a new world record, three gold, and two bronze medals.

The two-time Olympian won gold in the 100m Freestyle, which fulfilled a career-long pursuit of earning a gold medal in this race across all major international events.

"With last night's result, my medal collection in the 100m Freestyle is officially complete," Chalmers shared with his followers on Instagram.

The 25-year-old also unleashed a blistering anchor leg in the Men's 4x100m Freestyle Relay to help his team get the win, with Temple contributing as a heat swimmer.

On top of that, Chalmers raced in the Mixed 4x100m Relay final where the Aussies claimed a world record (3:18.83) and fellow SASI team members Harris and Wilson supported the team in the heats.

It was a special moment for Chalmers and Temple when they stood on the podium together alongside Brad Woodward and Zac Stubblety-Cook after nabbing a bronze medal in the Men's 4x100m Medley Relay.

Rounding out his medal collection in Japan, Chalmers picked up a bronze in the Men's 4x200m Freestyle Relay alongside and his teammates Kai Taylor, Alex Graham and Tommy Neill.

Following the championships, an elated Chalmers posted to Instagram, "Absolutely honoured to be a part of this amazing relay team and Australian team in general. It's been such an incredible week in the pool from everyone!"

Harris added another gold medal to her collection, setting a world-record in the Women's 4x100m Relay (3:27.96) alongside Mollie O'Callaghan, Shayna Jack and Emma McKeon.

"Another year of doing what I love and couldn't be more proud of this team," the 21-year-old said.

Additionally, Harris and Wilson proved to be invaluable in the heats, with both of them contributing to the Women's 4x100m Medley Relay silver medal and Wilson picking up gold in the Women's 4x100m Relay and Women's 4x200m Freestyle Relay as a heat swimmer.

Temple continued his meteoric rise as a Dolphin, earning a silver medal in the Mixed 4x100m Medley Relay with teammates Kaylee McKeown, Zac Stubblety-Cook and Shayna Jack.

"A week to remember. Thank you to everyone for your support," Temple said.

Attention now turns to the Paris 2024 Olympics where all eyes will be on the Dolphins to see if they can replicate the success they enjoyed at the Tokyo Games.



# INDIVIDUAL

Individual Athlete Scholarships offer financial and service assistance to athletes who have achieved an elite level of performance at the senior or junior international level in non SASI program sports.

## ARCHERY

Casey Isles

## ATHLETICS

Isobel Batt-Doyle  
Matt Clarke  
Jack Downey  
Angus Hincksman (para)  
Taylor Larsson (CAA)  
Darcy Miller  
Aidan Murphy  
Michael Roeger (para)  
Olivia Sandery  
Jessica Stenson

## BADMINTON

Zashka Gunson (para)  
Angelina Melki (para)  
Dania Nugroho  
Gavin Ong  
Catrina Tan

## BOXING

Callum Peters

## CYCLING – BMX

Joel Marsh  
Matthew Tidswell

## FENCING

Georgina Barratt  
Roshan Chandran

## GOALBALL

Nikita Grosser (para)  
Isaiah Muller (para)

## GOLF

Kristalle Blum  
Jack Buchanan  
Caitlin Peirce  
Jack Thompson  
Amelia Whinney

## GYMNASTICS – ARTISTIC

Jesse Moore  
Lachlan Davis  
Clay Stephens

## GYMNASTICS – TRAMPOLINE

Ruby Kerrison  
Cameron Tidd  
Abbie Watts

## LAWN BOWLS

Liam Coe (CAA)  
Cody Letton (CAA)

## SAILING

Carter Baker  
Alexander Higgins  
Angus Higgins  
Ben Hinks  
Fallon Katz  
Joal Mackenzie  
Ellen Sampson

## SOFTBALL

Georgia Hood  
Chelsea Robinson  
Stephanie Trzcinski  
Belinda White

## SQUASH

Alexandra Haydon

## SWIMMING

Isabella Vincent (para)

## TABLE TENNIS

Caleb Crowden (para)  
Connor Holdback (para)  
Hayley Sands (para)  
Samuel von Einem (para)

## TAEKWONDO

Tyrone Staben

## TRIATHLON

Anu Francis (para)  
Sophie Linn

## WATER POLO

Tayla Dawkins  
Joseph Parnis  
Alyssa West

## WEIGHTLIFTING

Kiana Elliott

## WHEELCHAIR BASKETBALL

Lucinda Bueti (para)  
Annabelle Dennis (para)  
Kane Downie (para)  
Fernando Grez Montiel (para)  
Katelin-Marie Gunn (para)  
Tobias Karsten (para)  
Ellie McInerney (para)  
Nathan Simpson (para)  
Cooper Spillane (para)

## WHEELCHAIR RUGBY

Tai Martin-Page (para)

## GRADUATES

Joe Ingles (Basketball)  
Kurtis Marschall (Athletics)

## WORLD CHAMPIONSHIP RESULTS

Isobel Batt-Doyle - Athletics  
14th Women's Half Marathon  
29th Women's Cross Country  
43rd Women's Marathon

Matt Clarke - Athletics  
Heats Men's 3000m Steeplechase

Angus Hinksman - Athletics (para)  
3 Men's T38 1500m  
8th Men's T38 400m

Michael Roeger - Athletics (para)  
2 Men's T46 1500m

Aidan Murphy - Athletics  
Heats Men's 200m

Olivia Sandery - Athletics  
DQ 20km Race Walk

Dania Nugroho - Badminton  
R64 U19 Women's Doubles  
R128 U19 Mixed Doubles

Catrina Tan - Badminton  
R32 U19 Women's Singles  
R64 U19 Women's Doubles

Callum Peters - Boxing  
5th Men's 71-75kg Middleweight

Matthew Tidswell - BMX Racing  
27th U23 Men's

Clay Stephens - Gymnastics (Artistic)  
24th Men's Team  
38th Men's All-Around  
42nd Men's Floor  
45th Men's Horizontal Bars  
66th Men's Parallel Bars  
99th Pommel Horse  
100th Still Rings

Abbie Watts - Gymnastics (Trampoline)  
20th Women's Individual  
11th Women's Team Event

Cameron Tidd - Gymnastics (Trampoline)  
20th Men's Double Mini Trampoline

Angus Higgins - Sailing  
50th Mixed 470

Anu Francis - Triathlon (para)  
2 PTS2 Women's  
5th Mixed Relay

Sophie Linn - Triathlon  
30th Women's Olympic Distance

Tayla Dawkins - Waterpolo  
9th U20 Women's

Annabelle Dennis - Wheelchair Basketball  
6th Women's  
9th U25 Women's

Lucinda Bueti - Wheelchair Basketball  
6th Women's

Katelin-Marie Gunn - Wheelchair Basketball  
9th U25 Women's

Kurtis Marschall - Athletics  
3 Men's Pole Vault

Joe Ingles - Basketball  
10th Men's

(CAA) Country Athlete Award





# INDIVIDUAL

## ANU FRANCIS RECOVERS FROM EARLY ADVERSITY TO LIGHT UP THE COMPETITION

Anu Francis has put herself in prime position to qualify for the Paris 2024 Paralympics through her awe-inspiring performances in triathlons across the globe.

Beginning the year with a road bump after a terrific 2022, Francis crashed her bike in her first international race of the season after unexpected rainfall caused oil to surface on the road.

"My head was the first thing to hit the ground, and I instantly had a thumping headache," Francis said on Instagram.

"Less than 30 seconds from the leader on the first of five laps, I instinctively assured bystanders that I was fine, picked up my bike, and jumped back on.

"250m up the road, my gear hangar, which must have been holding on by a thread, snapped clean through and my derailleur and chain fell to the ground.

"Only then did I realise it was game over, and whilst I was devastated at the time that my bike breaking caused my first and only "did not finish" to date... in hindsight it may have been a blessing in disguise."

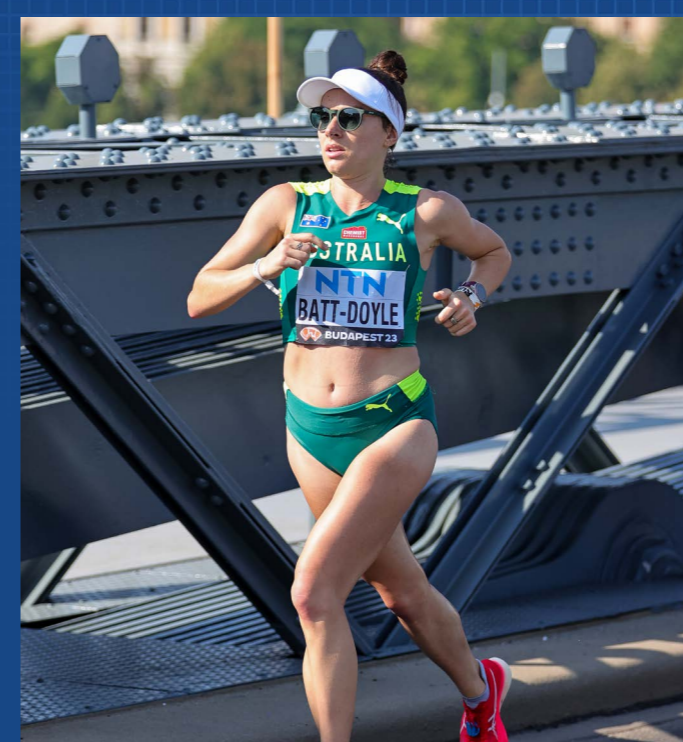
After suffering a concussion that took three months to recover from, Francis admittedly lost some confidence in herself and feared riding in the rain.

But those trials didn't stop the determined 28-year-old, who rallied back to get in condition for the World Triathlon Para Cup Paris in August, where she blew away her competition, winning the race with a time of 01:11:46.

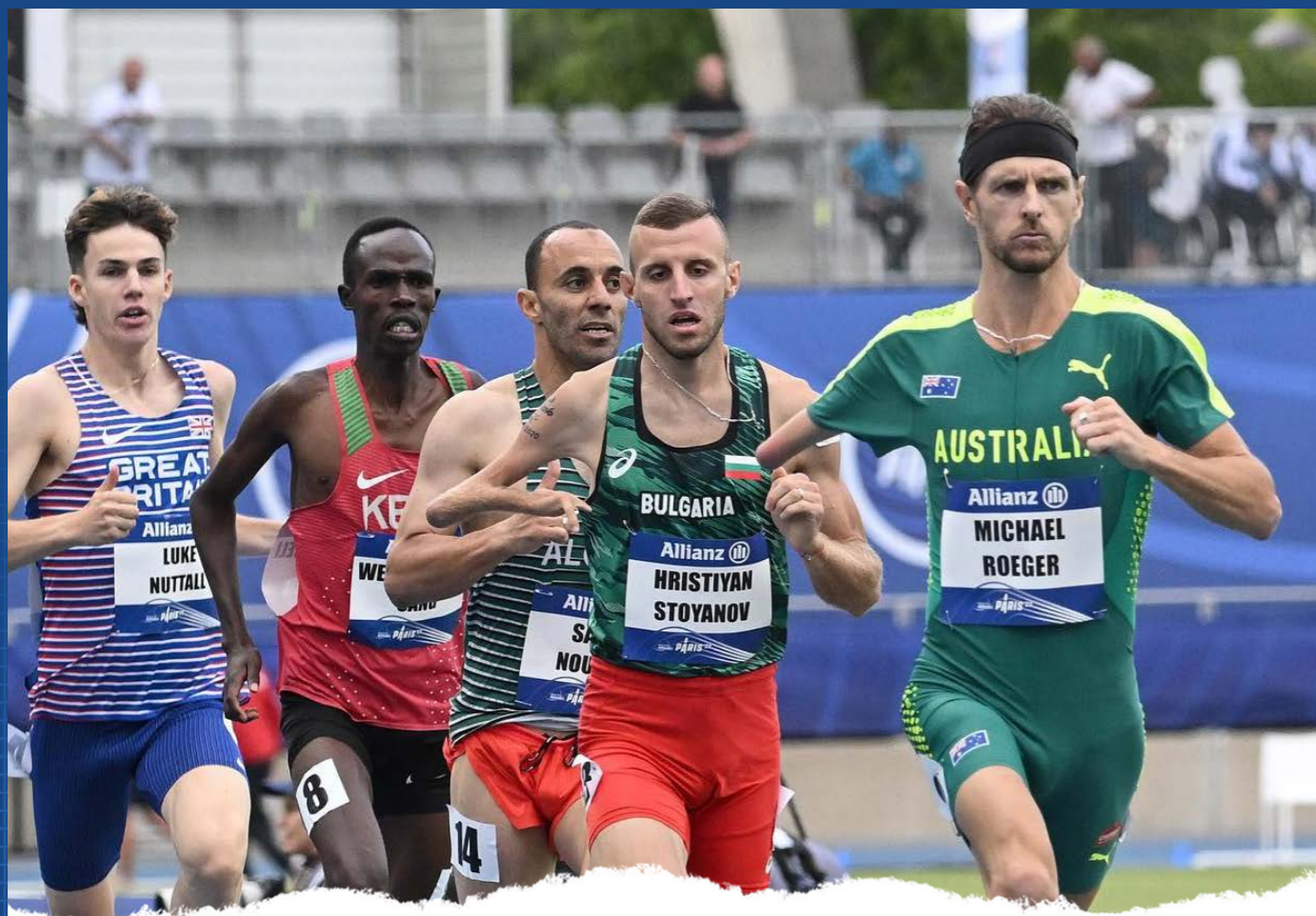
Francis continued her impressive form, fronting up at the World Triathlon Para Championships in September to post yet another awesome performance, finishing with a silver medal and "annihilating her PB" in the process, crossing the finish line at 01:15:01.

"Thank you to everyone who helped with my rehab and reassured me that I'd soon be back stronger than before," Francis said.

With a current global qualification ranking of third, Francis has solidified her position for a debut Paralympic Games in Paris next year.



# INDIVIDUAL



## MICHAEL ROEGER PICKS UP THE PACE FOR PARIS 2024

Michael Roeger has had more than a decade of success on the run and this year has been no exception.

After spending the past five years focussing on the marathon, Roeger had stepped back to his roots and is now racing in the 1500m distance after the T46 Marathon was removed from the Paris Paralympics.

Ahead of the 2023 World Para Athletics Championships, Roeger showed he was a force to be reckoned with.

At the Rose City Mile in Portland, Oregon, he eclipsed his own world record for the 1500m amongst a field of able-bodied athletes, clocking 3:44.83.

"I knew I had the legs that I could do it but to finally run sub 3:45 was pretty special," Roeger said.

"To put the world on notice three weeks out from the World Para Athletics Championships is a real huge confidence booster for me."

At the Championship event in Paris, Roeger ran "the best race he never won" (according to coach Philo Saunders) and came away with the silver in the 1500m.

Roeger led from the front over the distance until Bulgaria's Hristiyan Stoyanov leveled with the Australian on the top bend before charging to victory.

"Obviously coming in today the goal was to win, (coach) Philo (Saunders) and I talked about a plan, I executed that and got beaten," Roeger said.

"I have got to be happy and hold my head up, the Bulgarian was just too strong in that last hundred."

According to Roeger, the result has only delayed his full-circle dream after returning to the track from the marathon to finish what he started, asserting that "we are going to climb the top of the mountain one day."

"Coming back down to the 1500m on the track, the goal has always been next year," Roeger said.

"This is just a little hurdle that I just have to get across, I'm happy with the effort but disappointed with silver. It's been a whirlwind few years.

"This means a lot coming back to the track and I still want to win, I'm not done yet and I thank everyone who has believed in me."



South Australian Sports Institute

The South Australian Sports Institute would like to thank the following partners:



**Australian Government**  
**Australian Sports Commission**



**AIS**



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OLYMPIC  
COMMITTEE**



**Paralympics  
Australia**



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of South Australia**

Office for Recreation,  
Sport and Racing