

**DECEMBER 26 — JANUARY 1**

### GLENN'S SQUAD ON A SWIMMING MISSION

GLENN O'Shea knows what it's like to be a budding cyclist thrown into the deep end at the Fulton Hogan Tasmanian Christmas Sports Carnivals - and how to emerge a champion.

O'Shea, now retired at 29, first ventured to Tasmania as a 17-year-old to compete against the national and international stars of the day and quickly learned "you either sink or swim."

O'Shea learned to "swim" - he is the only cyclist to win all four wheelraces at the same carnival series - in 2012/13 - and boasts six victories overall, two at LaTrobe and Launceston as well as triumphs at Devonport and Burnie.

That learning curve has prompted O'Shea, now four months into his new career as the track cycling endurance coach of the Victorian Institute of Sport, to thrust 10 potential stars of the future into the same cauldron he experienced more than a decade ago.

O'Shea went on to be part of the Australian silver medal combination in the team pursuit at the 2012 London Olympics and collected gold in the same event at the 2014 Glasgow Commonwealth Games.

"I gave it away after the Rio Olympics because really you need a four-year plan. So, at 29, I went into coaching which has always interested me throughout my career," he said.

"The Tasmanian carnivals were a no-brainer for me. I always used to love riding there because of the atmosphere and because it was a great preparation for the nationals and world titles.

"It is hard to simulate race-riding when training: it is so much better riding against quality opposition in real events. So, I decided to take a big team of young riders to this year's carnival as a way of helping with their development. The best in the world are in the field this year so you can't get better than that to test yourself, O'Shea said.

"Just like me, they will be thrown into the deep end to see if they sink or swim."



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# TASMANIAN CHRISTMAS SPORTS CARNIVALS

2018-19

# Fulton Hogan

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O'Shea has no doubt the group will "swim" as he quickly learned to do.

Among his group are Bill Simpson and Graham Frislie, both Under 19 cyclists who won two gold medals each at the recent Oceania championships in Adelaide.

Another Under 19 cyclist is Ashley Jones, who according to O'Shea is a "potential star."

"She won a couple of gold among five medals at the championships."

The VIS squad will compete against some of the elite, including Austrian champion Stefan Matzner, German Christian Grasmann and three members Australia's Gold Coast Commonwealth Games gold medal-winning pursuit team - Sam Welsford, Kelland O'Brien and Alex Porter.

The carnivals begin with the Fulton Hogan Criterium Cup opening at Westbury on Boxing Day, hosted by the Meander Valley Council and sponsored by the Goodstone Group and the Lucas Hotel.

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