

ROAR



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WOMEN CONTINUE
TO DOMINATE SPORT

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FROM THE EDITOR



It might be February, but I think I'm only ready to properly embrace the New Year now. January was a trial month for me—I had a good first crack at the goals I set, but I was only moving at half pace because my body was still in summer holiday mode; and I think I'm not alone.

But not now, now we are well and truly into 2016 and I'm feeling more motivated and determined than ever, and it's hard not to be when you look at the fine calibre of athletes and gym-goers featured in Issue 30 of ROAR magazine.

For Sydney Uni Sport & Fitness the year marks a never ending list of exciting milestones and events. Firstly it's an Olympic year, and we can't stop talking about it! Hearing about our cover girl Hannah Buckling's triumphs to make the Australian Stingers squad after embracing the sport of water polo late

in the piece as a 13 year old is nothing short of inspirational! And where there's one tale of success there's thirty more where that came from! Yes, that's right, we have more than thirty Sydney Uni sportsmen and women who are still in Rio contention ahead of the Olympics in August as Graham Croker highlights in his piece, 'Reaching for Rio' featured on pg. 26.

These athletes have been making strides towards their dreams for decades, and it makes you realise that you too, with a little bit of that determination and grit, can reach your goals. If it's diet and exercise you want to hone in on, then our pieces on reducing sugar consumption (pg. 30) and ensuring you get enough red meat in your diet (pg. 8) are essential in helping you establish good habits. And it shouldn't just be an aesthetic goal to look skinnier or make those clothes fit a little better; it should be about your health. Often we make goals because we're unhappy with the way we look but our health is all we have and this is something George Lancaster highlights in his courageous adventure to Mount Kilimanjaro (pg. 36). Raising \$142,000 for the GI Cancer Institute in search of a cure for a horrible disease, George and his family committed to climbing the tallest mountain in Africa. Now if this doesn't put your goals into perspective, I don't

know what will. After hearing his tales, I was in complete awe. His family trained for months in the SUSF gym to achieve their ultimate objective of reaching the summit.

And if you're thinking you might skip out on your evening run tonight, consider Emily Kempson (pg. 16) who has just qualified as the youngest female competitor of the Ironman series to be held in Kona, Hawaii. She has the gruelling task of a 3.8km swim, 180km cycle and 42.2km run ahead of her. So best get your sneakers on, and start making tracks now, otherwise it will be June in the blink of an eye and you'll be pondering what changes you want to make in 2017!

Kristen Barnes
Editor



ROAR MAGAZINE 30 EDITIONS YOUNG

ROAR



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REACHING FOR RIO

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ROAR | IN CASE YOU MISSED IT

NEWSBITES



FAMILY AFFAIR

When Rachael Soutar received her Blue for soccer at the Blues Dinner in the Great Hall in November she had Blues Association archivists scratching their heads. For there in the audience were her mother Jackie Soutar, a track and field Blue from 1986, and her grandfather Barry Webb, a track and field Blue from 1960. Both resplendent in their blazers, and both excited and proud. Are they the first three generations of one family to receive Blues at the University of Sydney? The archivists are still ... archiving. Professor Webb, a Bachelor of Engineering/Architecture graduate was a champion high jumper and hurdler in the late 1950s and 60s who represented Sydney University Athletic Club (SUAC) at the annual University Championships and NSW in the 120yd hurdles at the 1962 Australian Championships. His daughter Jackie literally followed in his footsteps, but added a few more sports to her repertoire to compete as a heptathlete. She enrolled in a Bachelor of Education degree at Sydney University in 1982 and spent the next four years representing SUAC. Jackie also competed at state level and won the NSW heptathlon in 1987. Her daughter Rachael, who is studying Occupational Therapy at Sydney University's Cumberland campus, might have followed the track and field route, or basketball – she represented NSW at Under 18 level - but branched to soccer. It was a good decision. She rose through the ranks to earn selection in the Young Matildas (Under 19) Australian side. Rachael was also a member of the Sydney University side that won the 2015 Women's Premier League. As the happy three departed the Great Hall, Jackie cast an inquisitive look back to note two bemused archivists pondering whether this family had recorded another first.

CARTERS HITS OUT

Sydney University Cricket Club opener Ryan Carters entered the record books in December when he shared a 503-run opening stand with Aaron Finch in a first-class fixture at Blacktown International Sports Park. Batting for an Australian Cricket XI against the touring New Zealanders, Carters and Finch, the Australian limited overs opener, put on 376 on Thursday, the first day of the match, and continued their assault the next morning. When Carters was finally dismissed for 209, off 364 balls with 18 boundaries, the Cricket Australia XI declared and an early lunch was taken. Finch remained unbeaten on a career best 288, which came off 263 balls and included 24 boundaries and seven sixes. The pair broke a 93-year-old record, combining for the highest first-class opening partnership on Australian soil. Their stand surpassed Ernie Mayne and Bill Ponsford's 1923-24 record of 456 for Victoria at the MCG.

VALE 'JAKE' HOWARD

Sydney University Football Club lost one of its favourite sons in December with the death of capped Wallaby No.534 John 'Jake' Howard, aged 70. Born in Bexley in 1945, Jake attended St Joseph's College at Hunters Hill, where he played in the First XV as a tighthead prop and rowed in the senior eight before enrolling in a Law degree at the University of Sydney. He worked his way into the SUFC First XV by 1967 and was a member of the star-studded pack that helped the club win the 1968 Shute Shield under the guidance of Dave Brockhoff. Jake made his NSW and Australian debuts as a 24-year-old in 1970. He went on to play 12 games for the Wallabies, starting against Scotland at the Sydney Cricket Ground, and then against New Zealand, South Africa, France and Tonga, over the next four seasons. Jake is survived by wife Margariete, sons Patrick (an SUFC alumnus), Tom and David, daughter Katherine, and six grandchildren.

BREWER IN THE BAG

Universities shone with the bat and the ball to win the 2015-16 (Under 17) Brewer Shield with a nine wicket result over Northern Districts in the grand final of the 40-over competition at Blacktown International Sports Park. From the moment Universities skipper Olivia Porter won the toss and gave Northern Districts first use of the Blacktown wicket, the result was almost never in doubt. Jade Christie (3-7), Stella Campbell (2-6) and Jemimah Keelan (1-1) helped dismiss Northern Districts for 75 in 29.4 overs before Universities cruised to 1-75 in 14.5 overs, with Maddy Darke (29 not out), Claudia Johnston (15) and Amy McKay (15 not out) scoring the bulk of the runs. Darke was one of the standouts with the bat in the 40-over competition, notching 264 runs from her eight innings at the remarkable average of 88. She was only dismissed three times and included two 50s (players have to retire when they reach 50 in the Brewer Shield competition) in her run-laden season.

Stroke of SUCCESS

“
WHEN I SET
MY MIND
ON SOMETHING
NOTHING WILL
STOP ME

SUSF ELITE ATHLETE PROGRAM ALUMNUS AND ROWING WORLD CHAMPIONSHIP SILVER MEDALLIST, CAMERON GIRDLESTONE, TAKES A MOMENT OFF THE WATER TO CHAT WITH LAURA HANLON ABOUT HIS OLYMPIC THIRST.

LH: Rio, it's the 2016 talk of the sporting community. In terms of your training schedule, how many kilometres are you looking to smash on the road to Olympic selection?

CG: I guess it's a lot. Ultimately, the 'Road to Rio' for me started when I took my first rowing strokes at school (The King's School) in 2003. A lot of kilometres have been conquered since then with different crews, however, the gains made in last year's 2015 Australian Men's Quadruple Scull are my most memorable to date. Standing on the podium last year at the World Rowing Championships was a dream come true and that is where the Olympic dream really felt real. Being this close to trials, every stroke counts.

LH: What triggered the switch from cricket to rowing back in 2003? (PS. We think you made the right choice!)

CG: Cricket and rugby were my two big sports growing up at school and I loved both so much but getting out and sitting in the stands was frustrating. One day in Year 8 three of my best mates in the cricket team at the time said, "Let's go rowing" and we joined the rowing program. We started at the bottom as the novices but it was the challenge to get to the top and to be the best which had me hooked. I was instantly drawn to the challenge and the determination you needed to be competitive and succeed.

LH: As an alumnus of the SUSF Elite Athlete Program, can you please shed some light on how you benefited most from the support offered?

CG: I joined the program back in 2007 and was successful in gaining

a spot at St Paul's College. The support from SUSF allowed me to pursue my dual aim in life which was to successfully gain selection in the Australian Under 23 team and manage my university degree (Bachelor of Education: Human Movement and Health Education). Having this support, I felt I could manage each of my goals successfully and give each the ample amount of time and focus they needed.

LH: You are clearly passionate about your sport but you are also a PDHPE teacher. How important is this role to you?

CG: My role at the Shore School is very important to me. When I came through school, I had teachers that inspired me to achieve and were considered close mentors. I now want to be able to give back and be there for the boys as a mentor and share my story and experiences with them to help them achieve their goals whatever they may be. Helping young boys develop and reach their goals is a great challenge and one that I am very passionate about.

LH: Many of us are aware that rowers are on the water early while others are fast asleep. What drives you to get out of bed each day?

CG: The alarm is a rower's best friend as well as worst nightmare. There are definitely mornings that take longer to get going than others! The ultimate drive for me is the 'challenge to succeed' because when I set my mind on something and focus in, nothing will stop me, and waking up each morning is part of that challenge. Each morning the alarm goes off is one more call closer to succeeding.

LH: I've heard whispers of a 'good luck' water bottle. Is this your secret to success?

CG: Well, I am a little superstitious in that I do follow a routine with my training and competition. There were many years where the 'lucky' water bottle never missed a session or race but that is now on the mantelpiece.

LH: Upcoming competitions, what's next?

CG: I guess the big ones for me at the moment are the final Olympic trials in February. This involves a series of trials with the first one being in the single scull where we receive ranking. From there we go through a series of double rotations, rowing different arrangements that will determine the fastest combinations for both the quadruple scull and the double scull.

LH: What's your mantra?

CG: To ensure I never leave any stone unturned.

LH: What's on your bucket list?

CG: Standing on the podium at the Olympics has to be No.1. After achieving that I will think more about a bucket list, but at the moment there is only one thing on it.

LH: Greatest achievement to date?

CG: Having my family and girlfriend at last year's World Rowing Championships to witness me winning my first international medal – a silver.

LH: Who inspires you?

CG: Last year I had two crewmates, Karsten Forsterling and David Crawshaw, who had been to the Olympics before and won medals. Receiving support and encouragement from two people who have achieved my dream was very inspiring. I'm also inspired by the determination and focus of all those around me who are also dedicated to achieving their dreams.

LH: Where do you see yourself 10 years from now?

CG: Making every day count, working hard and spending more time with family and friends. Giving every aspect of my life 100 per cent.

LH: Guilty pleasures?

CG: Ice cream!

LH: Is there anything else you'd like to share with us...?

CG: I am determined and focused to achieve the goals I have set myself. The challenge to get there is what keeps me wanting more.

FIGHTING FATIGUE

THERE IS A LOT MORE TO EXTREME FATIGUE THAN JUST A BUSY SCHEDULE. LOW IRON LEVELS CAN LEAVE YOU FEELING LOUSY, BUT THE GOOD NEWS IS THAT IT CAN BE VERY EASILY MANAGED!

IRON CARRIES OXYGEN IN OUR BLOODSTREAM

Iron plays a very important part in our body functioning at its best because it's responsible for delivering oxygen to our muscle tissue. Oxygen is required by our tissue in order to complete aerobic respiration, or more generally speaking, the breakdown of food to create energy for our body. The absence of enough oxygen for this scientific process would leave us feeling tired and weak.

Over time an inadequate intake of iron will gradually deplete our iron stores. This subtle process can take weeks or months which is why we often fail to identify low iron as a cause of tiredness, especially for busy women. Recent research has confirmed that too many Australian women simply aren't getting enough dietary iron, with as many as 1 in 3 struggling to meet their iron requirements.

LOW IRON LEVELS CAN EASILY BE PREVENTED WITH SOME SIMPLE CHANGES TO YOUR DIET

While we get some iron from cereal grains and leafy green vegetables, this iron is poorly absorbed compared to the iron found in lean red meat. Often women are sporadic red meat eaters, enjoying a steak, mince or the occasional

burger. At a minimum, active women require lean red meat in portions of 100-150g (raw weight), 3-4 times each week (up to 650g/week) to get the amount of iron they need for optimal energy production and immune functioning.

NOT FEELING YOUR BEST?

It may be worthwhile to get a blood check to make sure your iron levels are within the normal range. And in the meantime, include a little lean red meat in your diet more often – a simple beef stir-fry; a weekly roast, a lean steak or quality lean sausages will do the trick and your body and energy levels will thank you for it. We don't need a lot, but we do need good quality red meat in our diet regularly to help us be at our best on a daily basis.

BBQ Vietnamese style beef salad

Preparation time: 15 minutes

Cook time: 8 minutes

Serves: 4

Ingredients

- 750g porterhouse steak, fat trimmed
- 2 carrots, sliced into ribbons using a peeler
- 1 tbsp rice vinegar
- 125g vermicelli noodles
- ¼ wombok (Chinese cabbage), finely shredded

- 1 cucumber, sliced into ribbons using a peeler
- 150g snow peas, sliced diagonally
- ½ cup mint leaves
- ¼ cup peanuts (plain, unsalted), chopped, to serve (optional)
- 1 teaspoon sesame seeds (to garnish)

Dressing

- 1 small red chilli, finely chopped
- 3 tbsp lime juice
- 3 tbsp sugar
- 1 tbsp fish sauce
- 1 clove garlic, crushed
- 1 tsp finely grated ginger

Method

1. Brush steak with oil and season with pepper. Cook on a BBQ (or grill pan) over medium/high heat for 4 minutes each side for a medium rare steak. Remove and rest.
2. Peel carrot into ribbons with a vegetable peeler and toss with the rice vinegar. Leave to pickle for 10 minutes.
3. Cover vermicelli in boiling water for 5 minutes or until tender, drain and rinse with cold water, drain again. Combine the dressing ingredients.
4. Combine cabbage, carrot, vermicelli, cucumber, snow peas and mint leaves and toss with dressing. Slice beef across the grain into strips and toss through the salad, top with peanuts.



BUCKLING UP FOR RIO

STUDYING A DEGREE IN MEDICINE HAS BEEN PUT ON HOLD AS THE RIDE TO RIO BECKONS FOR ONE WATER POLO PLAYER.

GRAHAM CROKER

Sleep should come easy for Australian water polo representative Hannah Buckling, given her punishing training, playing, study and travel schedules. But she admits there might be some nervous nights in coming months as she ponders on her hopeful selection in the 13-woman Stingers squad for the 2016 Rio de Janeiro Olympic Games.

Along with Sydney University teammates Keesja Gofers, Bronte Halligan, Isobel Bishop and Lea Yanitsas, Hannah is still in the 16-strong mix leading into the final training camp in Perth, after which the Games squad will be announced in June.

In racing parlance, she's made every post a winner since switching to the sport as a 13-year-old.

"I'd played netball, hockey and tennis and competed at Little Athletics and swimming," she said, modestly not adding that she reached representative level at Under 14 netball, had a promising future in hockey and was a better than average breaststroke swimmer.

But when she started high school in Year 7 at Wenona in North Sydney, she also started playing water polo. The following year she joined the Sydney Northern Beaches Breakers. And she became hooked.

"I was a late starter in the sport," she said.

"I didn't take up water polo until I was 13, while most other girls started in primary school.

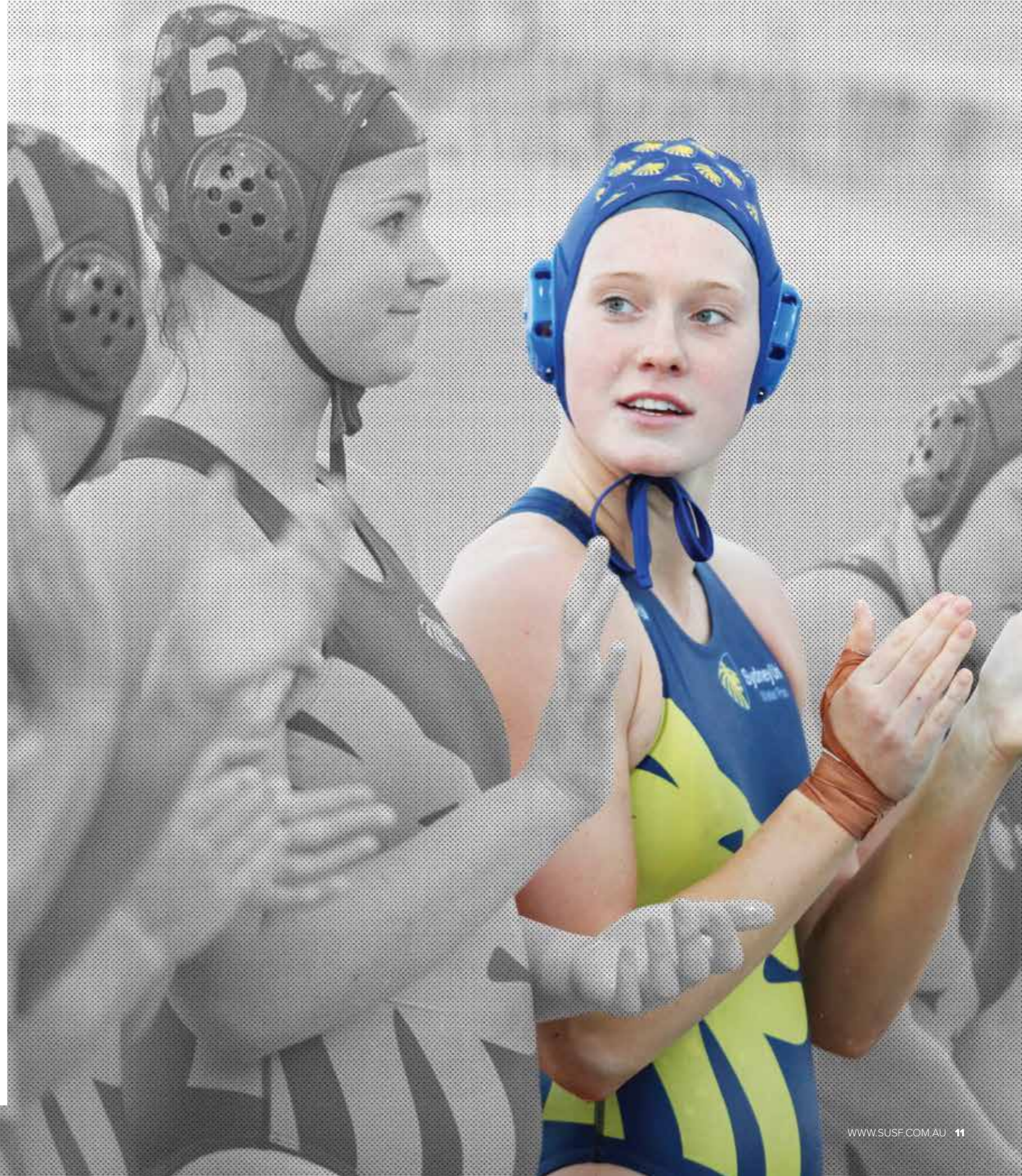
"When I decided to try out with Breakers, I found it difficult to start with; I didn't pick it up at all, it was a big challenge for me.

"It was hard getting co-ordinated, and there were some difficult elements, particularly catching with one hand and performing eggbeater."

And it was perfecting the eggbeater kick that has been one of the keys to Hannah's rise in the game.

In her chosen sport much of the action happens under the water. There are front and back flutter kicks, breaststroke and sidestroke (scissor) kicks, which provide thrust for the lunge kick. But the most important kick for the goalkeeper and the centre-back, where Hannah plays, is the eggbeater kick.

Basically, it is a hands-free form of treading water that allows the swimmer to remain vertical, out of the water, to block, catch or pass to teammates down the pool. The longer a centre back can stay out of the water, the more vision and control they have to direct traffic or defend.



As a swimmer, Hannah possessed a powerful breaststroke kick to propel her forward. But she had to learn to alternate each leg in eggbeater fashion to propel her upwards – and stay there in a stable position.

"I was a fairly good breastroker," Hannah said. "And I have powerful legs, which helped with learning eggbeater. I'm average height, but have long, monkey arms which give me a good reach to get to the ball."

"While I found eggbeater difficult to master at first, it gradually became a strong aspect of my play. As a centre-back I can push forward in the direction I want the team to go, and at international level it's about holding my position out of the water."

Hannah's potential and drive were immediately evidenced at the Breakers and she was selected in the Under 14s for the NSW Championships. She then made the Under 16s as a 15-year-old followed by selection in her first state squad, training with NSW Sport A and B teams.

When a player pulled out of the B team she was called in and it was onwards and upwards from there.

"My Breakers coach at the time, Jamie Ryan, was the NSW teams coach and he pushed me hard for that tournament," she said. "Emily Scott, who was at school with me, was also selected and we progressed together to the NSW team at the Australian Championships and then the Australian Youth Under 17 squad to tour overseas."

"I only had a few minutes of game time so I spent most of the tour filming the games in Greece and Hungary," she said.

"I trained with the Junior National Squad in 2009 but missed out on making the Junior World Championships. I then made it in the Australian Under 20s in 2011 and we won bronze at the World Championships in Trieste."

Hannah was also named Australian Junior Female Water Polo Player of the Year.

That led to a call from Greg McFadden, coach of the Stingers, to join the national team in a series of training camps in the lead-up to the 2012 London Olympics.

"I got to train with brilliant players," she said. "It was an awesome experience being in the squad and getting used to what was required of them for London."

That experience heightened her desire to push for Rio.

And, having passed her first year of a Bachelor of Science degree at distinction level, majoring in Physiology and Immunology, she was academically bound for a degree in medicine.

If 2012 was a busy year, the following year was busier. Now a Sydney Uni Sport & Fitness (SUSF) Elite Athlete Program scholarship holder, Hannah represented Sydney University (SU) Lions in the Women's National Water Polo League (WNPL) and the University of Southern California in the US "NCAA" National Championships, which they won. She then won a silver medal with the Stingers at the World Championships in Barcelona, represented SU at the Australian University Games, where they won the silver medal, and capped it off by being named Sydney University Sportswoman of the Year.

Last year she won a silver medal with the Australian Stingers at the World Cup in Siberia, a bronze medal with the Sydney University Lions in the National Women's Water Polo League, and was named in the Green and Gold Women's Water Polo team at the 2014 Australian University Games. She was also named SUSF Female Blue of the Year.

Her passport now includes stamps for Montenegro, Croatia, Hungary, Italy, Russia, Greece, Spain, China, the US, Canada and the UK.

"I'm really an expert on the pools of the world, not much else," she said. "There's very little sightseeing when we travel to play. We're lucky if we get a day at the end of the trip to take in the 'must-sees' and then head home."

In the meantime, she completed her BSc at distinction level and has been accepted into a degree in medicine.

Hannah's studies were undertaken around her gruelling training and playing schedule. She trains with Sydney University for the WNPL and attends national camps based at the NSW Institute of Sport (NSWIS) at Homebush every morning, logging up the kilometres in and out of the water.

"The University has been great, letting me defer my spot in medicine until February, 2017," she said. "I spent my three undergraduate years at St Andrew's College, but I'm now back home in Mosman. I loved the college experience, it was one of the best things I've ever done."

While medical studies await, Hannah said her ultimate goal since 2012 has always been the 2016 Rio Olympic Games.

"It's a long four-year cycle, but I'm now more confident having spent time in the Stingers," she said.

The Games squad will be announced on June 17. The Opening Ceremony will be on August 5 and the Stingers first game on August 9.

And while eggbeater has certainly whipped up high expectations, perhaps Hannah should now try to sleep, perchance to dream of Rio.



IT'S A LONG FOUR-YEAR CYCLE, BUT I'M NOW MORE CONFIDENT HAVING SPENT TIME IN THE STINGERS

TRAINING DAY

BECOMING A MEMBER OF THE GYM CAN BE A DAUNTING TASK FOR SOME, ESPECIALLY IF YOU'VE NEVER BEEN BEFORE. IT'S A BIG COMMITMENT TO YOUR HEALTH AND WELLBEING BUT IT'S ONE YOU SHOULD BE EXCITED TO MAKE IN 2016.

To get you feeling comfortable with your options we've outlined the big five areas of focus in most gyms and have offered some suggestions on how to utilise these machines to assist you in achieving your goals.

CARDIO MACHINES

Whether your goal is to increase your aerobic fitness or lose weight, the cardio machines have many workouts that can be appropriately programmed to best suit your fitness levels. Cardiovascular Fitness is a term used to describe the rate at which your body uses oxygen. This is a vital component of your health, which can reduce your chance of developing chronic disease. Working to increase your heart rate through either interval training or continuous training can help to achieve this by using our treadmills, cross trainers, upright bikes, recumbent bikes, spin bikes or rowing machines.

QUICK TIP: Use the cross trainer for a 5 minute warm up, keep your speed at 60 RPM and set your level above 8. This will help to prepare your body for exercise. Alternatively, finish off your training session with intervals on the rowing machine: 200m high work efforts with 50m recovery x 5.

STRETCHING AND CORE AREA

The Stretching area is where you might see most people starting or just finishing their training. Here you can work on your flexibility, which is a term used to describe the range of motion our muscles and joints can go through. As we get older, our flexibility and range of motion will decrease which can increase our risk of injury and falls. Muscle tightness can result from exercise, which can also increase our risk of injury. Dynamic and mobility exercises are effective for preparing the body for exercise and static stretches are

appropriate to end your training allowing your body to return to its resting state.

We recommend ending your session with a core focus. Your core muscles are a very important group of muscles that stabilize and support the spine during everyday movements. These critical muscles will help you maintain correct posture and perform exercises using the correct technique. They also contribute to our overall body strength and will help decrease the risk of injury.

QUICK TIP: Foam rollers should be used to release any muscle tightness before starting your session. Try and take 5 minutes to roll through your calf muscles, hamstrings, glutes and quads. Also try completing a core circuit at the end of your workout, complete a 30 second side prone hold on each side, followed by a 30 second front prone hold and finish with 12 reps of double leg raises.

WEIGHT MACHINES

The type of training that we perform when using weight machines is known as resistance training. When this type of training is performed safely and with the correct technique, it can allow us to build the strength of structures around our joints such as our ligaments and tendons and can help improve the density and strength of our bones. Resistance training is also vital to decrease pain and risk of injury, manage weight and body composition, regulate blood pressure, sugar and cholesterol levels, prevent the development of chronic disease and perform daily activities with ease.

QUICK TIP: Complete compound resistance exercises that will use large muscles groups. Some of the machines that will help to achieve this include the seated row, chest press, lateral pulldown and the leg press. To help increase your strength and build muscle, complete 12 repetitions at each of these machines and ensure you get 3 sets into your session.

FREE WEIGHTS

Training with free weights is another type of resistance training and includes barbells, dumbbells, medicine balls and kettlebells. Using free weights will switch on the body's stabilizing muscles and will

allow you to work in different dimensions and planes. This is important to work on as the body is versatile and moves in different ways every day. We can activate and strengthen upper and lower body muscles using free weights and isolate or target particular muscles. Free weight exercises also allow the muscles to move in more natural ranges.

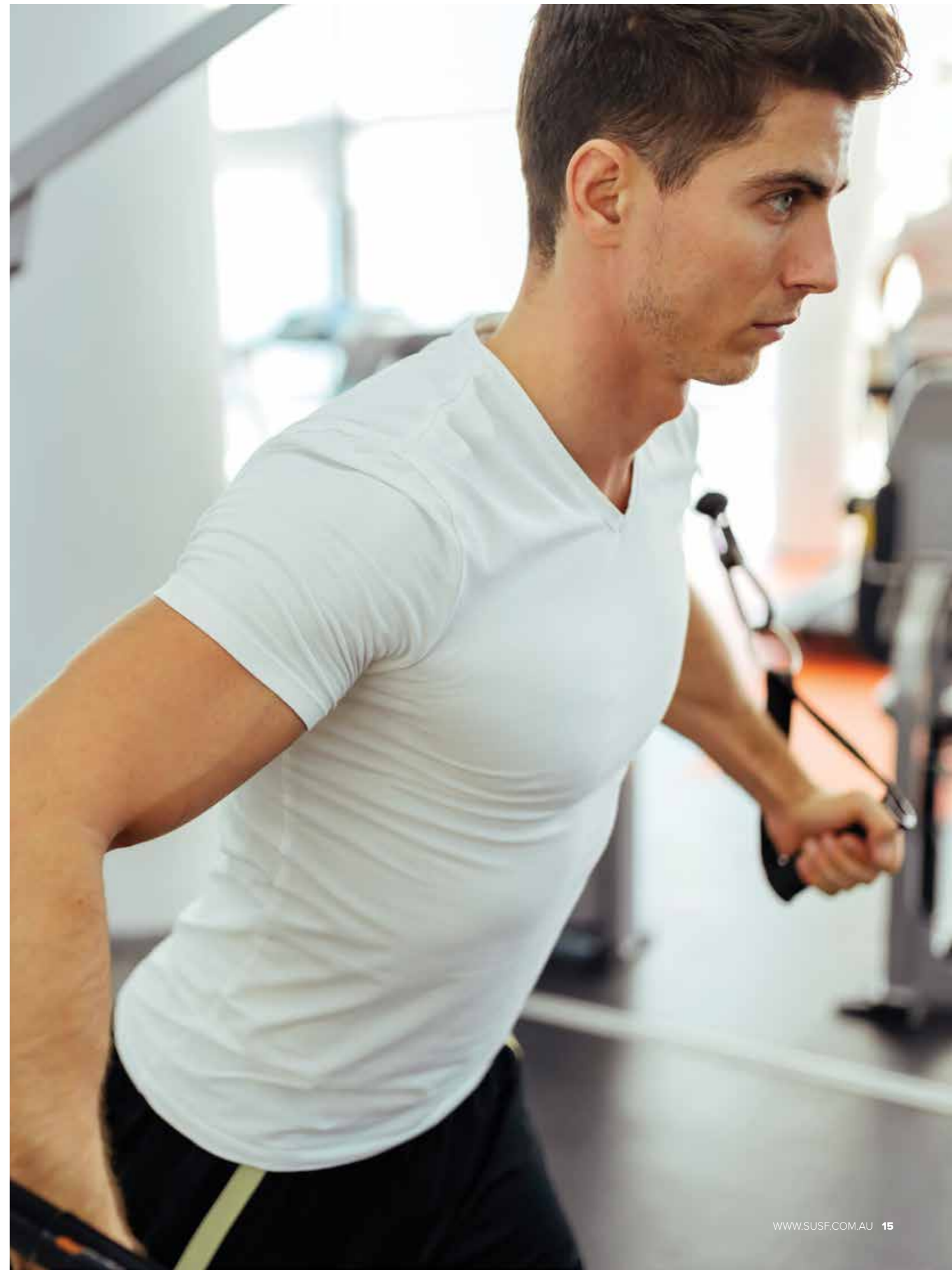
QUICK TIP: Try an upper body weights circuit beginning with a shoulder press, lateral raises, bicep curls, front raises, and finish with single arm bent over rows. Complete 12 repetitions of each exercise for 3 sets.

TRX SUSPENSION TRAINERS

These ropes are used to activate and work muscles of the upper and lower body as well as your core muscles. This type of resistance training uses your body weight and there are a multitude of exercises that can be performed using these ropes. Adjusting your body position or the length of the ropes manipulates the muscles that work and the amount of resistance that can be felt. The TRX can be used as an effective form of more challenging resistance training or as a stepping-stone to free weights or machine weights.

QUICK TIP: Use the TRX for an overall body mobility warm-up before you begin your session using a TRX Row, Squat, Chest Press and Lunge. Complete 10 repetitions of each exercise for 2 sets.

If you have any questions about the equipment at Sydney Uni Sport & Fitness or different types of training please do not hesitate to ask one of our Fitness Consultants for help. We will always be available to assist you with programs, educate you with different exercises and guide you through your training. Ensure you read our exercise and nutrition whiteboard for the latest information and research. Book in for a Health and Fitness Assessment with us to get your personalised exercise program, which we will guide you through and continuously update. If you have any known medical conditions or injuries, speak to one of our Exercise Physiologists for more specialised help. We are looking forward to helping you reach your goals and make a healthier change to your life!



KEEPING *up with* KEMPSON

A COUPLE OF AUSTRALIAN FLAG TATTOOS ON THE SHOULDERS AND LEGS, RACE KIT ON AND A SHUTTLE BUS HEADED TO THE START LINE. A 3.8KM SWIM, 180KM CYCLE AND 42.2KM RUN TO THE FINISH AND YOU'VE COMPLETED AN IRONMAN.



“THE IRONMAN HAS THIS UNWRITTEN RULE THAT UNLESS YOU’RE DYING YOU’LL FIND A WAY.”

This is standard procedure for Elite Athlete Program Scholar and University of Sydney Bachelor of Commerce student, Emily Kempson, who managed to qualify for the Ironman World Championships, again.

As the youngest female competitor, 22-year-old Kempson placed first in the 2015 Ironman Malaysia which sees her booked-in for Kona 2016. With temperatures hovering around 40 degrees, 140 people didn't make it to the end out of almost 1000 starters, but Kempson did, and has completed every race she's entered.

“The Ironman has this unwritten rule that unless you're dying you'll find a way,” Kempson comments on her impressive strike rate.

That isn't to say pulling out hasn't been on her mind at several stages.

Kempson recalls a bunch of American spectators shouting out, “You're almost there,” when in reality she had another 200km to get “there.”

“You end up really appreciating the scattered crowd support that acts as a distraction from the rolling hills and constant pain. The course was brutal. It left me feeling so isolated. I was unable to see any other competitors which made me question if I was actually still on the right course,” Kempson recalled, now fully recovered from her borderline delirious race condition.

Imagine wanting to go as fast as you can, but also wanting to conserve as much energy as possible. This is the constant pace-setting battle of the triathlon. Kempson decided to sit in with a pack of athletes about the same speed during the Malaysian swim leg, despite knowing she could have pushed a touch more. And it seems the strategy paid-off. A quick transition run, swim gear off, sunscreen on and Kempson was ready for the bike mount line. Wait; double back for the forgotten sunglasses, crucial for the gruelling 180km cycle ahead. Mistakes like these can jeopardise your whole race plan, with every second counting.

Another important piece of the punishing Ironman puzzle which interests the Health Science graduate is the aid station, designed for competitor sustenance.

“It differs from country to country. I've found Australia is big on jelly lollies, the classic vegemite on a stick and nutritious fruits, whereas other countries tend to give you snacks like potato chips, pretzels and Red Bull,” reviews Kempson, confessing her go-to is a Snickers bar at 8-9 hours in.

You'd think sustenance tents would be heavenly for competing athletes making the challenge more bearable; however, it's tough to stomach food when you feel unsettled after hours of steep climbs and fatigue sets in. Kempson admits she has not escaped this, throwing up vital-carbs,

salt tablets and a whole lot of hydration. Weak, but strong in character, Kempson checked her watch every couple of hundred metres counting down to the finish line. With about 30km left in Malaysia, Kempson went by some monkeys sitting alongside the isolated road, and it became clear that she was winning in her category – turns out everyone was struggling.

Kempson notes that just finishing Malaysia was one of her greatest achievements, irrespective of taking out the podium position.

“Sometimes pushing yourself on the worst days really makes you appreciate how tough this sport really is. I was able to refuel at the finish line with some pizza in the ice bath, and running on adrenaline I stayed there for another 3 hours to dance and cheer home athletes still coming in,” said Kempson.

Exuding gratitude for the support of her Coach, James Swadling, the Elite Athlete Program for their financial and academic assistance, and her dog “Kona,” it's clear that it's been a team effort to qualify for the Ironman World Championships in Kona, Hawaii, October 8, 2016, despite the individualised nature of the sport.

And while the team cannot possibly hope to ‘Keep up with Kempson’ at Kona, the pinnacle event of her sport, everyone at Sydney Uni Sport & Fitness wishes Emily every success.

HISTORY IN THE MAKING FOR RUGBY CLUB



SYDNEY UNIVERSITY FOOTBALL CLUB (SUFC) WILL START THE NEW SEASON ON A FIELD OF DREAMS.

Writes Graham Croker

SUFC will be putting a large chunk of history to bed and starting a new era when they take on defending premiers Eastwood in the opening round of the 2016 Shute Shield competition on March 19.

The match will be played at the reconfigured No.2 Oval, which will become the club's new home ground, complete with grandstand and training facilities.

SUFC farewelled No.1 Oval in the final home match of 2015, ending an association dating back to 1863 when the club was founded.

New SUFC General Manager David Haigh said 2016 will be a season of firsts on many fronts, not least his

appointment to the role after a long playing career and a three-year coaching stint with the club.

"We'll be playing full trials against Eastwood and Randwick before taking on the Woodies in Round 1 at our new field," he said. "That's another first for the new season; a new football square and grandstand.

"The players are excited to be playing their first game there, despite leaving the history of No.1 Oval behind. And with a new First Grade coach (to be announced), it provides opportunities for everyone."

A product of the Central West, Haigh played with the Orange Emus and

Forbes Platypi before coming to Sydney University to study Mechanical Engineering. He went through SUFC's Colts system and worked his way into First Grade, where he played 60 games, 12 of them as captain.

He also played two seasons with Chubu Electric Power in Japan in 2010-11 before a knee injury ended his career and he returned to his alma mater as Head Coach of the Colts program, where he had three successful seasons.

"Now that I'm not coaching, I'm looking at the club from a different perspective," he said. "My take on it is it's not really a new start, rather a chance to have a look at the club with refreshed eyes and see

how we can keep improving.

"It's a great opportunity to question the way we're doing things and reiterate what we're doing. The challenge is to make any changes good ones.

"We have a new President following David Mortimer's long and successful reign, a new Head Coach, and new staff. While there will be many new faces, we'll be building on the success of our predecessors and the legacy David left. I think we're in good shape at this stage."

Mr Haigh said the appointments of a new SUFC Head Coach and a Performance Co-ordinator were imminent, but the club had already appointed Robert Taylor as the new Rugby Performance Manager Director of Colts.

"Robert has previously been a player and Director of Rugby at Auckland University Rugby Football Club in New Zealand enjoying success as a championship winning colts and senior coach with the club, coached age grade and senior Auckland representative teams and

more recently a specialist skills coach across a number of Provinces and rugby academies. Rob has just spent four years as Director of Operations/Rugby at Auckland University Rugby Football Club in New Zealand and comes with plenty of experience," Mr Haigh said.

"In the playing ranks, we have a notable addition in Brad Wilkin, an openside flanker from the Queensland Reds. He's a former Australian Schoolboys and Australian Under 20s player and has been signed by the NSW Waratahs. He's yet another connection from the NSW Central West – he comes from Wellington – and he'll be living at St Andrew's College and studying business."

Whether he plays much Shute Shield rugby will be dependent on the Waratahs. Mr Haigh said the Waratahs have signed props Tom Robertson and Matt Sandall, halfback Jake Gordon, winger Henry Clunies-Ross and centre Jim Stewart since last season. They'll join Dave Dennis, Israel Folau, Bernard Foley, Tolu Latu,

Dean Mumm, Nick Phipps, Paddy Ryan, Will Skelton and Jeremy Tilse as SUFC players on the NSW books.

The club also has Laurie Weeks, Nic Stirzaker, Mitch Inman, Sam Jeffries and Tom English at the Melbourne Rebels; Nathan Charles and Ben McCalman at the Western Force; Sam Talakai at the Queensland Reds; and Sam Carter and James Dargaville at the Brumbies. And second-rower Dave McDuling has gone from the Queensland Reds to the Sharks in South Africa.

"As well as the 26 fully contracted Super Rugby players, we also have four in the Australian Sevens program: Greg Jeloudev, Pat McCutcheon, Ed Jenkins and Tom Kingston," Mr Haigh said.

And just to thwart any Super Rugby players from playing club rugby, the Shute Shield grand final and the Super Rugby finals will be staged on the same day, August 6, 2016.

Should SUFC claim the Shute Shield, it would start the new era on the right note.



Crème of the crop

EACH YEAR, THE ELITE ATHLETE PROGRAM STRIVES TO PUSH ITS STUDENT ATHLETES TO PRODUCE OUTSTANDING RESULTS BOTH IN AND OUT OF THE SPORTING ARENA.

2015 was arguably one of the best years yet for the program with our athletes rising to incredible heights to fulfil their academic and sporting goals. The Elite Athlete Program prides itself on the success of its athletes and we spend an enormous

amount of time assisting them to achieve a steady balance between both sport and study.

We want our athletes to be leaders both on and off the field and assisting them with their studies at The University of Sydney means that when it's time to step away from their sporting career, they've got a world class tertiary education in conjunction with invaluable industry connections to help them build a successful career. Our student athletes are simply the best and 2015 certainly didn't disappoint with 53 athletes completing their studies. Here is a snapshot of a few of our graduating athletes from 2015 and their plans for 2016 and beyond.

ALIX KENNEDY

Last week I heard the words "pens down" for the final time! It's been six intense but wonderful years studying a Bachelor of Commerce (Finance) and Laws. I was surprisingly nostalgic that same afternoon as I looked back on what I would miss most about university - the Elite Athlete Program and all of its incredible people! The Elite Athlete Program was the reason that Sydney University was the perfect choice of University for me. From the very start of my degree back in 2010, the financial assistance, tutoring, sports psychology and all round support from the Elite Athlete Program has been one of the main reasons I have successfully balanced two degrees and two sports.

My sporting highlight during this time was competing in both Russia and Korea in the 2013 and 2015 World University Games for athletics, two very different but memorable experiences. I was also very honoured to Captain the Division 1 Sydney University Netball team in the NSW Waratah Cup in 2012.

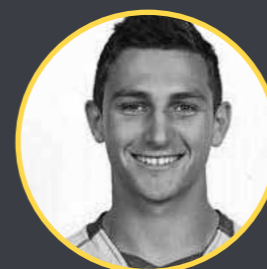
I have always known that my time at University would be the best opportunity to pursue my sporting ambitions to the fullest, so as I finish this chapter of my life I am now shifting my focus to my goals in my corporate career. I will finally be joining the full-time working world next year as a graduate analyst for an investment bank. But not until I go on one last round-the-world trip!



BENN MELROSE

I began as a member of the Elite Athlete Program in 2011 studying a Combined Bachelor of Laws and Commerce majoring in Finance and have had an amazing 5 years in the program. I have always stood by the view that people always shape your experiences and in reflecting on my time in the program it is not the sandstone walls of the University I will miss but the amazing people I have met throughout the journey that have defined it. Throughout my studies I have been taught by High Court Judges, mentored by leading academics and most importantly had the pleasure of studying and making lifelong friendships with students and athletes who will be the leaders of tomorrow. However, the life of a student athlete does pose many challenges. The continuous pressure to perform both academically and on the sporting field requires one to have a fantastic support network and I think I can say with some conviction that I could not have asked for a better support network than the Elite Athlete Program. They have provided me many fantastic resources ranging from academic tutors to dieticians and even psychologists, all of which have enabled me to perform at my best both academically and athletically and I am forever grateful.

In terms of my next step, I have recently accepted a summer internship at Macquarie Bank as a member of their mergers and acquisitions advisory team which I am very much looking forward to and intend to continue playing at Sydney University Football Club.



NICHOLAS HUDSON

From 2003 to 2015 I studied a Bachelor of Science and a Masters of Project Management all under the EAP while I was rowing at the elite level. As an undergraduate, the Elite Athlete Program provided vital support to allow tutoring, coordination with the faculty and financial support while pursuing my rowing endeavours. As a Masters student I was studying from interstate and the provided support to coordinate my studies to fit with a long term plan and my existing career in project management in the construction industry. Without this support I would not have been able to successfully manage the balance between the demands of elite rowing and academic studies. As an SUSF Elite Athlete Program member, I competed at numerous U23 and Open World Championships and World Cups and was reserve at the 2012 Olympic Games. I was captain of SUBC for 3 years and have proudly represented NSW at the interstate regatta as a Kings Cup member.

In 2015 I retired from competition after 16 years as an elite athlete. I also graduated from my Masters of Project Management in the same year. Completing my Masters helped my career substantially. I am now the Director of City to the Lake for the ACT Land Development Agency: a project worth over \$1 billion with a timeframe in excess of 20 years. I would encourage anyone who wants to follow their dreams of achievements in sport to combine it with what Sydney University offers. That way you'll set yourself up for life!



SASHA RYAN

I have really enjoyed the experience of studying a Bachelor of Diagnostic Radiography and living on campus at Sydney University.

Having moved from interstate to pursue my goals in sailing, the staff at the Elite Athlete Program have been a great support in many ways. In particular, they assisted me in liaising with lecturers and course coordinators regarding my timetable and course practicum requirements. I spend a lot of time competing overseas and I don't think I could have made it through my full time course without their support.

I also really appreciated meeting athletes from other sports through the Elite Athlete Program, participating in the National Aboriginal Sporting Chance Academy activities, and the opportunity to represent Sydney University in sailing at home and overseas.

I continue to focus on my goal of representing Australia in the Women's 470 sailing at the Rio Olympics in 2016.



CAN YOU HEAR US?



FACT BOX

17 FEMALE ATHLETES FROM THE UNIVERSITY



Competed in the 2012 London Olympics and Paralympics



THREE IN THE WINTER OLYMPICS



SEVEN IN THE 2014 COMMONWEALTH GAMES

THE YEAR 2015 WILL BE REMEMBERED AS THE YEAR WOMEN WON AND KEPT ON WINNING.

You name it, internationally, nationally and locally, Sydney University women took on all comers and excelled. So while the Matildas carried us to the World Cup quarter-finals, our Sydney Uni women's soccer team made history as the club's first squad to be crowned champions.

As Michelle Payne timed her run to perfection in the Melbourne Cup, our First Grade women's hockey side went through the season undefeated and our Brydens Flames charged into the Women's National Basketball League (WNBL) preliminary final.

When the Diamonds claimed their third straight World Cup title, our netballers became the Waratah Cup Premiers. In sync with the Southern Stars regaining the Ashes, our women's cricket team captured the Twenty20 title. And it

doesn't end there.

Sydney Uni also made grand finals in women's water polo, women's volleyball and women's AFL, and won the rugby premiership. Or here.

Individual athletes swept all before them. Skier Lavinia Chrystal, won her 10th national championship and our female athletes won every major open title on offer. Angela Ballard, of the Sydney Uni Athletic Club, is the World Champion after triumphing in the women's T53 400m at the 2015 Paralympic Athletic World Championships. Lauren Fitzgerald won our first ever National Road Series title for the Velo Club, Flames captain Katie Ebzery was named in the Australian Opals basketball squad and Kim Spragg has been selected in the Australian women's team to contest the 2016 World Ultimate Frisbee Championships. Sally Kehoe continues to inspire us with her successful campaign at the 2015 World Rowing Championships and Kyah Gray was selected to captain the Australian Women's Indoor Hockey team for the Four Nations Tournament in South Africa. What a jam-packed paragraph of

names to remember.

Success like this helps us see our #sportswomen for what they are: An untrending success story competing not only in their chosen sports but also for their deserved attention.

There has been a surge in numbers of Sydney Uni female Elite Program Athletes in recent years, with an increase of 50 athletes from 2010-11. Our program currently has 140 female members out of a total pool of 365 athletes. The representation is there but the coverage is still, well, getting there.

Broader awareness of female athletes is on the up and up and not before time, with digital media fuelling the growth, recognition and popularity of #sportswomen.

Some of our female athletes, including hurdler Michelle "Shelly" Jenneke, boast Instagram, Twitter and Facebook followers of up to 100,000+. Outside of this self-promoted "Instafame" though, there is gaping potential for media exposure equivalent to that of their talented male counterparts. One step towards this would be securing a WNBL

television deal after the ABC axed its 35 years of coverage. The high quality season has been sidelined by national media bodies, leaving clubs streaming through YouTube, live tweeting and using regional radio and newspaper mentions as a means to break the cycle where broadcasters say it doesn't rate so don't show it. Meanwhile, Basketball Australia's proposition is- if you don't show it, it doesn't rate.

"SPORTSWOMEN AREN'T COMING, THEY'RE HERE"

On the broadcast pitch, W-League Soccer is showcasing some of our best, including both Sydney Uni captain Liz Grey and Rachael Soutar named in the Western Sydney Wanderers, as well as Amy Harrison, Olivia Price and Melissa Caceres selected for Sydney FC. Sydney University Women's Senior Coach, Heather Garriock, provides a familiar face through her guest commentary of the games on Fox Sports. Having played 125

internationals for Australia, representing the Matildas at the 2003, 2007 and 2011 World Cups and two Olympics, not to mention guiding our girls to their 2015 NPL1 premiership, Garriock's presence in this role demonstrates the value and importance of female investment and voice, on both sides of the camera.

The reality is many elite sportswomen cannot make a living from sport alone, pursuing work and part-time study alongside their sporting careers. Support systems such as our Elite Athlete International Travel Grants to a total value of \$16,100 in 2015, aim to ease the financial pressure faced, particularly in the lead up to the Olympics. However, more needs to be done. The amount of training required to reach for Rio requires a serious amount of backing as the privilege to compete for your country comes at a high cost.

If you think the countless achievements of our female sports stars in 2015 were breathtaking, this year promises to be a sweet 2016 for our Rio hopefuls. Sydney Uni Lionesses Keesja Gofers, Hannah

Buckling, Lea Yanitsas, Bronte Halligan and Isobel Bishop have all been named in the Australian Stingers Water Polo squad. Chloe Dalton continues in the Australian Women's Rugby 7s team on the back of taking out the Dubai Sevens. Milly Clark of Sydney Uni Athletic Club (SUAC) has qualified for the Olympic women's marathon, and after making the 400m track semi-final at the Beijing World Championships Anneliese Rubie is right in the mix for selection. Beyond these fierce few there are many more on the radar for Rio, including Ella Nelson who ran 22.84 in the 200m recording a Rio qualifying performance and SUAC record in the process.

Teams are a whole and without the contribution of both our finest men and women there would be holes. Case in point is our status as the best sporting University in the country, crowned the Australian University Games Overall Champions. Olympic success is much the same. Every medal counts towards the country's tally irrespective of gender. Sportswomen aren't coming, they're here. Let's be here for them too.

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Opening Hours

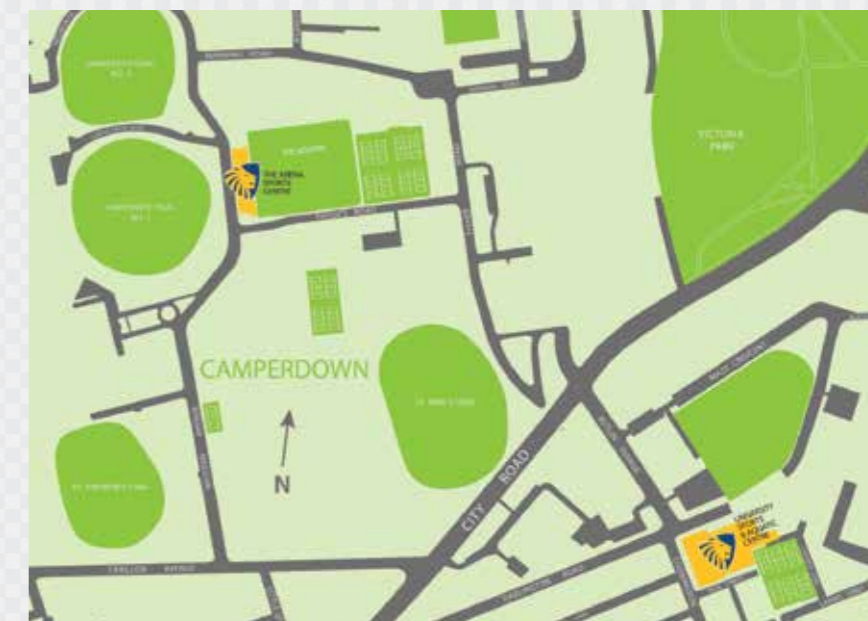
Monday - Friday: 5.30am - 10pm, Saturday: 6am - 8pm, Sunday: 6am - 10pm

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REACHING FOR

IT'S AMAZING TO THINK THAT THE PEOPLE WE SIT NEXT TO IN CLASS OR WALK PAST ON CAMPUS ARE ALSO THE HEROES WE WILL COME TO WATCH ON TELEVISION IN SIX MONTHS' TIME. FOR MANY OF THESE HEROES, IT WILL BE THEIR FIRST OLYMPIC EFFORT, A GROUP OF STELLAR, YOUNG INDIVIDUALS WHO HAVE SUCCEEDED IN BOTH ACADEMIA AND SPORT.

Up to 30 athletes from Sydney University are still in contention to make Australian teams for the 2016 Olympic and Paralympic Games in Rio de Janeiro. Some of these athletes have already turned in qualifying performances or been selected in preliminary squads for the Olympic Games, to be held from August 5-21, and the Paralympics, from September 7-18.

The size of the Sydney University athlete cohort is so impressive, (SU) could almost represent at the games as its own country. This medal count methodology was adopted for the 2014 Commonwealth Games, and showed that had this actually happened, SU would have finished 37th in its own right.

The recently merged men's and women's rowing clubs have plenty of contenders for crews and individual events at Rio. They include male rowers Nick Purnell, Nick Wheatley, Jack Hargreaves, Cam Girdlestone, Hamish Playfair, Kit Cunningham Reid and Sasha Belonogoff, and female competitors Sally Kehoe and Liz Kell. Sydney University is also well represented in Rugby Sevens, with Australian captain Ed Jenkins, Greg Jeloudev, Tom Kingston and Pat McCutcheon being regular members of the Australian squad in the World Series, and Chloe Dalton well established in the Australian women's Sevens program.

The Ryan family of Will and his twin sisters Sasha and Jaime, could all be in Rio competing in 470 class sailing events. Will has already earned selection, sailing with the defending Olympic gold medalist Mathew Belcher. Table tennis star Kane Townsend is hoping to follow his 2014 Commonwealth Games selection with Olympic selection, while wrestler Richmond 'The beast from the east' Saliba, is vying for selection in the 86kg class.

Brendon Reading put his name into the mix for Rio selection when he turned in a personal best and Olympic qualifying standard of 3hr 55.03min for the 50km walk at the national championships in Melbourne. Sydney Uni Flames captain Katie-Rae Ebzery has been a member of the Australian Opals women's basketball squad's Rio test event at the Carioca Arena at the Barra Olympic Park- the arena where the Olympics finals will be held. She was included in the squad as a result of her efforts at the 2015 FIBA Oceanic Championships.

Sydney Uni Athletic Club (SUAC) member Milly Clark qualified for Rio with an impressive run at the TCS Amsterdam Marathon in October. In just her second marathon, Clark finished 3rd to collect the bronze medal. Her scintillating time of 2.29.04, was the second fastest ever by a female from NSW and a top 10 all-time performance by an Australian female. The 26-year-old is completing her undergraduate degree in sport/exercise science along with her master's degree in nutrition. Two other SUAC members with strong claims for selection for Rio are hurdlers Michelle Jenneke and Nick Hough, who are both on the Elite Athlete Program.

Jenneke (Bachelor of Engineering) finished second in the 100m hurdles in 12.82sec at the 2015 Australian Championships, and third (12.94sec) at the 2015 World University Games in Gwangju. She followed that up by making the semi-finals of the 100m hurdles (13.01sec) at the World Championships in Beijing. Hough (Bachelor of Information Technology, Honours), missed selection in the 2012 Olympic team but made his mark at the 2014 Commonwealth Games in Glasgow, where he finished fourth in the final of the 110m hurdles.



Most recently, 20-year-old economics student, Josh Clark, ran the fastest 100m by an Australian in eight years at the ACT Championships. He posted a time of 10.15sec to beat the 2016 Rio de Janeiro Olympic Games qualifier and became the fifth fastest Australian 100m runner in history.

Sydney University Lions women's water polo representatives Keesja Gofers, Hannah Buckling, Lea Yanitsas, Bronte Halligan and Isobel Bishop are all in the 15-strong Australian Stingers Olympic water polo squad. They played in a three-Test series against China in late January and will attend a training camp in Perth, where all players will be given the chance to impress the selectors. The final team of 13 will be selected in June. The Stingers are shooting for another podium finish after their bronze medal at the London Olympics.

Most of the athletes in contention for Rio are, or have been, part of the Elite Athlete Program at Sydney Uni Sport & Fitness. Many are studying at SU, some have graduated and still compete for SU club teams, while several have deferred their studies until after the Games. So, have a look around when you're next at the gym, or competing in your club game.

You could very well be training next to a future Olympic Gold medalist!

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SWEET NOTHING

WITH COUNTLESS DISCOUNTED SUGARY OPTIONS ON THE SHELVES OF THE SUPERMARKET SCREAMING OUT TO BE BOUGHT, IT'S HARD TO RESIST SWEET TEMPTATION, BUT EVIDENCE FROM THE WORLD HEALTH ORGANISATION (WHO) SHOWS THAT MOST COUNTRIES INCLUDING AUSTRALIA ARE EATING OVER DOUBLE THE RECOMMENDED DAILY INTAKE AND **IT'S CAUSING SERIOUS HEALTH CONCERNS.**

A few years ago no-sugar diets were all the rage. We had people like Sarah Wilson, a popular journalist and TV presenter claiming to have given up sugar – for life, which had many convinced that we had another fad on our hands. Yet another extreme diet that claimed to help woman lose weight as opposed to moderated diets that didn't cut out entire food groups.

However, with more and more damning evidence becoming available to suggest that sugar is in fact harmful to our health, we need to start considering a serious cut down of our sugar intake. But before we get too deep into scientific research, there are a few disclaimers that should be mentioned because not all sugar is bad! Simple carbohydrates are a requirement for the body to complete aerobic respiration. This process creates energy for the tissue and is very important in ensuring we function well throughout the day. There are two main types of sugars found in food, glucose and fructose, the former being the body's preferred energy source. Glucose is recognised by the body and its delivery to our cells can be moderated through insulin. Glucose is a naturally occurring simple carbohydrate that can be found in fruits, vegetables and milk, and triggers the metabolism.

In contrast, fructose is the body's less preferred energy source. It is more hazardous to consume in large doses because it can only be metabolised by the liver, meaning it is often not used in energy production and instead is transformed to fat, which is stored in the body. It's also highly addictive and encourages the production of the

hormone ghrelin, which makes us feel hungry.

Fructose is often added to many soft drinks and highly processed and packaged sweet foods, and it's this type of sugar we need to be careful of because it results in empty calorie intake that leaves the consumer feeling dissatisfied and craving more.

A 2012 study found Australians eat more sugar on average than Americans, Canadians and those from the UK per capita, with some studies suggesting some Aussies are having 27 teaspoons of the stuff a day. This is drastically above the WHO's suggested daily intake of 50g of sugar a day, which equates to about twelve teaspoons (or about ten per cent of the body's daily food intake).

To put this amount into context consider that one can of soft drink contains approximately ten teaspoons of sugar, almost an entire day's intake!

It's this sort of careless consumption that has resulted in Australian dietary guidelines making significant and historical changes. Instead of stating that sugar should be consumed moderately in a balanced diet, the document now suggests that Australians are encouraged to limit their intake all together.

And the WHO is right behind these changed guidelines, they too are suggesting that if we were to further cut our sugar intake to just six teaspoons a day (e.g. half of what was originally suggested) there could be many added health benefits and the reduced risk of several terrible diseases.

Excess sugar consumption is now linked

to heart disease, liver disease, the onset of type II diabetes, cancer and no surprises, weight gain and obesity. Excessive sugar consumption also results in mood swings; tiredness and fatigue, despite the initial hit giving you increased alertness and perceived energy.

According to one study noted by the American Heart Association, those whose sugar intake accounted for 17-21% of their daily calories had a 38% higher risk of dying from cardiovascular disease compared to those who consumed 8% of their calories in sugar. And even more damning, for those whose calorie intake of sugar is more than 21% a day, this risk more than doubles.

Added sugar is also bad for your dental health. Simple carbohydrates are tacky on your teeth, and when mixed with plaque, form an acidic mix that results in tooth decay.

Sarah Wilson herself initially committed to her no sugar lifestyle as an experiment but soon found that given she was living with Hashimotos, an autoimmune disease, quitting sugar made her condition a lot easier to deal with.

Remember to always read the labels when you pick up processed items at the supermarket and try to keep your sugar intake at about 10% or less per day. Eating wholesome, sustainable food is not just a decision regarding the aesthetic benefits to your waistline, it's a smart wellbeing decision to put that block of chocolate back in the isle. With a little consideration for our food choices, we can go a long way to improving our health and leading longer, happier lives.



THE NEXT PIECE IN THE PUZZLE

UPON READING THIS, SYDNEY UNI SPORT & FITNESS SHOULD HAVE THE KEYS TO ITS BRAND NEW, \$13 MILLION DOLLAR MULTI-SPORT GRANDSTAND, LOCATED IN FRONT OF THE CHARLES PERKINS CENTRE AT OVAL NO. 2.

Planning for this building began during 2009, but the idea of separating our rugby/football teams from our AFL/cricket teams (which were all previously located on Oval No. 1) began shortly after World War 2! For decades we had unhappy stakeholders – rugby, football and AFL weren't thrilled at the idea of having to play over the top of a rock hard cricket wicket (which would turn to tacky mud with the addition of slight rain) in the middle of their field. And cricketers weren't thrilled at the idea of their cricket wicket being trashed by the winter codes for six months of the year.

Unfortunately there was only one grandstand on the whole campus that had appropriate change rooms, a medical room, referees' change rooms and a function centre, so there was only one location for all of those sports to play. Heavy usage of the oval meant that the playing surface was constantly overused, and given this, there was precious little time for repair before the next code started its season.

All of that is about to change. With the addition of a grandstand at Oval No.2, we can now split our clubs' usage – rugby and football will play at the new facility on Oval No. 2 whilst cricket and AFL will remain on Oval No. 1. To accommodate our growing team sports program, we have also been able to incorporate a number of additional facilities underneath and around the

new grandstand which is able to seat 1,100 spectators. There are four change rooms to accommodate men and women, and various sports teams during the week. Adjacent to the change rooms are three indoor cricket nets. In addition the facility boasts a state-of-the-art, double level high performance gym, named after its donor and rugby club stalwart, David Mortimer. We've also fitted in six club offices, a meeting room, a grounds storage area and lunch room, and a function room that can cater for up to 300 patrons. This portion of the building is named after the Sydney Uni Soccer Football Club, who donated \$500,000 towards the project. The major donor to the grandstand project is the T.A.G. Foundation, and we are grateful to the other 225 donors who have contributed to date, helping us to raise over \$2 million so far!

Together with the Sports & Aquatic Centre extension which was finished in 2013, the completion of this new grandstand project sees The University of Sydney finalise the suite of sports facilities that was promised after the demolition of the old HK Ward gymnasium, which made way for the Charles Perkins Centre. We're very grateful to everyone at the University who has helped us to build the next generation of sports facilities for SUSF and its clubs. We're confident it will transform sport on this campus for many decades to come.



Side view of the almost complete Grandstand, showcasing depth beyond the 1,100 outdoor seats.



Front view of the Grandstand from across Oval No. 2.



Home and away change rooms fitted with lockers.



Indoor cricket nets.



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WITH SO MANY FACES SWIPING IN AND OUT OF OUR FACILITIES EVERY DAY, WE'RE ALWAYS INTRIGUED AS TO WHAT YOU GET UP TO OUTSIDE OF SUSF. SO, LET'S STEP OUT OF THE GYM AND WALK WITH MEMBER, GEORGE LANCASTER AND FAMILY, TO THE SUMMIT OF MOUNT KILIMANJARO.

Ever wanted to experience climbing 5,894 metres without going through the pain? Hopefully this will take you there. After months of training at Sydney Uni Sport & Fitness, we arrive in Arusha, Tanzania. Already exhausted from the 32-hour journey, the next day we start our six-day trek up Mt Kilimanjaro.

I think back on the year to this point. My wife Nicky coming home one day, excited, having convinced the board where she works, The GI Cancer Institute, of her idea to solicit donors keen to climb Kilimanjaro. Finding people touched by these cancers is not difficult. Whether any of them want to climb Kilimanjaro is another matter. At first it's us four - Nicky, me, son Benjamin (age 25) and daughter Jessica (age 23). Luckily others join, and in the end there are fourteen climbers, who together raise \$142,000 doubling our initial goal.

The next day we arrive at Rongai Gate, elevation 1,800 metres (5,900 feet), pour out of the bus and see our porters for the first time. The trail is visible and all I keep thinking is when can we get started?!

Starting in verdant rainforest, over five days we progress through heath and

moorlands, alpine desert and finally a vast moonscape of grey dust. But it's strenuous. We must traverse 1,164 vertical metres (3,822 feet) in the space of a few hours, in an atmosphere that is 40% of the oxygen content we're used to in Sydney and in temperatures well below 0 degrees.

We start off at 11:30am. The grade is manageable, and the trail is hard packed. Then we hit the first patch of scree, which is pea-sized gravel piled metres thick. Without warning my foot slides laterally down the slope, as if on ice. Shuffling quickly with the other foot, it slides too. I scramble five extra sidesteps for every foot forward, labouring every breath. It is 12:30am, an hour in, with four more hours and dozens of scree patches to go. And that's just to Gillman's Point, the top of the caldera rim. There are two hours of climbing after that before we reach Uhuru Peak.

At the first rest stop Nicky tells us she can't go on. We cajole to no avail and for the rest of the ascent I wonder how inconsolable she'll be when we see her back at Kibo Camp.

When we reach Stella's Point, an hour from the end, my body turns into a statue. Immobilised by fatigue, I watch my kids go on without me. After five minutes I take ten steps, then after a pause, take ten more and walk like this the rest of the way. When I reach the sign, that magical sign announcing the top of Kilimanjaro, Benjamin and Jessica are there.

No celebratory dancing for me, but I'm damn happy to have survived 5,894 metres (19,340 feet). And incredibly



happy to be there with my kids, so proud of them I could cry. I don't do that for real until ten minutes later, after walking around a low rock wall on my way back down when I see Nicky. She's sitting there, back to the wall, nestled between her trusted guides.

I assure her it's not far, and tell her about being with our children at the top. My pace quickens now, boosted by the sight of her. We won't have a foursome photo at the final signpost, but who cares? We made it, all of us made it!

Written by George Lancaster

JOIN A CLUB

There are over 40 SUSF sporting clubs! They are open to everyone and cater for all levels.



AFL

The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club has six teams competing in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 27 years the club has won seven senior first grade flags and has been runners-up six times.

FOR MORE INFORMATION:

- (Men) www.suanfc.com afl@sport.usyd.edu.au
- (Women) www.suwafc.com suwafc@sport.usyd.edu.au



AMERICAN FOOTBALL

The Sydney Uni American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 15 NSW championships in the 30 years of competition, including the last 10 years. The Sydney Uni Cubs have won 11 NSW championships in their 18 years of competition.

FOR MORE INFORMATION:

- www.sydneyunigradiron.com
- americanfootball@sport.usyd.edu.au



ARCHERY

The Sydney Uni Archery Club, established in the 1970s, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national levels. The club trains on an outdoor range at St. Paul's Oval, enabling members to train up to 90m, the furthest distance for Open Men's FITA events. Basic equipment and coaching is available to members and personal equipment is also welcome. Training times are Tuesdays and Fridays 1-5pm all year.

FOR MORE INFORMATION:

- www.suac.org.au
- archery@sport.usyd.edu.au



ATHLETICS

The Sydney University Athletics Club, established in 1878, is one of the oldest athletics clubs in the country. The club caters for athletes of all abilities from elite to social, and from undergrads to veterans. The club competes in a wide range of competitions around Australia including national and state championships, state relays and Athletics NSW all-comers events, in both the summer (track) and winter (cross country/road walks) seasons.

FOR MORE INFORMATION:

- www.suac.org
- www.facebook.com/SUACinfo
- athletics@sport.usyd.edu.au



BADMINTON

The Sydney Uni Badminton Club welcomes badminton players of all levels. The club is open to the public, but cater specifically for University of Sydney students. Whether you are a social player looking for a fun hit or a competition-regular looking for some practice before your next big game, you are more than welcome to come along. The club is affiliated with the Sydney Badminton Association Inc. and competes in all of their tournaments. The club also competes in various interspersed competitions throughout the year, including the Australian University Games and the Eastern Conference Games.

FOR MORE INFORMATION:

- www.usydbadminton.com
- usydbc@hotmail.com





BASEBALL

The Cynics, established in 1904, fields three teams that are open to both students and the community. The club plays in the Sydney Winter Baseball League, the highest level league in NSW. The Pacific Coast team plays in a more social league to foster development amongst players. The club is a great place to play baseball, and is always looking for new members.

FOR MORE INFORMATION:

www.sydneyuni.baseball.com.au baseball@sport.usyd.edu.au



FENCING

The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club, consisting of more than 100 members presently, welcomes members of all standards. The club has a large amount of equipment available for the use of members, offering training with foil, epee and sabre. The club competes in state competitions run by the New South Wales Fencing Association, participating in both individual and team competitions. The club also participates in all national competitions run by the Australian Fencing Federation.

FOR MORE INFORMATION:

www.sufc.org.au fencing@sport.usyd.edu.au



BASKETBALL

The Sydney University Basketball Club has both men's and women's teams playing in various Sydney competitions. In 2003, Sydney University took ownership of the Sydney Uni Flames, which competes in the Women's National Basketball League. The Sydney Uni Flames take pride of place as our signature women's program.

FOR MORE INFORMATION:

www.sydneyuniflames.com.au basketball@sport.usyd.edu.au



GOLF

The Sydney University Golf Club (SUGC) offers the opportunity to play competitive and social golf at highly discounted rates. The club regularly plays on some of the best courses in Sydney, including the superb St Michael's and Moore Park Golf Clubs. Over the past year, events have also been held in the Blue Mountains and the Hunter Valley. Weekly practice/tuition nights run by the club's low marker members at Moore Park Driving Range are a great way to receive support as a beginner or as more experienced player wanting to improve your game off the course.

FOR MORE INFORMATION:

golf@sport.usyd.edu.au

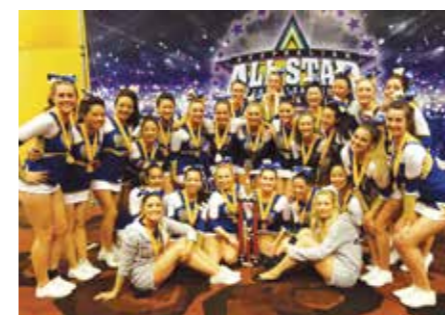


BOAT (MEN'S ROWING)

The Sydney University Boat Club was established in 1860. The club, together with the women's rowing club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last nine years.

FOR MORE INFORMATION:

www.subc.org.au boat@sport.usyd.edu.au



GYMSPORTS

The Sydney University Gymsports Club is a thriving recreational and competitive club for adults. The club features a very social general gymnastic program, welcoming gymnasts from all disciplines, including artistic gymnastics, trampolining, acrobatics and aerobics. The club supports artistic gymnasts competing yearly in State Stream, invitational and Masters Competitions. As well as this, the club features a nationally-ranked cheerleading program. This program includes a cheerleading and dance team and competes regularly in national and state competitions.

FOR MORE INFORMATION:

www.sugymcheer.org gymnastics@sport.usyd.edu.au or sydnicheer@gmail.com



BOXING

The Sydney Uni Boxing Club was established in 1908 and is a founding member of the NSW Amateur Boxing Association. The club is open to males and females. Sydney Uni Boxing Club enters its own competitive boxers in state/national competition. Competition between the University of Sydney's Colleges occur as part of the University of Sydney Inter-Collegiate and Club Boxing Tournament, with male boxers representing St. Andrew's, St. John's, St. Paul's and Wesley competing for the trophy.

FOR MORE INFORMATION:

www.subxc.com.au boxing@sport.usyd.edu.au



HANDBALL

The club enters men's and women's teams in the NSW Handball League. It is open to everyone from beginners to international representatives. During summer, the club plays Beach Handball and arranges social competitions for those interested in trying out the game

FOR MORE INFORMATION:

handball@sport.usyd.edu.au



CANOE/KAYAK

The Sydney University Canoe Club caters to all levels of people who just want to paddle! The student and alumni run organised trips around NSW for beginners as well as trips for those who want to take on high grade rapids. The club conducts white water canoe/kayak weekends and competes in canoe polo leagues and tournaments around Sydney. The club also utilises a canoeing facility at the Penrith Whitewater Course.

FOR MORE INFORMATION:

www.sydneyuniversitycanoeclub.com.au canoe@sport.usyd.edu.au



HOCKEY

The Sydney University Hockey Club is one of our largest clubs with numerous men's, women's and junior teams. The men's teams play in the Premier A Sydney competition while the women compete in both the Eastern Districts Women's Hockey Competition and the Sydney Women's Hockey League. The club sends teams to University Games.

FOR MORE INFORMATION:

www.suhc.asn.au hockey@sport.usyd.edu.au



CRICKET

The men's club has eight teams that compete in the Sydney Grade Competition that caters from the elite to social player. The Universities Women's Cricket Club also has 1st, 2nd, 3rd, U/17 (Brewer), U15 & Juniors (8 to 12 year olds) grades competing in the Sydney Women's Grade and Sydney Juniors Competition. The club is open to females with or without experience.

FOR MORE INFORMATION:

(Men) www.sydneyuniversitycricket.com.au succ@sport.usyd.edu.au
 (Women) www.uwcc.com.au uwcc.secretary@gmail.com



JUDO

The Sydney University Judo Club (SUJC) is the oldest judo club in Australia, founded in 1954. The club competes in all levels of judo competition, from national and state to local competitions and AUGs. SUJC is run by students and has black-belt instructors with international experience. Over the last four decades, SUJC has trained nine Olympians and numerous Australian representatives. The club's training program includes classes tailored for beginners and experts, dedicated women's classes, and runs numerous social activities.

FOR MORE INFORMATION:

www.sydneyjudo.com judo@sport.usyd.edu.au





KEMPO KARATE

The Sydney University Kempo-Karate Club was established in 1965 to facilitate the practice of Shaolin Ch'uanfa. Classes are held on Monday, Thursday and Friday evenings throughout the year. The curriculum includes self-defense techniques, yogic exercises and the Buddhist philosophy and psychology that underlie them.

FOR MORE INFORMATION:
kempokarate@sport.usyd.edu.au



KENDO

Since 2004, Sydney University has offered kendo, a traditional Japanese fencing martial arts practiced by the samurai. Today it is both a martial art as well as an internationally competed sport. The club practices kendo to cultivate one's mindfulness, respect and diligence, through physical training. A practitioner is able to achieve high sense of reflex, alertness, fitness, speed and coordination. The club is open to all levels of students, with beginners' courses and active participation to all level of tournaments.

FOR MORE INFORMATION:
www.usydkendo.com kendo@sport.usyd.edu.au



NETBALL

The Sydney University Netball Club, competes in the City of Sydney Netball Association, and is open to all abilities. The club has four teams entered in the NSW State League/Waratah Cup competition. Social players can compete in the weekend club and social competitions. The club also sends women's and mixed teams to the Australian University Games.

FOR MORE INFORMATION:
www.sunetball.com.au netball@sport.usyd.edu.au



ROCKCLIMBING & MOUNTAINEERING

The Sydney University Rock Climbing & Mountaineering Club is not a competitive club. Instead, it fosters the development of rock climbing as a social sport for men and women. SURMC runs trips on weekends to give members the opportunity to climb outdoors during the semester, as well as indoor climbing which takes place all year around at The Ledge. There are opportunities for elite climbers in the club to compete in state and national events; however there are currently no members involved in these competitions.

FOR MORE INFORMATION:
www.surmc.org.au rockclimb@sport.usyd.edu.au



ROWING (WOMEN)

The Sydney University Women's Rowing Club was established in 1960's. The club, together with the men's boat club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years.

FOR MORE INFORMATION:
rowing@sport.usyd.edu.au



RUGBY LEAGUE

SURLFC plays in the NSW Tertiary League Competition, where they field both a first and reserve grade team. The club provides a professional and collegiate atmosphere for student and non-student players to enjoy playing competitive amateur rugby league. SURLC provides all of its players with free equipment, gear, playing fields and high level coaches. In addition, the club also hosts social events designed to allow its players to develop networks and friendships off field.

FOR MORE INFORMATION:
ckintis@ro.com.au 8263 6639 or 0408 290 197



RUGBY UNION

The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The club caters for a range of players through to the elite level. The club won the Club Championship for the 10th successive time in 2013, along with the Colts Club Championship for the ninth successive time. The women's club won the 2011 Sydney competition.

FOR MORE INFORMATION:
 (Men) www.sydneyunirugby.com.au (Men) sufc@sport.usyd.edu.au
 (Women) www.sydneyuniwomen.rugbynet.com.au
 (Women) rugbywomen@sport.usyd.edu.au



SAILING & BOARDSAILING

The Sydney University Sailing Club is based down out of Woollahra Sailing Club in Rose Bay on the harbour. The club runs courses for university students in partnership with WSC under the YA/RYA training scheme. Members participate in club, state and national class events using the club boats. The intensive courses are run during the semester and cover everything from start sailing through to start racing. A number of weekend social trips are organised each semester which provide the perfect opportunity to escape the city for pure sailing.

FOR MORE INFORMATION:
www.usydsailing.com sailingboardsailing@sport.usyd.edu.au



SOCCER

The Sydney University Soccer Football Club caters for players of all abilities from elite to beginner. It enters both men's and women's teams in the NSW Super League. It also enters a large number of men's teams in the Eastern Suburbs Football Association and women's teams in the Gladesville/Hornsby competition. The club is now approaching 600 members in 35 teams, across all competitions.

FOR MORE INFORMATION:
www.susfc.org.au soccer@sport.usyd.edu.au



SOFTBALL

Softball has been very successful over the years at the Australian Uni Games, winning a gold medal in 2011. All players are welcome!

FOR MORE INFORMATION:
softball@sport.usyd.edu.au



SQUASH

The Sydney University Squash Club provides an ideal opportunity for players of all abilities to improve their game. The club members play in competitions against other squash clubs in Sydney as well as fielding men's and women's teams which compete in the Sydney Pennant Squash Competition. Club members who are students are eligible to play Inter-Varsity against other universities. The club also provides free practice twice a week.

FOR MORE INFORMATION:
squash@sport.usyd.edu.au



SWIMMING

The Sydney University Swimming Club (SUSC) complements squad training offered by Sydney Uni Sport & Fitness (SUSF). The club provides competitive opportunities for members of all ability levels ranging from monthly Club Nights to Area, State, National and International events.

FOR MORE INFORMATION:
www.sydneyunisc.swimming.org.au suscsecretary@gmail.com





TABLE TENNIS

The club provides table tennis from the beginner to the elite level. It enters regional competitions as well as University Games.

FOR MORE INFORMATION:

www.usydt.org tabletennis@sport.usyd.edu.au



TAEKWONDO

The Sydney Uni Taekwondo Club started in 2001 and provides people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Taekwondo. Classes teach kicking, sparring, self-defence and the core traditional aspects of Taekwondo such as spirit, focusing on improving an individual's health, and fitness while learning in a fun, safe and social environment.

FOR MORE INFORMATION:

taekwondo@sport.usyd.edu.au



TENNIS

Founded in 1885, the Sydney University Lawn Tennis Club enters teams in the Metropolitan Grass Courts Clubs Association Badge competitions and other competitions conducted by Tennis NSW and the NSW Hardcourt Tennis Association. The club organises weekly social tennis for club members at the Manning lawn courts. The Tennis Club's representative teams compete annually at the Australian University Games.

FOR MORE INFORMATION:

tennis@sport.usyd.edu.au



TOUCH

Established in 2001, the Sydney University Touch Football Club provides opportunities for students to participate in touch in social to challenging competition, including University Games, Vawdon Cup and State Cup. The club conducts a weekly mixed competition providing students and community members the opportunity to play competitive touch in a social environment on a regular basis.

FOR MORE INFORMATION:

www.sydney.touch.asn.au touch@sport.usyd.edu.au



ULTIMATE FRISBEE

Sydney University Ultimate Frisbee is open to all ability levels, entering many local, state and national tournaments. It has an important social aspect and remains competitive at University Games where the club has posted excellent results since the sport's inclusion. Club trainings are run at 3.30pm on Thursdays.

FOR MORE INFORMATION:

www.suufa.ufnsw.com.au ultimatefrisbee@sport.usyd.edu.au
[SUUFA](#)



VELO (CYCLING)

The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. Many of the club's members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

FOR MORE INFORMATION:

www.suvelo.com.au suvelo@sport.usyd.edu.au



VOLLEYBALL

The Sydney Uni Volleyball Club is a National League club for both men and women. As well as this, it competes in the Sydney Volleyball League in opens and junior divisions, AUGs and other major tournaments such as NSW State Cups. It also runs its own mixed social competitions and social trainings throughout the year. The club is open to students and non-students, locals and internationals, beginners and elite athletes. The club provides an opportunity for people to participate at social and representative levels.

FOR MORE INFORMATION:

www.suvolleyball.com volleyball@sport.usyd.edu.au



WATER POLO

The Sydney Uni Water Polo Club provides opportunities for members to play water polo at all levels. The club has junior programs, social teams and beginner teams right up to first grade. Both the men's and women's teams compete in the National Water Polo League.

FOR MORE INFORMATION:

www.sulionswaterpolo.com (Men) waterpolomen@sport.usyd.edu.au

www.suwaterpolo.com.au (Women) waterpolowomen@sport.usyd.edu.au



WATERSKI & WAKEBOARD

The Sydney Uni Water Ski Club offers an opportunity for people of all abilities (from first timer to professional) to enjoy organised trips throughout most of the year. The season generally runs from September to May, offering organised waterski & wakeboarding days for members at Cliftonville Ski Park, at Wisemans Ferry on the Hawkesbury River (about one and a half hours north-west of Sydney). The club also runs a number of weekend trips in cabins on the Hawkesbury, Lake Conjola and Wyangala Dam, and a legendary houseboat weekend each year.

FOR MORE INFORMATION:

www.usydwake.com usydwake@gmail.com



WRESTLING

The Sydney Uni Wrestling Club teaches Freestyle Wrestling which attacks the upper and lower body of opponent. The ultimate goal is to pin your opponent on the mat, winning the round or match. There are no joint locks in freestyle wrestling or Greco roman wrestling. These joint locks are only legal in submission grappling and MMA (UFC). Australia's Wrestling Coach Leonid Zaslavsky is the club's head coach and Dez Nedim is assistant coach.

FOR MORE INFORMATION:

wrestling@sport.usyd.edu.au



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A full table of O'Sullivan clan members—Mick would have been very proud of all the support from family & cricket friends.



Bev Eddington enjoys a drink with four stalwart members of the SUCC – L to R: Phil Logan, Peter James, Ian Fisher & Geoff Pike.

2015 'BLUE & GOLD' CRICKET LUNCHEON

The 21st consecutive 'Blue & Gold' Cricket Luncheon was held at The Ivy Ballroom on Friday 20th November 2015.

The MC commenced proceedings by welcoming back to the fold three very special groups of people: Test cricketer, Ed Cowan, and his family; Sydney Uni Cricket Club (SUCC) President, Bruce Collins, and his wife Di plus a full table of the late Mick O'Sullivan's relatives. Special mention was also made of one of Australia's foremost cricket commentators Mike Coward, who has previously entertained our guests at 'Blue & Gold' Cricket Luncheons.

The strength of the current Sydney Uni 1st XI was highlighted by references to representative players like Nick Larkin, Jonte Pattison, Ed Cowan, Will Somerville, Greg Mail and Ryan Carters. Particular praises were also given to the SUCC 2nd XI which has now won four premierships in succession.

With the new Grandstand on Sydney Uni N°2 Oval almost completed, it was pointed out that our cricket club will soon have the best indoor and outdoor practice facilities in Sydney; new offices; new meeting room; new function centre; a "soccer and rugby free" Uni N°1 Oval and a brand new ground at the University's Cumberland campus.

It was also pointed out that the campaign, which is raising the money for these developments, will run until 30th June 2016!

The first entertainment segment was entitled the SUCC Hall of Fame and Club Historian, James Rodgers, provided a detailed introduction to its four inaugural inductees:

- Tom Garrett played as an 18 year old in the first Test match against a visiting English team in March 1877. He went on to play 19 Tests and holds the 1st Grade records for highest score (274) and best bowling figures (10 for 11).
- Ian Fisher, after a decade of stellar 1st Grade performances with other clubs, returned as the SUCC 1st Grade captain in 1969. He then proceeded to become Sydney Uni's leading 1st Grade run scorer of all time.
- Alan Crompton played twenty years of 1st Grade cricket for Sydney Uni as a wicketkeeper/batsman. He then served 22 years as the Club President, before becoming Club Patron.
- Michael O'Sullivan's 1st Grade cricket career with Sydney Uni spanned four decades. It is most unlikely that his tally of 622 1st Grade wickets for the Club will ever be surpassed. When he died in 2013, Mick O'Sullivan had been the Chairman of the SUCC Board for nine years.

Later in the afternoon, Adam Spencer moderated an exceptionally entertaining panel discussion with three of Sydney Uni's current cricket champions - Ryan Carters, Greg Mail and Ed Cowan.

Ryan Carters is an accomplished 1st class wicketkeeper, who has recently forsaken that role to concentrate on his batting. He was then selected to open the batting for the Cricket Australia XI against New Zealand and proceeded to put on 503 with Aaron Finch to break the Australian record for a 1st class opening partnership!

Discussions with Ed Cowan revealed that Test cricket is not all beer and skittles! Ed described the typical net practices which are held 48 hours before a Test match. There are invariably four fast bowlers vying for only three spots in the team. They all have brand new cherries and they are all flat out to impress with their lively pace. There are no sightscreens. Worse still ... there are no umpires.

Greg Mail's dry sense of humour was very much to the fore. Adam Spencer asked Greg how Australia will fare against the best from the Caribbean. Greg matter-of-factly replied that Sydney Uni would beat them - so much for all of the eager anticipation surrounding the series against the West Indies!

2015 'BLUE & GOLD' XMAS HAMPER GOLF DAY

On Wednesday 25th November, the initial weather conditions were ideal for golf, 29°C with a light cooling breeze. However, that light cooling breeze eventually became a strong wind, which played havoc with the flight of any slightly miss-hit shots!

All but two of the teams (*Ivan's Angels* and *The Burghers of Rose Bay*) had previously played in this event. Indeed, the *Nelson Hotel* and the *Men About Town* teams have played in all nineteen Xmas Hamper Golf Days.

The four male members of the *AKM Projects* team attracted wolf whistles when they arrived in their matching, shocking pink ensembles.

The adjudicator of the Best (or Most

Creatively) Dressed Award apologised that he was colour blind and proceeded to present the *AKM Projects* team with the prize for this novelty event!

There were two other novelty events. The 'Nearest-to-Pin' competition was won by *Sydney Uni Golf Club* team member, Tim Felan. The 'Longest Drive' on the 18th fairway was won by Brad Seymour, who anchored the *Gallagher Australia* team.

The Club 19 team posted the winning score of 129 points, being the total of the best three stableford scores on every hole. *The Lunatic Promotional Clothing team* (Dean Edser, Paul Lawrence & the brothers Fayn) came second on count back from the *Valvoline* team (Barry Breen, Mark Conlan, John Newell & Michael Porter).

So concluded another afternoon/evening of particularly good cheer!



The Southern Design team were the defending champions – L to R: Jeff Epplett, Steve Swaine, Sam Safi & Rodney Muller.



All smiles from the smartly attired Bullant Sports team – L to R: Mark & Julia Deere-Jones and Jill & Peter Hensman



Paul McPherson, Mike Farley, Gordon Hay & Terry Maloney.

2016 'BLUE & GOLD' SPORTING FUNCTIONS

Friday 8th April

AUSSIE RULES LUNCHEON

From 12:00noon at The Ivy Ballroom, 320 George Street, Sydney

Wednesday 4th May

PRE-OLYMPIC GAMES DINNER

From 6.30pm at The Great Hall, University of Sydney

Friday 3rd June

SOCCER FOOTBALL DINNER

From 6.30pm at the Sydney Uni N°2 Oval Function Centre

Friday 24th June

RUGBY LUNCHEON

From 12:00noon at The Ivy Ballroom, 320 George Street, Sydney

Friday 26th August

WATER POLO LUNCHEON

From 12:00noon at The Ivy Ballroom, 320 George Street, Sydney

Friday 16th September

OLYMPIC CELEBRATION LUNCHEON

From 12:00noon at The Ivy Ballroom, 320 George Street, Sydney

Wednesday 12th October

BLUES ASSOCIATION/ SUSF GOLF DAY

From 12:00noon at St Michael's Golf Club, Little Bay

Friday 18th November

CRICKET LUNCHEON

From 12:00noon at The Ivy Ballroom, 320 George Street, Sydney

Wednesday 30th November

XMAS HAMPER GOLF DAY

From 12:00noon at St Michael's Golf Club, Little Bay

ADDITIONAL DATES FOR ENTREPRENEURIAL GOLFERS!

Friday 6th May

AUTUMN CALCUTTA

From 8.00am at Riverside Oaks Golf Resort, Cattai

Friday 7th October

SPRING CALCUTTA

From 8.00am at Riverside Oaks Golf Resort, Cattai



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- Touch Football



HOME EVENTS CALENDAR

FEBRUARY

27
SATURDAY
2:00PM



WATERPOLO
(Lions) vs UTS Tigers

MARCH

04
FRIDAY
7:15PM



WATERPOLO (Lions)
vs Drummoyne Devils

19
SATURDAY
3:15PM



RUGBY
(SUFC) vs Eastwood

APRIL

02
SATURDAY
3:15PM




RUGBY
(SUFC) vs Randwick

03
SUNDAY
2:00PM



NEAFL
vs Giants

09
SATURDAY
2:00PM



NEAFL
vs NT Thunder

16
SATURDAY
3:15PM

Henson Park



RUGBY
(SUFC) vs Western Harbour

23
SATURDAY
1:00PM



NEAFL
vs Eastlake

MAY

30
SATURDAY
3:15PM



RUGBY (SUFC)
vs Eastern Suburbs

07
SATURDAY
3:15PM



RUGBY (SUFC)
vs Northern Suburbs

14
SATURDAY
11:00AM



NEAFL
vs Brisbane Lions

28
SATURDAY
3:15PM



RUGBY (SUFC)
vs Gordon

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OVER THE LINE

Graham Croker has been chronicling sport for various campus publications and websites at Sydney University for over 20 years



SKIPPER GRAY

Kyah Gray, member of the Elite Athlete Program, captained the Australian women's indoor hockey team at the Four Nations Tournament in Durban, South Africa, in December. The second year veterinary science student and sporting Blue led Australia in the opening match against Namibia, which they won 2-1. The Aussies then lost 4-1 to South Africa and drew 3-3 with the USA, before defeating the USA 3-1 in the play-off for third. South Africa defeated Namibia 6-0 in the final. Kyah has been playing first grade field hockey for the University of Sydney since 2014 and was a member of the all-conquering First Grade side that went through the 2015 season undefeated in the premier Sydney competition and the Australian University Games.

MAIL DELIVERS AGAIN

Irrepressible Greg Mail cracked his 42nd First Grade century to steer Sydney University to first innings points over Western Suburbs in their two-day, round 7 Sydney grade cricket encounter at No.1 Oval. Mail posted an unbeaten 164 in Sydney University's 3(Dec)-240 in reply to the visitor's first innings of 149. The opener hit 22 boundaries and a six in his 186-ball stay, sharing a 119-run opening stand with Will Hay (34) and a 74-run first wicket stand with skipper Nick Larkin (29). Mail now has 14,582 First Grade runs in the Sydney premier competition, including Twenty20 and Limited Over contributions, the most by any batsman in the 122-year history of the competition. The former NSW opener became the most prolific century-maker in the competition when he scored an unbeaten 126 in the opening round of the 2012-13 season. Mail has enjoyed several massive stands during his grade career, including 324 with Will Hay against Manly-Warringah in the 2009-10 season, 310 with David Miller against Northern District the same season, and a 246-run first wicket partnership with opener Scott Henry (200 not out) to start the 2013-14 season.

PITCH FEVER

Sydney Uni Sport and Fitness received one of its largest ever responses to fundraising from the Sydney University

Hockey Club towards a new, artificial hockey turf field to be located at the Cumberland campus. The \$1.75 million raised is the catalyst behind the University committing to building a new turf for men's and women's hockey at the Cumberland campus. In the mid-1990s rules stipulating that hockey must be played on synthetic pitches forced the Hockey Club to begin renting turfs all over Sydney for training and games, often at 9pm at night or later. The Sydney Uni Hockey Club has spent the past 20 years dreaming of having a "home" turf of its own. That dream, thanks to the many donors within the club, is well on the way to becoming a reality. The total sum is comprised of new funds donated or pledged, funds already in the University of Sydney Sport Foundation Hockey Division and funds in the Hockey Club account. This new fundraising initiative will be known as the "Home of Hockey" appeal.

OARSOME EFFORT

As of January 1, 2016, the Sydney Uni Women's Rowing Club and the Sydney Uni Men's Boat Club have been operating as one club, following a successful merger of the two outfits at the end of 2015. Although they have been effectively operating as one club since October 2015, the final step officially merging the two clubs (including bank accounts) took place on January 1. Long-serving members of the SUWRC and the SUBC,

Jane Spring and Chris Noel, played leading roles with the smooth merger. The new committee includes President Steve Newnham, Vice-President Bronwen Watson, Secretary Anika Lalic, Treasurer Philip Walker, Male Captain Hamish Playfair, Female Captain Rebecca Humphris, and Undergraduate Student Representative William Raven.

RUPA AWARD FOR RYAN

Sydney University Football Club member Paddy Ryan was presented with the 2015 Community Service Award at the annual Rugby Union Players Association luncheon. The Waratahs and Wallabies prop has been a long-time advocate for breaking down the stigmas associated with depression and mental health. Ryan was selected to represent RUPA and all of its members at the world's leading forum for social impact, Good Pitch Australia 2015. He also gave many hours back to the community in various appearances at coaching clinics, for Macquarie Bank and charity work with Starlight and Batyr. SUFC's Ben McCalman and Israel Folau were finalists for the RUPA Medal for Excellence which was awarded to Brumbies and Wallabies flanker David Pocock. Another SUFC member, Greg Jeloudev, was a finalist for the Academic Achievement Award, while Ed Jenkins was a finalist for the Men's Sevens Players' Player.

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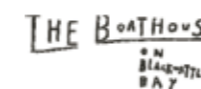
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