



# RIP TIDE

## GET READY FOR THE BIG NUTRI GRAIN FINALS SHOW



### MAX IS BETTER PREPARED THIS TIME

Newport's Max Brooks says he is better prepared mentally and physically for his assault on the Nutri Grain finals at North Cronulla this year.

The much awaited and revamped event over three days, starts on Friday with the Endurance round. The series has attracted 40 athletes (20 men and 20 women) and carries total prizemoney of \$200,000. While the nerves may have kicked in last year when Max made his debut, he said he feels a lot more relaxed this time.

"I feel as good as I can be and I am a lot fitter than I was last year," he said.

"My mindset has been different. I really knuckled down to training and got in extra sessions when I could.

"University finished early in November which meant I have been able to fully focus on the series.

"It was also good to have that race practice in the Summer of Surf Series. I think it is a terrific event to have as you get to race against the best."

Max said he liked the venue. "There's good, long breaks and rips to counter so anything can happen."

Asked who he thought would be favourite, Max replied: "Shannon (Eckstein), of course. How can you go past him? He just knows where to go, sit back and then go. He's a freak."

Max is the only male competitor from Newport as Dane Farrell withdrew from the series some time ago to concentrate on work, but he has clubmates Georgia Miller and Maddie Spencer contesting the women's iron.

Spencer is making her debut and Miller is making her second appearance.

Miller failed by just one point last year to secure a podium finish. She wasn't really expected to compete in this year's event after an emergency appendix operation in December.

"I am going to have some fun and see what happens," she said.

"It's great that I have had the support of coaches Trent (Herring) and James (Brooks) at Newport. They have just said to me do what I can as I am only human," Georgia said. "I have crammed as much racing as I could over the past five weeks. I am hoping there is surf."

"It makes it so much fun, not only for us (athletes) but also for the people watching."

Manly will have five representatives. Kendrick Louis, purely on his form in Summer of Surf, will be one of the favourites and is joined by clubmates Nathan Smith, Jay Furniss, Naomi Scott and Taylor Puskaric,



the latter three all making their debut.

TV Coverage: Saturday, February 25 – Fox Sports 1: 11am-2pm; Sunday, February 26 – Fox Sports 3 midday-2pm.

**Pictures:** Top: Max Brooks ready for improved performance; Manly aces, Kendrick Louis (left) and the wily Nathan Smith



Naomi Scott



Jay Furniss



Georgia Miller



Taylor Puskaric



Maddie Spencer



# CLARE DEALS WITH PRESSURE TO DEFEND TITLE

Freshwater's Clare Freakley said she felt pressure going into Champion Lifesaver at the Branch Championships this year.

Clare defended her open title but only by one point this time from Manly's Sita Mason, with Newport's Phoebe Savage third at Dee Why last Saturday.

"It was very close. I haven't been training as much so it was definitely much more pressure on me than last year," Clare said.

"My theory is the strongest part but I am not so good at running. That is definitely where I need to improve." Clare, who scored 106.25, has little time to get herself ready for the State Championships. She is off to Blacksmiths this weekend.

She has no great expectations at State. "There's a lot more girls coming up through opens now," she said. On her State medal hopes, she says: "Hopefully, I can get full marks for the paper and the resuscitation and maybe do OK in the physical stuff and improve on the beach sprinting."

Branch Deputy President Shannon Job thought the overall standard of Champion Lifesaver at the Branch Championships was very good.

Shannon, a master at Champion Lifesaver, said:

"We had more entries than last year which is always encouraging and shows the event is growing.

"Especially in the opens and under 19s there were very small points gaps between the top few placegetters and that's always a good indicator that we have a good level of competition."

Shannon said that in terms of Aussies contenders, he thinks Jackson Borg will be a strong contender.

"There's quite a few people in the younger age groups who are starting to do very well but it's harder to pick that level at Aussies to what all the states are going to offer. But there's some good young people there and if they keep training and practicing they should do all right."

Pictures: Top: Sita Mason (left), Clare Freakley and Phoebe Savage (open women); Middle: Alex Malm, Jackson Borg and Lucas Phillips (under 19 male), Sita Mason running (far left) and under 17 female – Vicki Cuthbert, Andrea Malm and Adele Saunders.





## LUCA IS CHAMPION AT FIRST ATTEMPT

Luca White decided to enter Champion Lifesaver for the first time because he wanted to test all his skills that he had learnt as a nipper.

And young Luca certainly wasn't disappointed. He emerged a clear winner in the under 15 event from Joe Jenkins and Jethro Mulder.

Luca has been with Manly LSC since under 6's. "I always enjoyed nippers," he said.

Asked what he liked about Champion Lifesaver, Luca said: "I like how you get to do every single event (sand and water) and there aren't many other opportunities to do first aid related competition."

"I enjoy doing the first aid test paper, board and tube race the most. I guess they are my strong-points."

He says he would like to see more members his age being encouraged to have a go at the event.

"It is a great event and it tests all your lifesaving skills," Luca said.

"It is also great for competitors who might not be the best at every event but rather those who are allrounders."

Picture right: Luca (middle) with Joe Jenkins (left) and Jethro Mulder.

The best score in Champion Lifesaver was recorded by Freshwater's Tahlia Dearden, who scored 109 to win the under 19 female.

Tahlia (right) is pictured below with Kira Jenkins, of North Steyne.



## ZAC IS VERY SPECIAL AT MONA VALE SURF CLUB



### LIKES COMPETING AND TAKING PHOTOS

He's quite a character and fits right in at Mona Vale SLSC.

That's how Michelle Fry sums up her 13-year-old son Zac.

Zac has Down Syndrome but, boy, does he love competing in activities on the beach for special needs kids.

He recently had a crack in the under 13 flags at the Junior Branch Championships at Narrabeen Beach where he just missed out getting a flag.

But he will definitely be at his home beach and rarin to tackle a number of events on the sand and in the water when Mona Vale host the Branch Championships for our special needs kids on Sunday, March 12, starting at 10am.

Zac attends St Edmunds at Wahroonga.

"He has been fitting into mainstream in the nippers," Michelle said.

"My daughter Jorga is in the under 11s and Zac trains with the under 11s team just because my husband (Rob) is age manager and I do water safety but then when he comes down he tries to compete wherever he can in the under 13s."

Michelle feels Zac is a great addition to the surf club and to the Fry family.

"He oozes confidence, sometimes more confidence than skill which actually encourages my daughter because she probably has more skill than confidence and he really does bring a camaraderie to the team.

"We do a newsletter for the nippers at Mona Vale and Zac is the photographer. So he goes around and takes photos and then I with someone else put the newsletter together and we display his photos.

"When he's going to the beach he'll generally bring his camera down and that's something he really enjoys.

"He just loves the beach and loves the team aspect of it and loves the girls at the moment. He also plays soccer at St Ives with special needs children. My husband coaches a special needs soccer team. "That's Zac's winter sport but this (surf life saving special needs) is his summer sport."

Apart from Mona Vale, Newport, South Curl Curl and North Steyne clubs also cater for special needs kids.

If you want more information about the championships then contact Mike Wasley on 0414 971 949

*Pictures: Zac Fry relaxes; and in competitive mode.*



## NO 13 IS CERTAINLY NOT UNLUCKY FOR ASHLEIGH

Is there anything young Ashleigh Windsham can't do in surf sports?

Now Ashleigh's medal haul at the Westfield Warringah Mall Junior Branch Championships is certainly going to take some beating in future years.

The 10-year-old, who competes for Manly LSC, picked up no fewer than 13 medals at the championships – seven gold, two silver and four bronze. And that was from 13 events, too.

While she won most of her medals in water events (individual and team), Ashleigh is also very competitive on the beach.

With the Junior beach and water championships split this year, Ashleigh first competed at Narrabeen Beach where she came second in the under 11 girls flags, third in the beach sprint and third in the beach relay.

The march past was also held that day with Manly winning the main event, plus the handicap point score. Then off to Newport the following weekend where she won gold medals in the surf teams, board, board relay, board rescue and 2-Person R and R with Ella Warner. She teamed with Tia Emmott- Bennett in the board rescue and with Tia and Jessica Colbran in the board relay. "Tia is one of my close friends. We love competing together in team events," Ashleigh said.

Ashleigh thinks it's cool that her grandparents coach her in R and R and March Past. Her grandparents just happen to be Manly LSC stalwarts Judy and Tony Tier. Ashleigh's other silver medal was in the Cameron relay, while she also came third in both the under 11 girls surf race and iron.

"What I really like most is the team events. They are so much fun and I just like the team work that is involved," she said.

Ashleigh is definitely off to the State Championships at Swansea Belmont next week.

"It will be interesting to see how I go," she said.

*Picture: Ashleigh Windsham jumps for joy.*



## PAPERCLIPS HIT FORM

The Palm Beach Paperclips are finding form at the right time of the season.

After winning the SNB Branch under 23 surfboat title, the Paperclips basked in more glory at the ASRL Open Championships at Shellharbour last weekend.

Matt Boustred said the crew (pictured right) was delighted to knock off the Australian development crew North Cronulla. "We didn't have the best of starts," Matt said. "We got hit a few times on the way out but we really put in on the run home and were lucky enough to get wave and we won by half a boat length. It certainly was an exciting finish and good to finally beat them."

The Paperclips were the only SNB crew to win. But other crews from the northern beaches were placed: Bilgola Burritos (third, under 19 female); South Curl Curl The Lamp (second under 19 male); Newport Pistol Shrimp (third under 23 female); Mona Vale Rude Dudes (third under 23 male); Palm Beach Pork Ribs (second reserve male); South Curl Curl Straw Hats (second open women).



## DOUG'S STILL QUITE A MASTER FOR HIS AGE



Doug Ferris reckons he's "almost finished" as a masters competitor in surf sports. But although Doug's approaching 75, he's fit as a fiddle and certainly proved that when he competed in the Taplin relay, board relay, swim teams and individual surf and board races at the Bill Buckle Subaru Branch Masters Championships at Dee Why last Saturday. Doug won his share of medals but it is keeping fit that is his No 1 priority.

He has been a member of Palm Beach SLSC for 56

years. Doug is a Mosman boy and found his way to Palmy with a group of friends from Scotts College. "Palm Beach were after members and quite a few of us joined up just after we left school," he said. "I suppose I have been competing most of the time but with gaps in between," Doug said. "When I started out as a fresher at the surf club, I competed regularly at northern beaches carnivals and did that for a while.

"I had a bit of a break and came back in masters when

I was just over 40.

"I still enjoy it but I am almost finished now I think." The aches and pains don't seem to worry Doug. "I guess it gets a bit hard to motivate yourself now," he said.

"I don't do a lot of training but I am still pretty active, so that keeps me going. We do races down at Palm Beach in the Cabbage Tree Club every second week."

*Top: Doug Ferris competes in the board relay; starters for a board race and right: Queenscliff's Ian Poole on his way to victory.*



## 'MANLY JOE' LOVES TO GIVE BACK

When Joe Badaoui first arrived in Sydney more than 15 years ago, he'd already had some experience as a lifesaver in northern Lebanon. He used to patrol the Batroun strip, or northern beaches.

Joe said it was around 1975 when lifesavers were employed to guard the coastal strip.

"We used to have a lot of tourists coming from France and Italy and they had no idea about the danger of the rips and currents. Unfortunately, we had a lot of drownings," said Joe.

"The president stepped in and selected about 100 lifesavers. We were then trained by the army to patrol the beach."

Joe had a sister living in Sydney and he was working in Saudi Arabia when the company sponsored him to come to Australia to work.

He ended up on Sydney's northern beaches at Manly. "It was like paradise to me, just heaven," Joe said.

"I joined Manly LSC as a lifesaver.

"I always tell them, love what you do and do what you love as a lifesaver.

"I do patrols, volunteer work and any charity work the club needs. To me, it is the best club. It's good to give back to the club because they give us a lot."

Joe certainly loves his surf sports. He competed in a number of events and won several medals, including a gold, at the Branch Masters Championships at Dee Why last Saturday.

"I love the ski most of all and also like running. I am a soft sand runner," he said.

*Joe (pictured with his medals) will be at Collaroy for the East Coast Masters this Sunday.*

## CAMILLE TOPS ON THE SKI

Camille de Carmejane is a relative newcomer to Manly LSC but really enjoys the ski paddling.

The French girl joined Mel Pelly (left) and Mel Brock (right) to win the 110 years ski relay at the Branch Masters Championships at Dee Why. This was their first race together.

Mel Brock has just joined Manly from Warriewood.

"We just didn't have any teams there so that's why I moved," Mel said.

The girls will definitely be heading off to the State Championships.

So she could compete in team events, Lise Layard has joined Mona Vale SLSC for masters events.

She explained: "We have an injury in the girls team at Newport so we didn't have teams," Lise said.

"We love having Lise here. She gives us real depth," said Sophie Stokes.

*Picture: Lise (left) is pictured with Paula Tocquer and Sophie Stokes at Dee Why.*







## SOPHIE MAKES HER MASTERS DEBUT

Sophie Lucas certainly had a fun time competing in her first Branch Masters Championships at Dee Why. But so she could help out her Palm Beach clubmates in team events, Sophie left her 12-week baby daughter Annabelle with her in-laws.

Husband Doug was also competing

"I am feeling every bit of a 12-week mum right now," Sophie said after her first event – the 130 years board relay.

"My upper body strength is rubbish. I thought from

carrying her it would be great but it's not."

Sophie was originally a surfboat rower at Palmy.

"This is my first masters carnival," she said.

"I am normally down here (Dee Why) for Ocean Thunder. I have been with the Pals, the Pelicans and the Pterodactyls with Stephen Cox.

"This (masters) is a bit of a turn up for the books, a bit of a change."

But the competition is not over for Sophie. Now she plans to row at Pacific Palms in the Battle of the Boats next weekend with her old Palmy crew. "We rowed for two seasons, we've remained friends and we've got everyone back in the boat," she said.

"We haven't rowed for four years together so it should be rather interesting. We're guaranteed six races – that's why we are going up there."

Sophie's husband Doug Lucas, of course, is a former president of Long Reef SLSC. He also competed for Narrabeen Beach and is now competing for Palmy. And this time Annabelle is going with mum and dad.

*Pictures: Sophie in action on the board; and with husband Doug.*

*Pictures: Top left: Dee Why's Marty Quinn gets some advice from wife Jo; Even though a Manly competitor loses his ski, North Curl Curl's Glenn Slater is on his winning way in a board race; and right: Mona Vale's Sophie Stokes in action.*



