

Kellogg's
**NUTRI-
GRAIN®**



FINAL
Coogee Beach,
Sydney
February 22, 2009

Media Guide



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EVENT INFORMATION

OFFICIAL EVENT NAME

2008 Kellogg's Nutri-Grain Ironman & Ironwoman Series

VENUE

Coolum Beach, Sunshine Coast

HOSTED BY

Surf Life Saving Australia

WHEN

February 22 (Final) 2009

MEDIA CONTACTS

Hanson Media Group Pty Ltd has been appointed by Surf Life Saving Australia to service the media needs during the 2009 Kellogg's Nutri-Grain Ironman Series.

Media Centre Manager: Kim Hamilton 0438 443 406

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Surf Life Saving Australia representatives

SLSA Media & Communications Officer: Lauren Ryan 0402 162 807

MEDIA CENTRE LOCATION

Red and Yellow Tent (north end of the competition area)

MEDIA ACCREDITATION

Available in the media centre (as above). Media accreditation will be available to be picked up from the media centre from 12pm on race morning. All media will be required to wear accreditation at all times on the beaches while working on the event.

TV NEWS FEED

Live on race day 1-3pm Channel Seven

PHOTOGRAPHERS

Photographers MUST wear their SLSA accredited bibs and accreditation AT ALL TIMES and all media MUST show media identification from a metropolitan, suburban or regional newspaper, radio or television network when picking up their accreditation.

PHOTOGRAPHY PROVIDED TO MEDIA

Surf Life Saving's official photographer, Harvie Allison Photography, will be at the event to supply photographs to media organisations, free of charge. For any photography requests, please speak to Kim Hamilton in the Media Centre.

INTERNET CONNECTIONS

Wireless internet connection will be available to journalists in the media centre.

SURVIVAL OF THE FITTEST IN KELLOGG'S NUTRI-GRAIN IRON MAN ELIMINATOR

Thirty-six of Australia's fittest surf sports athletes will line up in Sunday's \$200,000 Kellogg's Ironman final at Coogee to determine who will be crowned the Series king and queen for 2009.

In the opening four rounds there has been crashing at Kurrawa and carnage at Coolum – it's now a case of survival at Coogee.

The 18 men and women will battle it out over three gruelling elimination races as the fields are reduced to 12 and then to six for the grand finale – a double points round that will determine this year's winners.

Last year it was **Zane Holmes** (Telstra Southern Queensland Sunfish) who pulled out the big guns in the men's final to win the coveted crown from Series leader and team mate **Shannon Eckstein**.

In the women's Australian champion **Alicia Marriott** (Jeep Western Waves) edged in front of Series winner **Elizabeth Plumers** (Telstra Southern Queensland Sunfish) in a thrilling women's final.

But who will be crowned the king and queen of Coogee in 2009? Can Eckstein regain the men's title from Holmes or will a young gun rule the waves and in the women – can Series leader **Naomi Flood** (Inner Health Plus Northern NSW Hammers) hold the field at bay?

They are just some of the questions to be answered when the gun fires at 1pm this Sunday.

Round four winner **Matt Poole** is hoping a host of friends and family will lift him for his return to Sydney for the big race.

The former Dee Why and Queenscliff junior has made his name on the Sunshine Coast this season but will represent the Inner Health Plus Northern NSW Hammers – who are currently leading the coveted team pointscore.

"My sister Eliza and her friends and some of my mates will all be dressed in NSW colours – I'm sure you will notice them," said Poole.

"It is exciting to be racing in Sydney where I grew up and knowing there will be heaps of support – I'm really looking forward to it."

Meanwhile **Chelsea MacKenzie** (Express Glass Southern Blue Fins) and **Hayley Bateup** (DHL Southern Ice), who were both carried from the water in separate incidents over the Coolum weekend, have both declared they are definite starters.

Bateup suffered a burst eardrum when she rolled her board under a three-metre wave, snapping it in two in a treacherous round three.

But true to form, Bateup returned to the water with her head covered to tame the wild surf and finish third to Flood and **Courtney Hancock** in round four.

She put the finishing touches to her preparation on the Gold Coast today, with a craft session in Currumbin Creek, her head still covered with two silicone swims cap.

"I felt a little shaky for a few days after the race but eased my way back into training and this week I have felt much better, I'll be ready to race," said Bateup.

"I tried to paddle out through the Currumbin Alley earlier in the week on my board and had to roll so I have restricted my training to the Creek but all I want to do is survive until the final six and then have a real crack."

MacKenzie was carried from the surf during round four after her foot was caught in the foot-straps of her ski, wrenching the upper part of her foot and also chipping a bone in her big toe.

"I only started running on Tuesday – that's the first time I've felt comfortable enough to run and although I started in shoes, I actually felt better running without the shoes on the beach," said MacKenzie.

"I have been able to do everything else, swim and paddle my craft so that's been fine – although I was a little tentative in the surf."

The beach activities start at Coogee from 12 noon with racing due to begin from 1pm.

Ian Hanson, who has followed the Series from Kurrawa to Coolum, runs his eyes over the top five chances in both fields.

Here is his form guide to the 2009 Kellogg's Nutri-Grain Iron Man finals:

SHANNON ECKSTEIN

Team: Telstra Southern Queensland Sunfish

Points: 69

Last year: Runner-up

In 2009: Despite an ailing back injury, Shannon has not been out of the top three all season with wins in the opening round at Kurrawa and round three at Coolum and a second to Zane Holmes in round two at Kurrawa and third to Matt Poole and Corey Jones in round four at Coolum. Does not have a weakness; has knuckled down to a more intensive swimming program under master coach Denis Cotterell in the off-season. The reigning Australian and World champion has been named the Australian team captain for the tour to South Africa. Keen to make up for last year. Ski, swim, board in the final will suit him.



ZANE HOLMES

Team: Telstra Southern Queensland Sunfish

Points: 66

Last year: Winner

In 2009: A big time racer, who has the ability to produce his best on the biggest stage. The defending Series champion, who won round two after finishing second in the opening round to arch rival Shannon Eckstein. Only three points behind on the leaderboard and will be looking at nothing less than victory to ensure he has every chance of retaining his crown. Does not have a weak leg and you can rest assured he won't let his team mate Eckstein out of his sights – especially on the final board leg which saw Eckstein snatch victory in round three.



MATT POOLE

Team: Inner Health Plus Northern NSW Hammers

Points: 59

Last year: 16th

In 2009: The biggest mover in the 2009 Series, breaking through to score his first ever victory in a punishing round four at Coolum. The former Sydneysider has relished the move to Mooloolaba after a season on the Gold Coast and the influence of coach Michael King and the cooking of "Mooloolaba mum" Helen Newbiggen has proved to be successful ingredients. Working hard to become the complete Ironman and is always on the move in the all-important transitions. If he makes the final six then watch out for a powerful final board leg as he mounts the pressure on the big two.



NATHAN SMITH

Team: Express Glass Southern NSW Blue Fins

Points: 51

Last Year: Sixth

In 2009: The former Australian champion has had another consistent season, his best result coming in the massive conditions that created havoc at Coolum in round three when he finished third to Shannon Eckstein and Zane Holmes. Started the season out with a sixth in the open round at Kurrawa, followed by a ninth in round two and sixth in the last round at Coolum. Will be looking to make amends after not making last year's final at Coogee. Look to him for a strong final board leg.



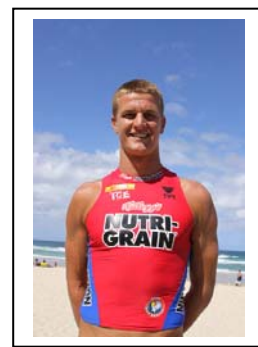
PIERCE LEONARD

Team: DHL Southern Ice

Points: 51

Last Year: Fourth

In 2009: Started the season with a bang, finishing second to Shannon Eckstein in the opening round at Kurrawa before backing up to finish fourth in round two to Holmes. Coolum saw him put together an 11th in round three and seventh in round four. Is never far off the pace and is another big time performer who has won the Australian championship and was second in this race to training partner Holmes last year here. On his day, can take it to the big two.



WOMEN

NAOMI FLOOD

Team: Inner Health Plus Northern NSW Hammers

Points: 57

Last Year: Third

In 2009: Turned the carnage weekend at Coolum from disaster to triumph to take charge of the Series. After her worst result of the season in the thumping third round which saw her struggle into 13th, Flood put in the performance of her life to win round four. She had already produced two outstanding results to finish second and third respectively in the opening two rounds at Kurrawa. Has worked hard in the gym and the pool and will be looking to take control in the ski and the swim in the money round. She knows she needs a buffer on the board, which she has worked hard to improve since last season. Manly girl on the move.



COURTNEY HANCOCK

Team: Inner Health Plus Northern NSW Hammers

Points: 51

Last Year: 11th

In 2009: Had an opening round shocker to finish 14th at Kurrawa but has certainly sent out a clear message in the next three rounds, clawing her way back into contention with impressive performances to finish fifth, fourth and second in the big seas at Kurrawa and Coolum. One of the rising stars, the former Sawtell youngster has relished the move to the Gold Coast over the past two seasons. Knows she needs to get off the beach clean on the ski and stay in touch. Then anything is possible and on her day can win.



KRISTYL SMITH

Team: Express Glass Southern NSW Blue Fins

Points: 49

Last year: DNS

In 2009: Came back to Australia after 18 month overseas to win the Kellogg's Nutri-Grain Trial at Wanda and then took that form into the opening two rounds at Kurrawa when she put together back-to-back victories to open up a stunning Series lead. But her title hopes came crashing back to earth in the torturous round three at Coolum when she had to be stopped after over 100 minutes in the water to finish last. A shattered Smith returned to the scene of her most frustrating day in the surf to finish ninth in round four to keep her hopes of a podium finish alive. Has the ability and mindset to win the final.



ELIZABETH PLUIMERS

Team: Telstra Southern Queensland Sunfish

Points: 49

Last year: Winner

In 2009: Last year's Series winner, Elizabeth has battled a nagging back injury in the off season, which hampered her preparations. Under the circumstances she has done well to stay in touch with the leaders in 2009. Started the season out with encouraging fourth and sixth places respectively in the opening rounds at Kurrawa before succumbing to the brutal break of Coolum in round three to finish 14th. Recovered to finish seventh in round four. Staged a thrilling finish with Australian champion Alicia Marriott in a memorable final at Coogee last year.



ALYCE BENNETT

Team: Express Glass Southern NSW Blue Fins







Points: 45

Last Year: Eighth

In 2009: Experienced the thrill of her first Kellogg's Nutri-Grain round win, when she tamed the Coolum whirlpool in round three to hit the beach six minutes clear of her nearest rival. Opened the Series with 11th and ninth places at Kurrawa and seventh in round four to be sitting in fifth place. Will be keen to relive those winning memories from round three and secure a place in next year's Series. Brilliant board paddler and one of the most improved swimmers in the field. If she can survive till the final, will be all over them in the closing stages.



COMPETITOR NUMBERS – BY TEAM

#	Name	Team	
1	Allira Richardson	Citizen Northern QLD Lightning	
2	Gemma Newbiggin	Citizen Northern QLD Lightning	
3	Chloe Jones	Citizen Northern QLD Lightning	
4	Dylan Newbiggin	Citizen Northern QLD Lightning	
5	Dean Mercer	Citizen Northern QLD Lightning	
6	Corey Jones	Citizen Northern QLD Lightning	
7	Elisabeth Plumiers	Telstra Southern QLD Sunfish	
8	Bianca Lee	Telstra Southern QLD Sunfish	
9	Terri Sullivan	Telstra Southern QLD Sunfish	
10	Zane Holmes	Telstra Southern QLD Sunfish	
11	Shannon Eckstein	Telstra Southern QLD Sunfish	
12	James Stewart	Telstra Southern QLD Sunfish	
13	Naomi Flood	Inner Health Plus Northern NSW Hammers	
14	Courtney Hancock	Inner Health Plus Northern NSW Hammers	
15	Bonnie Hancock	Inner Health Plus Northern NSW Hammers	
16	Hugh Dougherty	Inner Health Plus Northern NSW Hammers	
17	Matt Poole	Inner Health Plus Northern NSW Hammers	
18	Kendrick Louis	Inner Health Plus Northern NSW Hammers	
19	Kristyl Smith	Express Glass Southern NSW Blue Fins	
20	Alyce Bennett	Express Glass Southern NSW Blue Fins	
21	Chelsea Mackenzie	Express Glass Southern NSW Blue Fins	
22	Nathan Smith	Express Glass Southern NSW Blue Fins	
23	Wes Berg	Express Glass Southern NSW Blue Fins	
24	Chris Allum	Express Glass Southern NSW Blue Fins	
25	Hayley Bateup	DHL Southern Ice	
26	Flora Manciet	DHL Southern Ice	
27	Kirsten Ulmer	DHL Southern Ice	
28	Pierce Leonard	DHL Southern Ice	
29	Hayden Allum	DHL Southern Ice	
30	Jack Hansen	DHL Southern Ice	
31	Alicia Marriott	Jeep Western Waves	
32	Rebecca Creedy	Jeep Western Waves	
33	Brodie Moir	Jeep Western Waves	
34	Andrew Mosel	Jeep Western Waves	
35	Brendon Sarson	Jeep Western Waves	
36	Luke Nisbet	Jeep Western Waves	

TEAM OUTLOOKS...

IAN HANSON runs his eyes over the 2009 Kellogg's Nutri-Grain teams and provides his expert opinion on some likely outcomes...

TELSTRA SOUTHERN QUEENSLAND SUNFISH

Telstra



If **Anthony Mundine** is “the man” in the ring then **Zane Holmes** and **Shannon Eckstein** are “the men” in the surf. The Sunfish pair have been the dominant 1-2 force in Ironman racing over the past decade and they are going to need a decent shove to remove them from their perch in 2009. The male leads will be joined this year by North Burleigh's Series rookie **James “Jimmy” Stewart** – who could well add his name to the list of Series co-stars before the season is out. Leading lady from last season **Elizabeth Plumers** has shrugged off her shoulder problems and is ready to take on the other A-listers in the all-star women's field. She will be joined on the main stage by **Bianca Lee** and Terri **Sullivan** – a formidable cast if ever there was one. They don't call them the “Hollywood All-Stars” for nothing.

INNER HEALTH PLUS NSW NORTHERN HAMMERS

INNER HEALTH PLUS



If **Naomi Flood** gets her way then she's about to unleash all her new-found weaponry on the 2009 Kellogg's Nutri-Grain Series. If there has been a weakness in her armoury then it's been her board leg. But some blood, sweat and tears in the gym and specialist board sessions have seen the World Champion Hammers skipper quickly transform into a complete athlete. Throw in the ever-improving **Hancock** sisters, **Courtney** (the 2009 Queensland Assault champion) and **Bonnie** (The Australian under 19 champion), and an exciting men's trio, led by the experienced **Hugh Dougherty** and including former Queenscliff-turn-Northcliffe-cum-Mooloolaba prospect **Matt Poole** and Collaroy's Australian under 19 champion and apprentice carpenter **Kendrick Louis** and the Hammers will be out to nail this year's honours.

EXPRESS GLASS NSW SOUTHERN BLUE FINs

EXPRESS GLASS



Like the Hammers, the Blue Fins have a distinct NSW State-of-Origin look about them with ex-Blues stars **Nathan** and **Kristyl Smith**, **Wes Berg** and **Alyce Bennett** forming the basis of the Southern NSW team, joining Sydney-based Australian surf race champion **Chris Allum** and Gold Coaster **Chelsea McKenzie** in one of the most exciting teams in the Series. Nathan Smith is one of the few who can match it with Holmes and Eckstein on his day while sister Kristyl is the “street tip” to win the women's Series. Berg, the former NSW south coaster, now coaches at Burleigh Heads and has Bennett and McKenzie in his stable. He has high opinions of both girls and Bennett finished third in this year's nib Coolangatta Gold. Allum only just scraped into this year's Series but is always a thorn in side of any Ironman.

TEAMS OUTLOOK...

CITIZEN NORTH QUEENSLAND LIGHTNING

CITIZEN
BEYOND PRECISION



If family ties means anything then keeping up with the Joneses (Corey and Chloe) and the Newbiggens (Dylan and Gemma) might just be the winning ingredients for Lightning captain **Allira Richardson** and living legend **Dean Mercer** in a team that will carry the pride of the Sunshine Coast. You can be assured the Lightning will strike when Coolom hosts rounds three and four regardless of how they perform at Kurrawa in rounds one and two. **Gemma Newbiggen** is the only qualifier from last season and word from the **Michael King** training group is she could well be a dark horse. Corey “The Seagull” is always ready to swoop while Richardson, despite her rotator cuff problems can shoulder the captaincy responsibilities. What more can be said about Deano Mercer? The 39-year-old has done it all over two celebrated decades in the sport he has helped shape in every which way. This will be his last hurrah and one thing is certain – the “Dean Machine” won’t ever die wondering.

DHL SOUTHERN ICE



For the first time since the re-vamped Teams concept was introduced two Victorians, **Jack Hansen** and **Kristen Ulmer**, have forced their way into the prestigious KNG Series. Both Hansen (ex-Torquay) and Ulmer (ex-Ocean Grove) have like so many others, come via the Queensland Ironman and Ironwoman finishing school. And the two young Vics will have two of the best to show them the ropes – none other than triple nib Coolangatta Gold and former Australian champion, Ice captain **Hayley Bateup**, and 2007 Australian Ironman champion **Pierce Leonard**. Throw in Australian single ski champion **Flora “Frenchy” Manciet** and emerging men’s star **Hayden Allum** and the Ice are getting ready to melt some red-hot reputations.

JEEP WESTERN WAVES



“What’s Alicia up to?” is the most often asked question at surf carnivals on the east coast when inquiring about reigning Australian Ironwoman champion and Kellogg’s Nutri-Grain giant killer **Alicia Marriott**. The first woman from WA to win the Australian Ironwoman title at Scarborough last year has been tucked away quietly in Perth pushing her body to the limit under coaches **Ric Turner** and **Greg Mickle** – preparing to win her first Series. There is no doubt she will lead the Waves from the front and she will have former Commonwealth Games golden girl and Series debutant **Rebecca Creden** and lanky North Burleigh star **Brodie Moir** to keep her company in the yellow singlets. The men’s side of things sees WA Ironmen-extraordinaire **Andrew Mosel** and ski specialist **Brendan Sarson** joined by South African **Luke Nisbet** in a trio that will terrorise the men’s field from start to finish.

TIME TABLE

Final Sunday February 22, 2009

Coogee Beach, Sydney

12noon

Beach entertainment from

1.00pm

Action starts

TEAM COLOURS



Citizen Northern QLD Lightning



Telstra Southern QLD Sunfish



Inner Health Plus Northern NSW Hammers



Express Glass Southern NSW Blue Fins



DHL Southern Ice



Jeep Western Waves



Round Four Coolum

PRIZE POOL

A total prize pool of \$200,000 will be on offer throughout the series. The overall Ironman and Ironwoman winners at the end of five rounds will not only walk away with the cash, but will also receive a **Jeep 4WD** for 12months

Round 1-5 (per round)			
Individual Round			
	Ironmen	Ironwomen	Combined Team
1st place	\$6,000	\$6,000	\$2,400
2nd place	\$3,000	\$3,000	\$1,200
3rd place	\$1,250	\$1,250	\$600
4th place	\$725	\$725	
5th place	\$350	\$350	
6th place	\$300	\$300	
7th place	\$250	\$250	
8th place	\$200	\$200	
9th place	\$175	\$175	
10th place	\$150	\$150	
Overall Series Winners (after 5 rounds)			
	Ironmen	Ironwomen	Combined Team
1st place	\$11,000	\$11,000	\$6,000
2nd place	\$7,000	\$7,000	
3rd place	\$4,000	\$4,000	
4th place	\$1,500	\$1,500	
5th place	\$1,000	\$1,000	

TELEVISION BROADCAST TIMES

All rounds of the 2009 Kellogg's Nutri-Grain Ironman series will be televised via the Seven Network (and Affiliates). Note: check your guide for more details.

Final: Sunday 22 February - Coogee Beach, Sydney
 Beach entertainment from 12noon
 Action starts from 1.00pm

Televised Seven Network LIVE 1-3pm (AESDT)



Alyce Bennett Round 3 winner



Matt Poole Round 4 winner

COURSE LAYOUT

ROUND FIVE: Traditional Eliminator Ironman/Ironwoman Race

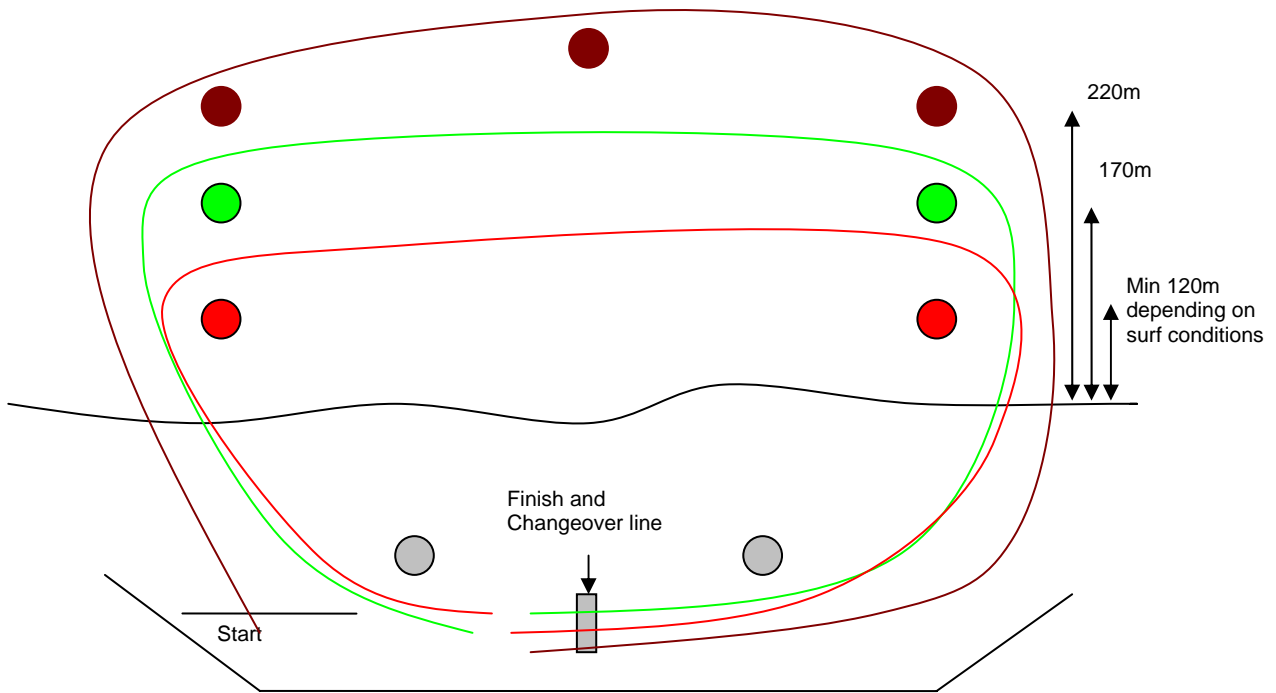
Order is:

Race 1 – Swim, Board, Ski

Race 2 – Board, Ski, Swim

Race 3 – Ski, Swim, Board

Traditional Ironman/Ironwoman event with elimination of 18 competitors to 12, 12 - 6, and a final round to determine 6th–1st place.



PAST RESULTS

2008 Kellogg's Nutri-Grain Ironman & Ironwoman Series		2007 Kellogg's Nutri-Grain Ironman & Ironwoman Series	
Men	Women	Men	Women:
1 Zane Holmes	1 Elizabeth Pluimers	1 Shannon Eckstein	1 Kristy Harris
2 Shannon Eckstein	2 Alicia Marriott	2 Zane Holmes	2 Elizabeth Pluimers
3 Hugh Dougherty	3 Naomi Flood	3 Wes Berg	3 Kristyl Smith
4 Pierce Leonard	4 Bianca Lee	4 Dean Mercer	4 Alicia Marriott
5 Wes Berg	5 Kristy Munroe	5 Nathan Smith	5 Allira Richardson
6 Nathan Smith	6 Gemma Newbiggin	6 Hugh Dougherty	6 Sheree Merryfull
7 Corey Jones	7 Emma Wynne	7 Tim Peach	7 Hayley Bateup
8 Dean Mercer	8 Alyce Bennett	8 Leon Hay	8 Emma Wynne
9 Luke Nisbet	9 Terri Sullivan	9 Rhys Drury	9 Kristy Munroe
10 Daniel Shade	10 Chloe Jones	10 Pierce Leonard	10 Naomi Flood
11 Drew Cairncross	11 Courtney Hancock	11 Corey Jones	11 Bianca Lee
12 Jacob Lollback	12 Bonni Hancock	12 Joshua Blair	12 Chelsea MacKenzie
13 Chris Allum	13 Sheree Merryful	13 Luke Nisbet	13 Courtney Hancock
14 Wade Krieger	14 Allira Richardson	14 Brendon Sarson	14 Lucy Pengelly
15 Brendon Sarson	15 Flora Manciet	15 Chris Allum	15 Flora Manciet
16 Hayden Smith	16 Chelsea MacKenzie	16 Steven Meredith (replaced injured Daniel Shade)	16 Alyce Bennett
17 Matt Poole	17 Brodie Moir	17 Phil Clayton	17 Amanda White
18 Tim Peach	18 Candice Falzon	18 Andrew Mosel	18 Emma Parsons
19 Kyle Garrett		19 Daniel Shade	
Teams Southern QLD Telstra Sunfish Southern DHL Ice Northern NSW Inner Health Plus Hammers Southern NSW Yamaha Blue Fins Northern QLD Beach House Fitness Lightning Western NIB Waves		Teams Southern Queensland Sunfish Northern New South Wales Hammers Southern News South Wales Blue Fins North Queensland Lightning Southern Ice Western Waves	

2006 Kellogg's Nutri-Grain Ironman & Ironwoman Series	
Men	Women
1 Shannon Eckstein	1 Kristy Harris (nee Cameron)
2 Pierce Leonard	2 Kristy Munroe
3 Zane Holmes	3 Emma Wynne
4 Tim Peach	4 Alicia Marriott
5 Josh Blair	5 Gemma Newbiggin
6 Rhys Drury	6 Hayley Bateup
7 Jeremy Cotter	7 Elizabeth Pluimers
8 Corey Jones	8 Chelsea Mackenzie
9 Nathan Smith	9 Lucy Pengelly
10 Wade Krieger	10 Alyce Bennett
11 Dylan Newbiggin	11 Sheree Merryfull
12 Caine Eckstein	12 Naomi Flood
13 Leon Hay	13 Kristyl Smith
14 Luke Richmond	14 Britt Collie
15 Wes Berg	15 Chloe Jones
16 Daniel Shade	16 Emma Parsons
17 Hayden Smith	17 Bianca Lee
18 Brendon Sarson	18 Katie Graham
19 Steven Meredith	19 Lauren Roberts
20 Shane Watson	20 Allira Richardson



Results 2009 Kellogg's Nutri-Grain Ironman Series

Results 2009 Kellogg's Nutri-Grain Ironman Series

Progressive Pointscore: After Round Four: Coolum: Men: Shannon Eckstein (Telstra Southern QLD Sunfish) 69 Zane Holmes (Telstra Southern QLD Sunfish) 66 Matt Poole (Inner Health Plus Northern NSW Hammers) 59 Nathan Smith (Express Glass Southern NSW Blue Fins) 52 Pierce Leonard (DHL Southern Ice) 51 Corey Jones (Citizen Northern QLD Lightning) 51 Hugh Dougherty (Inner Health Plus Northern NSW Hammers) 48 Wes Berg (Express Glass Southern NSW Blue Fins) 39 Luke Nisbet (Jeep Western Waves) 38 Dean Mercer (Citizen Northern QLD Lightning) 38 Chris Allum (Express Glass Southern NSW Blue Fins) 37 Hayden Allum (DHL Southern Ice) 33 James Stewart (Telstra Southern QLD Sunfish) 23 Dylan Newbiggin (Northern QLD Citizen Lightning) 22 Kendrick Louis (Inner Health Plus Northern NSW Hammers) 20 Jack Hansen (DHL Southern Ice) 16 Andrew Mosel (Jeep Western Waves) 13 Brendon Sarson (Jeep Western Waves) 9

Women: Naomi Flood (Inner Health Plus Northern NSW Hammers) 57 Courtney Hancock (Inner Health Plus Northern NSW Hammers) 51 Kristyl Smith (Express Glass Southern NSW Blue Fins) 49 Elizabeth Plumiers (Telstra Southern QLD Sunfish) 45 Alyce Bennett (Express Glass Southern NSW Blue Fins) 44 Hayley Bateup (DHL Southern Ice) 44 Gemma Newbiggin (Citizen Northern QLD Lightning) 44 Allira Richardson (Citizen Northern QLD Lightning) 41 Chloe Jones (Citizen Northern QLD Lightning) 39 Alicia Marriott (Western Jeep Waves) 38 Terri Sullivan (Telstra Southern QLD Sunfish) 35 Kirsten Ulmer (DHL Southern Ice) 33 Chelsea Mackenzie (Express Glass Southern NSW Blue Fins) 29 Brodie Moir (Jeep Western Waves) 29 Bonnie Hancock (Inner Health Plus Northern NSW Hammers) 27 Flora Manciet (DHL Southern Ice) 25 Rebecca Creedy (Jeep Western Waves) 24 Bianca Lee (Telstra Southern QLD Sunfish) 22

Teams: Inner Health Plus Northern NSW Hammers 19 Express Glass Southern NSW Blue Fins 18 Telstra Southern QLD Sunfish 16 Citizen Northern QLD Lightning 15 DHL Southern Ice 11 Jeep Western Waves 5

2009 Kellogg's Nutri-Grain Ironman Series: Round 4: Coolum: Men: Matt Poole (Inner Health Plus Northern NSW Hammers) Corey Jones (Citizen Northern QLD Lightning) Shannon Eckstein (Telstra Southern QLD Sunfish) Zane Holmes (Telstra Southern QLD Sunfish) Hayden Allum (DHL Southern Ice) Nathan Smith (Express Glass Southern NSW Blue Fins) Wes Berg (Express Glass Southern NSW Blue Fins) Pierce Leonard (DHL Southern Ice) Hugh Dougherty (Inner Health Plus Northern NSW Hammers) Luke Nisbet (Jeep Western Waves) Kendrick Louis (Inner Health Plus Northern NSW Hammers) Chris Allum (Express Glass Southern NSW Blue Fins) Dylan Newbiggin (Citizen Northern QLD Lightning) Dean Mercer (Citizen Northern QLD Lightning) Andrew Mosel (Jeep Western Waves) Jack Hansen (DHL Southern Ice) James Stewart (Telstra Southern QLD Sunfish) Brendon Sarson (Jeep Western Waves)

Women: Naomi Flood (Inner Health Plus Northern NSW Hammers) Courtney Hancock (Inner Health Plus Northern NSW Hammers) Hayley Bateup (DHL Southern Ice) Gemma Newbiggin (Citizen Northern QLD Lightning) Rebecca Creedy (Jeep Western Waves) Kirsten Ulmer (DHL Southern Ice) Elizabeth Plumiers (Telstra Southern QLD Sunfish) Allira Richardson (Citizen Northern QLD Lightning) Alicia Marriott (Jeep Western Waves) Kristyl Smith (Express Glass Southern NSW Blue Fins) Alyce Bennett (Express Glass Southern NSW Blue Fins) Bianca Lee (Telstra Southern QLD Sunfish) Chloe Jones (Citizen Northern QLD Lightning) Brodie Moir (Jeep Western Waves) Flora Manciet (DHL Southern Ice) Bonnie Hancock (Inner Health Plus Northern NSW Hammers) Terri Sullivan (Telstra Southern QLD Sunfish) Chelsea Mackenzie (Express Glass Southern NSW Blue Fins)

Board Rescue: Telstra Southern QLD Sunfish (Elizabeth Plumiers Shannon Eckstein) Citizen Northern QLD Lightning (Chloe Jones Corey Jones) Citizen Northern QLD Lightning (Gemma Newbiggin Dylan Newbiggin) DHL Southern Ice (Kirsten Ulmer Jack Hansen) DHL Southern Ice (Amanda Hey Pierce Leonard) Inner Health Plus Northern NSW Hammers (Courtney Hancock Hugh Dougherty) Express Glass Southern NSW Blue Fins (Alyce Bennett Wes Berg) Express Glass Southern NSW Blue Fins (Kristyl Smith Nathan Smith) Jeep Western Waves (Rebecca Creedy Luke Nisbet) DHL Southern Ice (Flora Manciet Hayden Allum) Telstra Southern QLD Sunfish (Casey Leo-litzo James Stewart) Express Glass Southern NSW Blue Fins (Sam Johnston Chris Allum) Inner Health Plus Northern NSW Hammers (Bonnie Hancock Matt Poole) Telstra Southern QLD Sunfish (Bianca Lee Zane Holmes) Inner Health Plus Northern NSW Hammers (Naomi Flood Kendrick Louis) Jeep Western Waves (Brodie Moir Brendon Sarson) Jeep Western Waves (Alicia Marriott Andrew Mosel) Citizen Northern QLD Lightning (Allira Richardson Dean Mercer)

Taplin: Express Glass Southern NSW Blue Fins (Chris Allum Kristyl Smith Nathan Smith) Jeep Western Waves (Luke Nisbet Alicia Marriott Brendon Sarson) Citizen Northern QLD Lightning Corey Jones Allira Richardson Dylan Newbiggin) Telstra Southern QLD Sunfish Shannon Eckstein Elizabeth Plumiers Zane Holmes) Inner

Health Plus Northern NSW Hammers (Kendrick Louis Bonnie Hancock Hugh Dougherty) (DHL Southern Ice) Pierce Leonard Kirsten Ulmer Hayden Allum)

2009 Kellogg's Nutri-Grain Ironman Series: Coolum Beach: Round 3: Endurance M Shape Course: Men: Shannon Eckstein (Telstra Southern QLD Sunfish) 18 Zane Holmes (Telstra Southern QLD Sunfish) 17 Nathan Smith (Express Glass Southern NSW Blue Fins) 16 Luke Nisbet (Jeep Western Waves) 15 Hugh Dougherty (Inner Health Plus Northern NSW Hammers) 14 Matt Poole (Inner Health Plus Northern NSW Hammers) 13 Corey Jones (Citizen Northern QLD Lightning) 12 Wes Berg (Express Glass Southern NSW Blue Fins) 11 Hayden Allum (Southern DHL Ice) 10 Dean Mercer (Northern QLD Citizen Lightning) 9 Pierce Leonard (DHL Southern Ice) 8 Jack Hansen (DHL Southern Ice) 7 Chris Allum (Express Glass Southern NSW Blue Fins) 6 Andrew Mosel (Western Jeep Waves) 5 Dylan Newbiggin (Citizen Northern QLD Lightning) 4 James Stewart (Telstra Southern QLD Sunfish) 3 Kendrick Louis (Inner Health Plus Northern NSW Hammers) 2 Brendon Sarson (Jeep Western Waves) 1

Women: Alyce Bennett (Express Glass Southern NSW Blue Fins) 18 Alicia Marriott (Jeep Western Waves) 17 Allira Richardson (Citizen Northern QLD Lightning) 16 Courtney Hancock (Inner Health Plus Northern NSW Hammers) 15 Chloe Jones (Citizen Northern QLD Lightning) 14 Kirsten Ulmer (DHL Southern Ice) 13 Gemma Newbiggin (Citizen Northern QLD Lightning) 12 Chelsea Mackenzie (Express Glass Southern NSW Blue Fins) 11 Bonnie Hancock (Inner Health Plus Northern NSW Hammers) 10 Bianca Lee (Telstra Southern QLD Sunfish) 9 Brodie Moir (Jeep Western Waves) 8 Rebecca Creedy (Jeep Western Waves) 7 Naomi Flood (Inner Health Plus Northern NSW Hammers) 6 Elizabeth Pluimers (Telstra Southern QLD Sunfish) 5 Kristyl Smith 4 (Express Glass Southern NSW Blue Fins) Terri Sullivan (Telstra Southern QLD Sunfish) DNF Hayley Bateup (DHL Southern Ice) DNF Flora Manciet (DHL Southern Ice) DNF

Team: Express Glass Southern NSW Blue Fins (6), Northern QLD Citizen Lightning (5), Telstra Southern QLD Sunfish (4), Inner Health Plus Northern NSW Hammers (3), Western Jeep Waves (2), Southern DHL Ice (1)

Round 2: Gold Coast: Men: Zane Holmes (Telstra Southern QLD Sunfish) Shannon Eckstein (Telstra Southern QLD Sunfish) Hugh Dougherty (Inner Health Plus Northern NSW Hammers) Pierce Leonard (DHL Southern Ice) Dean Mercer (Citizen Northern QLD Lightning) Matt Poole (Inner Health Plus Northern NSW Hammers) Chris Allum (Express Glass Southern NSW Blue Fins) Corey Jones (Citizen Northern QLD Lightning) Nathan Smith (Express Glass Southern NSW Blue Fins) James Stewart (Telstra Southern QLD Sunfish) Luke Nisbet (Jeep Western Waves) Hayden Allum (DHL Southern Ice) Kendrick Louis (Inner Health Plus Northern NSW Hammers) Dylan Newbiggin (Citizen Northern QLD Lightning) Brendon Sarson (Jeep Western Waves) Andrew Mosel (Jeep Western Waves) Wes Berg (Express Glass Southern NSW Blue Fins) Jack Hansen (DHL Southern Ice)

Women: Kristyl Smith (Express Glass Southern NSW Blue Fins) Terri Sullivan (Telstra Southern QLD Sunfish) Naomi Flood (Inner Health Plus Northern NSW Hammers) Hayley Bateup (DHL Southern Ice) Courtney Hancock (Inner Health Plus Northern NSW Hammers) Elizabeth Pluimers (Telstra Southern QLD Sunfish) Chloe Jones (Citizen Northern QLD Lightning) Alicia Marriott (Jeep Western Waves) Alyce Bennett (Express Glass Southern NSW Blue Fins) Flora Manciet (DHL Southern Ice) Allira Richardson (Citizen Northern QLD Lightning) Chelsea Mackenzie (Express Glass Southern NSW Blue Fins) Brodie Moir (Jeep Western Waves) Bonnie Hancock (Inner Health Plus Northern NSW Hammers) Kirsten Ulmer (DHL Southern Ice) Gemma Newbiggin (Citizen Northern QLD Lightning) Bianca Lee (Telstra Southern QLD Sunfish) Rebecca Creedy (Jeep Western Waves)

Mass Board Rescue: Express Glass Southern NSW Blue Fins (Nathan Smith Kristyl Smith) Citizen Northern QLD Lightning (Dean Mercer Allira Richardson) DHL Southern Ice (Hayden Allum Flora Manciet) DHL Southern Ice (Pierce Leonard Hayley Bateup) Telstra Southern QLD Sunfish (Shannon Eckstein Elizabeth Pluimers) Telstra Southern QLD Sunfish (Zane Holmes Bianca Lee) DHL Southern Ice (Jack Hansen Kirsten Ulmer) Jeep Western Waves (Brendon Sarson Brodie Moir) Citizen Northern QLD Lightning (Dylan Newbiggin Gemma Newbiggin) Telstra Southern QLD Sunfish (James Stewart Terri Sullivan) Inner Health Plus Northern NSW Hammers (Kendrick Louis Naomi Flood) Citizen Northern QLD Lightning (Corey Jones Chloe Jones) Express Glass Southern NSW Blue Fins (Wes Berg Alyce Bennett) Jeep Western Waves (Andrew Mosel Alicia Marriott) Inner Health Plus Northern NSW Hammers (Matt Poole Bonnie Hancock) Inner Health Plus Northern NSW Hammers (Hugh Dougherty Courtney Hancock) Express Glass Southern NSW Blue Fins (Chris Allum Chelsea Mackenzie) Jeep Western Waves (Luke Nisbet Rebecca Creedy)

Taplin: Inner Health Plus Northern NSW Hammers (Courtney Hancock Matt Poole Naomi Flood) Jeep Western Waves (Alicia Marriott Brodie Moir Brendon Sarson) DHL Southern Ice (Jack Hansen Hayley Bateup Flora Manciet) Express Glass Southern NSW Blue Fins (Wes Berg Kristyl Smith Chelsea Mackenzie) Telstra Southern QLD Sunfish (Bianca Lee Terri Sullivan James Stewart) Citizen Northern QLD Lightning (Dean Mercer Chloe Jones Gemma Newbiggin)

Team Results: Inner Health Plus Northern NSW Hammers 6 Telstra Southern QLD Sunfish 5 DHL Southern Ice 4 Express Glass Southern NSW Blue Fins 3 Citizen Northern QLD Lightning 2 Jeep Western Waves 1

Round 1: Gold Coast : Men: Shannon Eckstein (Telstra Southern QLD Sunfish) Pierce Leonard (Telstra Southern QLD Sunfish) Zane Holmes (Telstra Southern QLD Sunfish) Matt Poole (Inner Health Plus Northern NSW Hammers) Wes Berg (Express Glass Southern NSW Blue Fins) Nathan Smith (Express Glass Southern NSW Blue Fins) Chris Allum (DHL Southern Ice) Corey Jones (Citizen Northern QLD Lightning) Dean Mercer (Citizen Northern QLD Lightning) James Stewart (Telstra Southern QLD Sunfish) Hugh Dougherty (Inner Health Plus Northern NSW Hammers) Dylan Newbiggin (Citizen Northern QLD Lightning) Luke Nisbet (Jeep Western Waves) Jack Hansen (DHL Southern Ice) Kendrick Louis (Inner Health Plus Northern NSW Hammers) Brendon Sarson (Jeep Western Waves) Hayden Allum (DHL Southern Ice) Andrew Mosel (Jeep Western Waves)

Women: Kristyl Smith (Express Glass Southern NSW Blue Fins) Naomi Flood (Inner Health Plus Northern NSW Hammers) Terri Sullivan (Telstra Southern QLD Sunfish) Elizabeth Plummers (Telstra Southern QLD Sunfish) Gemma Newbiggin (Citizen Northern QLD Lightning) Hayley Bateup (DHL Southern Ice) Flora Manciet (DHL Southern Ice) Chelsea Mackenzie (Express Glass Southern NSW Blue Fins) Brodie Moir (Jeep Western Waves) Bonnie Hancock (Inner Health Plus Northern NSW Hammers) Alyce Bennett (Express Glass Southern NSW Blue Fins) Chloe Jones (Citizen Northern QLD Lightning) Allira Richardson (Citizen Northern QLD Lightning) Courtney Hancock (Inner Health Plus Northern NSW Hammers) Bianca Lee (Telstra Southern QLD Sunfish) Kirsten Ulmer (DHL Southern Ice) Rebecca Creedy (Jeep Western Waves) Alicia Marriott (Jeep Western Waves) DQ

Mass Board Rescue: Express Glass Southern NSW Blue Fins (Kristyl Smith Nathan Smith) Express Glass Southern NSW Blue Fins (Alyce Bennett Wes Berg) Telstra Southern QLD Sunfish (Elizabeth Plummers Shannon Eckstein) Southern DHL Ice (Flora Manciet Hayden Allum) Telstra Southern QLD Sunfish (Bianca Lee Zane Holmes) Southern DHL Ice (Hayley Bateup Pierce Leonard) Inner Health Plus Northern NSW Hammers (Bonnie Hancock Matt Poole) Telstra Southern QLD Sunfish (Terri Sullivan James Stewart) Inner Health Plus Northern NSW Hammers (Courtney Hancock Hugh Dougherty) Northern QLD Citizen Lightning (Gemma Newbiggin Dylan Newbiggin) Northern QLD Citizen Lightning (Chloe Jones Corey Jones) Express Glass Southern NSW Blue Fins (Chelsea Mackenzie Chris Allum) Southern DHL Ice (Kirsten Ulmer Jack Hansen) Inner Health Plus Northern NSW Hammers (Naomi Flood Kendrick Louis) Northern QLD Citizen Lightning (Allira Richardson Dean Mercer) Western Jeep Waves (Rebecca Creedy Luke Nisbet) Western Jeep Waves (Alicia Marriott Andrew Mosel) Western Jeep Waves (Brodie Moir Brendon Sarson)

Taplin: Express Glass Southern NSW Blue Fins (Alyce Bennett Nathan Smith Chris Allum) Telstra Southern QLD Sunfish (Elizabeth Plummers Shannon Eckstein Zane Holmes) Northern QLD Citizen Lightning (Allira Richardson Corey Jones Dylan Newbiggin) Inner Health Plus Northern NSW Hammers (Bonnie Hancock Kendrick Louis Hugh Dougherty) Southern DHL Ice (Pierce Leonard Kirsten Ulmer Hayden Allum) Western Jeep Waves (Andrew Mosel Rebecca Creedy Luke Nisbet)

Team Results: Express Glass Southern NSW Blue Fins 6 Telstra Southern QLD Sunfish 5 Inner Health Plus Northern NSW Hammers 4 Northern QLD Citizen Lightning 3 Southern DHL Ice 2 Western Jeep Waves 1



ATHLETE PROFILES

CITIZEN
BEYOND PRECISION

**Citizen Northern
QLD Lightning**



ATHLETE PROFILES

CITIZEN
BEYOND PRECISION

**Citizen Northern
QLD Lightning**



ALLIRA RICHARDSON (Captain) #1	
NICKNAME:	Leery, Wee
BORN:	18/2/87, Wollongong
AGE:	22
HOME:	Maroochydore
HEIGHT:	165cm
WEIGHT:	65kg
CLUB:	Maroochydore
COACH:	Stephen Short, Michael Sage
YEARS IN SURF LIFE SAVING:	10



How did you start in Surf Life Saving: Moved to the coast and dad got me into it

Best career results: 1st open board 2006-07, 1st round 2 winner of Kellogg's 2007-08, warriors on water iron champ 2006-07, u19 AUS ski champ, and 1st u16 board champ.

Favourite Event: Board and Ironwoman

2009 goals: Qualify for Kellogg's Nutri-Grain series, Ocean Assault finals, State and Aussies

Did you know? Allira likes nothing better than taking on the boys at poker ... and beating them!

GEMMA NEWBIGGIN #2	
NICKNAME:	Gem
BORN:	4/9/87, Newcastle
AGE:	21
HOME:	Mooloolaba
HEIGHT:	165cm
WEIGHT:	65kg
CLUB:	Mooloolaba
COACH:	Michael King
YEARS IN SURF LIFE SAVING:	6

How did you start in Surf Life Saving: In under-16s at Kings Beach

Best career results: U19 State Iron Champ 3 years, 2nd U19 Iron Aust Titles 2 Years, 1st Open Iron Ocean Assault x 2, 4th Coogee Nutri Grain 2008

Favourite Event: Ironwoman

2009 goals: Finish top 6 in Kellogg's Nutri-Grain series

Did you know? Gemma's favourite sportsperson is surfing king Kelly Slater and her favourite actor is Charlie Sheen.



ATHLETE PROFILES

CITIZEN
BEYOND PRECISION

**Citizen Northern
QLD Lightning**



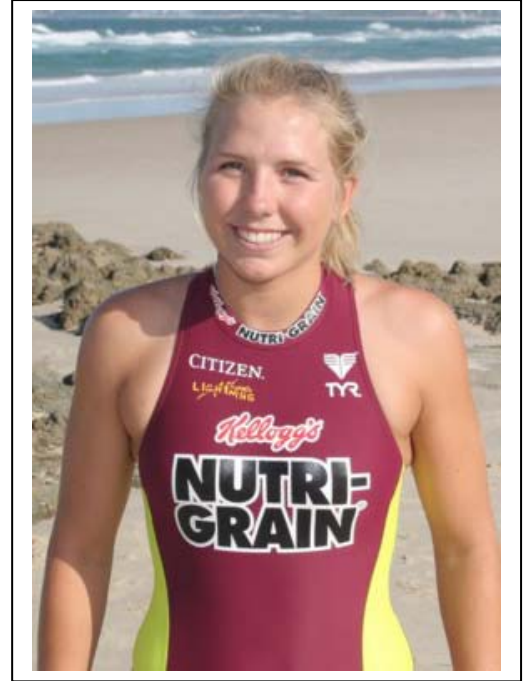
CHLOE JONES #3	
NICKNAME:	C Jones
BORN:	29/3/88
AGE:	20
HOME:	Sunshine Coast
HEIGHT:	166cm
WEIGHT:	66kg
CLUB:	Met Caloundra
COACH:	Rhett Collie, John Wallace
YEARS IN SURF LIFE SAVING:	12

How did you start in Surf Life Saving: Just to have fun

Best career results: 5 Aussies medals in 2006, Making the Kellogg's Nutri-Grain series in 2007 – 10th place, 3rd in Ocean Assault Ironwoman final round 2007, Making the Kellogg's Nutri-Grain series in 2008

2009 goals: Make Aussies final in swim, board and Ironwoman

Did you know? Chloe's role models are her brother Corey, Trevor Hendy and Ky Hurst



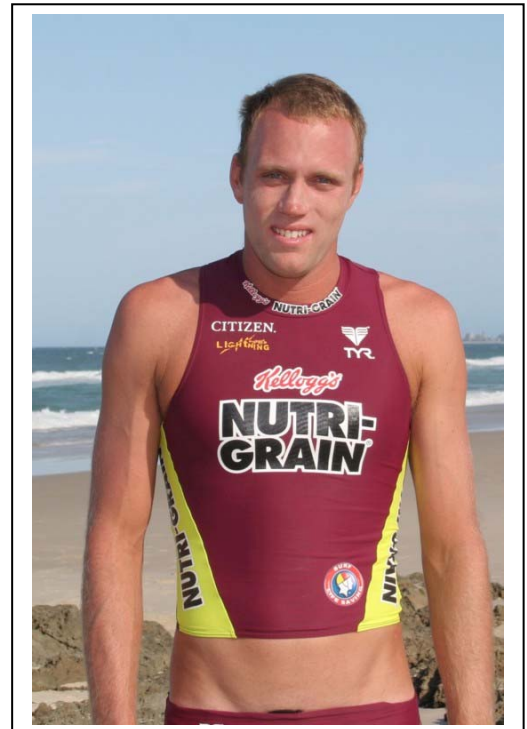
DYLAN NEWBIGGIN #4	
NICKNAME:	Big D
BORN:	28/10/84, Sydney
AGE:	24
HOME:	Mooloolaba
HEIGHT:	185cm
WEIGHT:	85kg
CLUB:	Mooloolaba
COACH:	Michael King
YEARS IN SURF LIFE SAVING:	8

How did you start in Surf Life Saving: Through friends

Best career results: First in Australian under-19 ironman 2003.

2009 goals: Top 6 in the Kellogg's Nutri-Grain series

Did you know? Dylan's ultimate goals are to win the Australian Ironman championship and the Kellogg's Nutri-Grain series



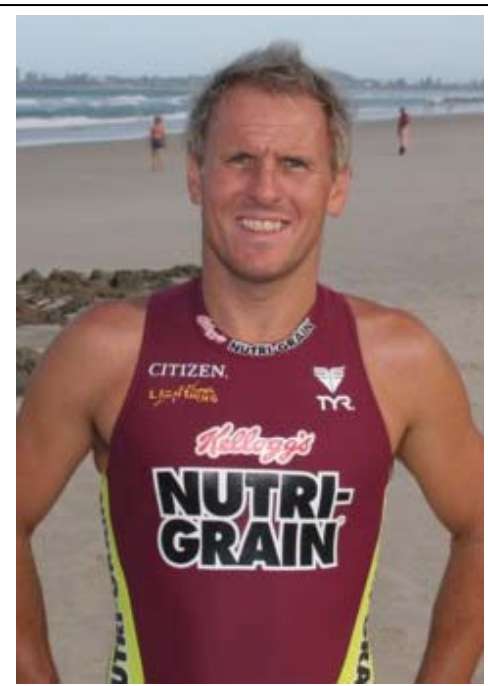
ATHLETE PROFILES

CITIZEN
BEYOND PRECISION

**Citizen Northern
QLD Lightning**



DEAN MERCER #5	
NICKNAME:	Deano
BORN:	24/11/69, Bulli
AGE:	39
HOME:	Sunshine Coast
HEIGHT:	175cm
WEIGHT:	72kg
CLUB:	Mooloolaba
COACH:	Specialised coaching in all disciplines
YEARS IN SURF LIFE SAVING:	34



How did you start in Surf Life Saving: We spent most weekends at the beach with family and friends and we all joined

Best career results: Australian ironman champion 1989 & 1995; Kellogg's Nutri-Grain Test of the Toughest champion 1996 & 1997

2009 Goals: Top 3 in Kellogg's Nutri-Grain series, top 3 in Australian Ironman

Did you know? Dean and wife Reen Corbett run a Pilates studio from their home and are both instructors

COREY JONES #6	
NICKNAME:	Seagull
BORN:	9/6/86, Brisbane
AGE:	22
HOME:	Caloundra
HEIGHT:	184cm
WEIGHT:	70kg
CLUB:	Met Caloundra
COACH:	Rhett Collie, John Wallace
YEARS IN SURF LIFE SAVING:	11

How did you start in Surf Life Saving: As a little kid

Best career results: 1st round three Kellogg's Nutri-Grain 2008; 2nd open Ironman, 2nd u19 Ironman at Aussies.

2009 Goals: To do well this season

Did you know? When away from the beach Corey likes nothing more than to mow his lawn



ATHLETE PROFILES



**Telstra Southern
QLD Sunfish**



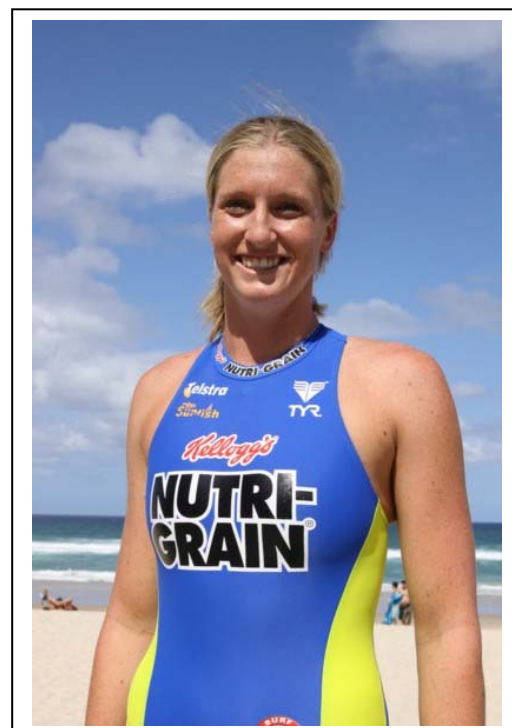
ATHLETE PROFILES



**Telstra Southern
QLD Sunfish**



ELIZABETH PLUIMERS		#7
NICKNAME:	Bit	
BORN:	25/10/86, Warwick	
AGE:	22	
HOME:	Gold Coast	
HEIGHT:	170cm	
WEIGHT:	No girl will ever reveal willingly	
CLUB:	Northcliffe	
COACH:	Dan Norton-Smith, Pat O'Keefe	
YEARS IN SURF LIFE SAVING:	12	



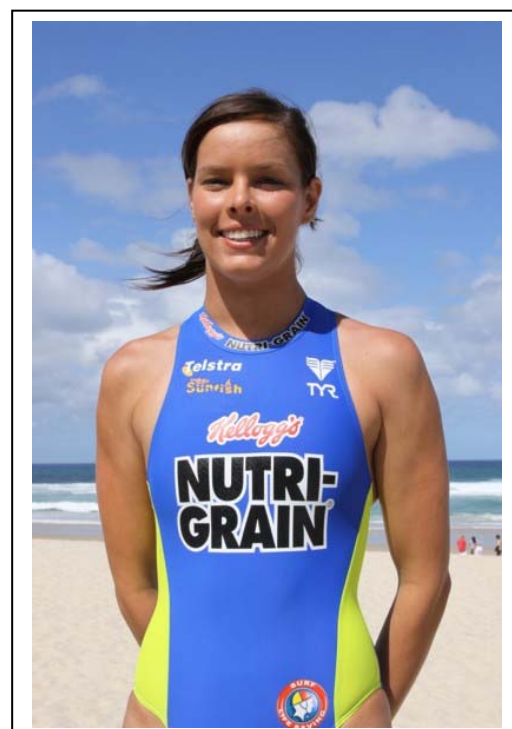
How did you start in Surf Life Saving: My parents got us involved in nippers when we moved to the coast from the country

Best career results: Winning Kellogg's Nutri-Grain Series 2008, Australian and world board champion 2008, Competitor of the carnival Aussies 2006

2009 Goals: To get back to full fitness and stay injury free

Did you know? If she could be a superhero, Elizabeth would be Wonderwoman

BIANCA LEE		#8
NICKNAME:	Bea	
BORN:	11/3/88, Sunshine Coast	
AGE:	20	
HOME:	Gold Coast	
HEIGHT:	174cm	
WEIGHT:	60kg	
CLUB:	North Burleigh	
COACH:	Michael Murray, Matt Jones, Denis Cotterell	
YEARS IN SURF LIFE SAVING:	16	



How did you start in Surf Life Saving: As a green cap, just for fun

Best career results: 3rd Round 5 Kellogg's Series 2008, 4th Overall Kellogg's Series 2008, 1st U/19 Female Australian Single Ski 2007, 1st Open Female Surf Race Ocean Assault Final

2009 Goals: Top 3 in Kellogg's Nutri-Grain Series

Did you know? Bianca has just completed a degree and is now a Bachelor of Biomedical Science

ATHLETE PROFILES



**Telstra Southern
QLD Sunfish**



TERRI SULLIVAN		#9
NICKNAME:	10 Second Terri or Big T	
BORN:	8/2/80, Melbourne	
AGE:	29	
HOME:	Gold Coast	
HEIGHT:	175cm	
WEIGHT:	66kg	
CLUB:	Kurrawa	
COACH:	Phil Clayton, Murray Braund	
YEARS IN SURF LIFE SAVING:	18 (on and off)	

How did you start in Surf Life Saving: Through friends
Best career results: 2nd 2008 Aussies board race. 4th 2005 Aussies Ironwoman. 3rd Kellogg's round 4, 9th overall Kellogg's 2008
2009 Goals: Top 6 in Kellogg's Nutri-Grain Series, Win Aussies board race
Did you know? The biggest influence on Terri's life has been her mother Carol, who she describes as strong and loving



ZANE HOLMES (Captain)		#10
NICKNAME:	Zappa	
BORN:	25/3/81, Gold Coast	
AGE:	27	
HOME:	Gold Coast	
HEIGHT:	186cm	
WEIGHT:	87kg	
CLUB:	Northcliffe	
COACH:	Pat O'Keefe, Barry Newman Denis Cotterell	
YEARS IN SURF LIFE SAVING:	21	

How did you start in Surf Life Saving: Followed my sisters into nippers
Best career results: World Ironman champion 04/06, Aust Ironman champion 04, nib Coolangatta Gold Champion 06, 6 time Qld champion, 5 time KNG Series champion
2009 Goals: Retain Kellogg's Nutri-Grain Series title
Did you know? Zane holds a commercial pilot's licence



ATHLETE PROFILES

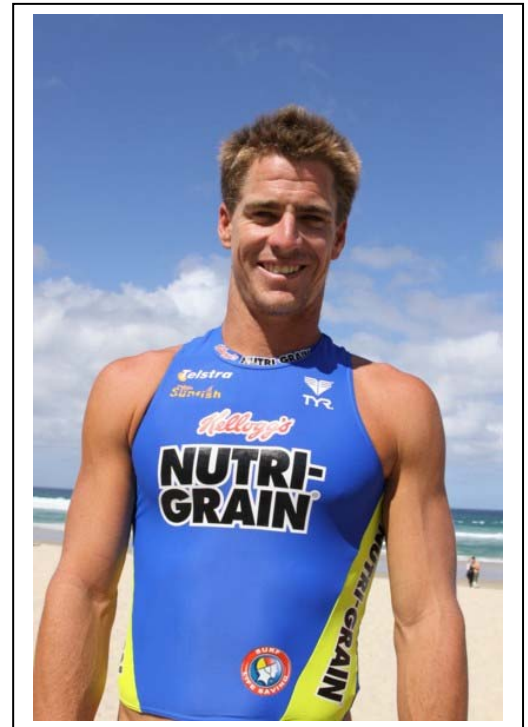


**Telstra Southern
QLD Sunfish**



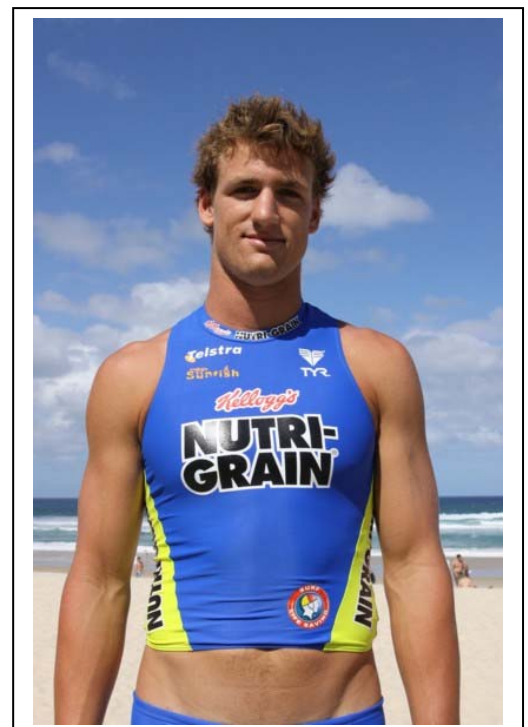
SHANNON ECKSTEIN #11	
NICKNAME:	Shan
BORN:	7/5/83, Gold Coast
AGE:	25
HOME:	Gold Coast
HEIGHT:	180cm
WEIGHT:	80kg
CLUB:	Northcliffe
COACH:	Pat O'Keefe
YEARS IN SURF LIFE SAVING:	14

How did you start in Surf Life Saving: Nippers at age 12
Best career results: Three times Australian Ironman champion, three times Kellogg's Nutri-Grain Series winner, World Ironman title
2009 Goals: To win back the Kellogg's Nutri-Grain Series Title
Did you know? Shannon would spend his last five dollars on the horses



JAMES STEWART #12	
NICKNAME:	Jimbo
BORN:	30/8/88, Brisbane
AGE:	20
HOME:	Gold Coast
HEIGHT:	190cm
WEIGHT:	90kg
CLUB:	North Burleigh
COACH:	Michael Murray
YEARS IN SURF LIFE SAVING:	15

How did you start in Surf Life Saving: My dad got me involved
Best career results: 1st u17 Australian Board Race. 3rd u16/17/19 Australian Ironman, 1st Open Australian Board Relay.
2009 Goals: To medal at Aussies and qualify for the Kellogg's Series next year
Did you know? James's favourite bands are The Killers, Red Hot Chili Peppers, Arctic Monkeys and Silverchair



ATHLETE PROFILES

INNER HEALTH PLUS

**Inner Health Plus
Northern NSW
Hammers**



ATHLETE PROFILES

	<p style="text-align: center;">Inner Health Plus Northern NSW Hammers</p>	
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NAOMI FLOOD (Captain)		#13
NICKNAME:	Floody, Nomes	
BORN:	17/4/86, Sydney	
AGE:	22	
HOME:	Freshwater	
HEIGHT:	175cm	
WEIGHT:	A girl has her secrets	
CLUB:	Manly	
COACH:	Trent Herring, Ben Davies	
YEARS IN SURF LIFE SAVING:	17	



How did you start in Surf Life Saving: Followed my big brother down to the beach

Best career results: 1st Ironwoman, 1st ski at 2008 World Titles, 1st ski at 2007 Aussies, 1st Ironwoman at 2006 Aussies

2009 Goals: National Ironwoman title, make Australian team for international challenge, and stay healthy and injury free!

Did you know? Naomi's specialty in the kitchen is making smoothies and she loves to catch up on sleep.

COURTNEY HANCOCK		#14
NICKNAME:	Courtz	
BORN:	3/8/88, Perth	
AGE:	20	
HOME:	Broadbeach Waters	
HEIGHT:	170cm	
WEIGHT:	64kg	
CLUB:	Northcliffe	
COACH:	Pat O'Keefe	
YEARS IN SURF LIFE SAVING:	14	



How did you start in Surf Life Saving: Lived on the beach in Sawtell

Best career results: World swim title 2008, Australian Taplin Title 2008, Australian swim silver, Australian U/17 Ironwoman Title

2009 Goals: Have a good crack at the Nutri-Grain title

Did you know? Courtney's superstition is to never use the number 2.

ATHLETE PROFILES

	<p style="text-align: center;">Inner Health Plus Northern NSW Hammers</p>	
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BONNIE HANCOCK		#15
NICKNAME:	Bonza	
BORN:	23/4/90, Brisbane	
AGE:	18	
HOME:	Gold Coast	
HEIGHT:	160cm	
WEIGHT:	60kg	
CLUB:	Northcliffe	
COACH:	Pat O'Keefe	
YEARS IN SURF LIFE SAVING:	13	



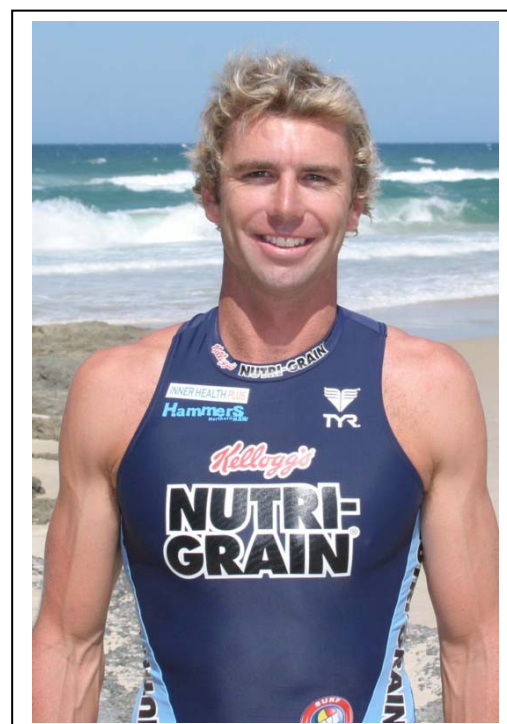
How did you start in Surf Life Saving: Older sisters were involved as nippers

Best career results: Australian Under 19 Ironwoman champion, Australian Under 17 Board Champion, Youngest member in Nutri-Grain series 2007, World Board Rescue and Taplin relay champion

2009 Goals: Win U/19 Aussie Ironwoman title

Did you know? Bonnie's favourite sportsperson is Lance Armstrong 'for his focus and will to win'

HUGH DOUGHERTY		#16
NICKNAME:	Snatch	
BORN:	16/11/83, Grafton	
AGE:	25	
HOME:	Gold Coast	
HEIGHT:	180cm	
WEIGHT:	78kg	
CLUB:	Burleigh Heads Mowbray Park	
COACH:	Wes Berg, Denis Cotterell	
YEARS IN SURF LIFE SAVING:	15	




How did you start in Surf Life Saving: Followed my dad and brother

Best career results: 3rd Kellogg's Nutri-Grain 2008, 1st U/19 board Aussies, 1st U/16 Ironman Aussies, 1st x 4 Open Taplins Aussies

2009 Goals: Top 3 Kellogg's Nutri-Grain series, top 3 Aussies Ironman and board

Did you know? The biggest influence on Hugh's career is his father Jim, who introduced him to the sport and coached him as a junior

ATHLETE PROFILES

	<p style="text-align: center;">Inner Health Plus Northern NSW Hammers</p>	
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MATT POOLE		#17
NICKNAME:	Pooley	
BORN:	20/5/88, Manly NSW	
AGE:	20	
HOME:	Mooloolaba	
HEIGHT:	195cm	
WEIGHT:	84kg	
CLUB:	Mooloolaba	
COACH:	Michael King	
YEARS IN SURF LIFE SAVING:	15	

How did you start in Surf Life Saving: As a five-year-old nipper at Dee Why

Best career results: U/19 Aussie Ironman champ, U/17 Aussie Ironman Champ, 7th Coolangatta Gold, 1st Kellogg's Nutri-Grain trials, Wanda

2009 Goals: Top 6 Kellogg's Nutri-Grain series, top 3 Aussies and State Ironman

Did you know? Matt supports the Manly Sea Eagles and rates himself a master Mexican chef in the kitchen



KENDRICK LOUIS		#18
NICKNAME:	Kenj or Kenny	
BORN:	28/5/90, Mona Vale	
AGE:	18	
HOME:	Newport (God's Country)	
HEIGHT:	177cm	
WEIGHT:	82kg	
CLUB:	Collaroy	
COACH:	Sean Kenny, Reece Bosward, Scott Jones	
YEARS IN SURF LIFE SAVING:	8	

How did you start in Surf Life Saving: Started nippers to learn about surf safety

Best career results: U/17 and U/19 Aussie Ironman titles, State board rescue title with my brother, 2nd U/19 nib Coolangatta Gold 2008.

2009 Goals: It was to qualify for this but now I'll see if I can finish in the top 10.

Did you know? Kendrick remembers the advice given to him by his grandfather: "Do it once, do it right!"



ATHLETE PROFILES



Express Glass
Southern NSW
Blue Fins



ATHLETE PROFILES

	Express Glass Southern NSW Blue Fins	
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KRISTYL SMITH		#19
NICKNAME:	Katrin or Mother Theresa	
BORN:	18/3/83, Caringbah	
AGE:	25	
HOME:	Cronulla	
HEIGHT:	168cm	
WEIGHT:	70kg	
CLUB:	Northcliffe	
COACH:	Pat O'Keefe, Barry Newman	
YEARS IN SURF LIFE SAVING:	20	



How did you start in Surf Life Saving: Family was involved
Best career results: 3 times runner up Kellogg's Series, 2005 Australian Ironwoman Champ, 2006 World Surf Race Champ
2009 Goals: Win Kellogg's, Ocean Assault and Aussies
Did you know? Kristyl's grandfather represented Australia in track and road cycling in the 1940s.

ALYCE BENNETT		#20
NICKNAME:	Alice	
BORN:	13/4/87, Yamba	
AGE:	21	
HOME:	Burleigh Heads	
HEIGHT:	172cm	
WEIGHT:	56kg	
CLUB:	Burleigh Heads Mowbray Park	
COACH:	Wes Berg, Denis Cotterell	
YEARS IN SURF LIFE SAVING:	8	



How did you start in Surf Life Saving: Saw Hugh Dougherty and Jacob Lollback training and it looked like fun
Best career results: 3rd Coolangatta Gold 2008, 4th Coolangatta Gold 2007, 1st open board QLD titles 2007, 1st U/19 board Aus titles 2006
2009 Goals: Do well in Kellogg's series. make Australian Ironwoman final, make Australian board final.
Did you know? Last season was blighted by injury and illness for Alyce who suffered shingles, middle ear infection, ACL damage in knee, stitches in leg, gastro and pulled intercostal muscle in ribs

ATHLETE PROFILES

	<p>Express Glass Southern NSW Blue Fins</p>	
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CHELSEA MACKENZIE		#21
NICKNAME:	Chels	
BORN:	12/6/87, Gold Coast	
AGE:	21	
HOME:	Gold Coast	
HEIGHT:	180cm	
WEIGHT:	62kg	
CLUB:	Burleigh Heads Mowbray Park	
COACH:	Wes Berg	
YEARS IN SURF LIFE SAVING:	12	



How did you start in Surf Life Saving: Followed a friend to nippers and loved it
Best career results: Making the Kellogg's series when I was 16 and staying in it, 1st Aussie U/16 Ironwoman and swim
2009 Goals: To win an individual gold medal at the Australian championships
Did you know? Chelsea insists on having blue and yellow coloured craft

NATHAN SMITH (Captain)		#22
NICKNAME:	Smithdog	
BORN:	16/2/81, Caringbah	
AGE:	28	
HOME:	Cronulla	
HEIGHT:	180cm	
WEIGHT:	80kg	
CLUB:	Northcliffe	
COACH:	Greg Rogers, Grant Wilkinson	
YEARS IN SURF LIFE SAVING:	20	



How did you start in Surf Life Saving: Family involvement
Best career results: Australian Ironman Champion, Australian Board Champ, Australian Restricted Surf Race Champ, 6 x NSW Ironman Champion
2009 Goals: Catch the biggest wave on board
Did you know? Nathan's ultimate goal in surf is to win the Australian Taplin relay title

ATHLETE PROFILES

	Express Glass Southern NSW Blue Fins	
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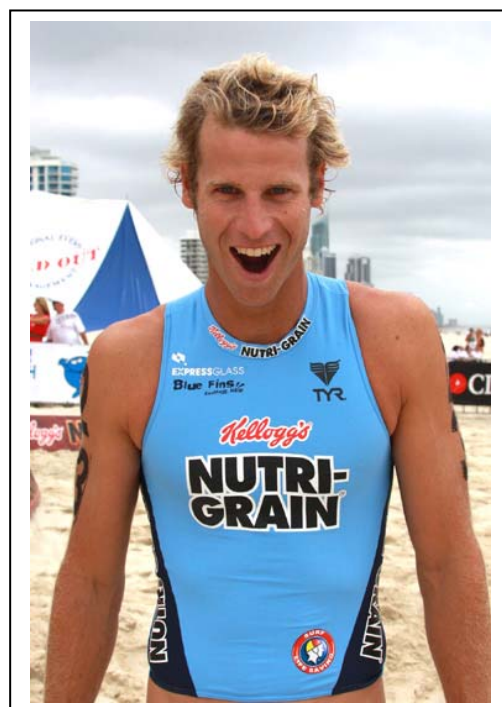
WES BERG		#23
NICKNAME:	Bergy	
BORN:	23/10/79, NSW South Coast	
AGE:	29	
HOME:	Gold Coast	
HEIGHT:	190cm	
WEIGHT:	82kg	
CLUB:	Burleigh Heads Mowbray Park	
COACH:	Self	
YEARS IN SURF LIFE SAVING:	20	

How did you start in Surf Life Saving: My parents got me involved

Best career results: Former World Board Champion, 3rd Australian Ironman 2008, 3rd Kellogg's Nutri-Grain Series 07, 2nd Kellogg's Nutri-Grain Series 02

2009 Goals: Win the Series, Win Australian Board Title, Win Australian Ironman

Did you know? Wes's career was nearly over before it began when a surfing accident at age 14 saw the board slice off half his tricep.



CHRIS ALLUM		#24
NICKNAME:	Chip	
BORN:	4/2/86, Sydney	
AGE:	23	
HOME:	Cronulla	
HEIGHT:	187cm	
WEIGHT:	88kg	
CLUB:	Cronulla	
COACH:	Matt Brown, Richard Garsey	
YEARS IN SURF LIFE SAVING:	14	

How did you start in Surf Life Saving: In nippers – my own choice

Best career results: Australian and World Surf Race champion 2008, NSW Ironman Champion 2007, 3rd Australian Open ironman 2007, Australian representative

2009 Goals: NSW Ironman, KNG top 6, Australian Surf race

Did you know? Chris's ideal dinner party guests would be Winston Churchill, Captain Cook and girlfriend Lisa.



ATHLETE PROFILES



DHL Southern Ice



ATHLETE PROFILES



DHL Southern Ice



HAYLEY BATEUP (Captain)		#25
NICKNAME:	Nitro	
BORN:	9/1/80, Gold Coast	
AGE:	29	
HOME:	Gold Coast	
HEIGHT:	167cm	
WEIGHT:	60kg	
CLUB:	Kurrawa	
COACH:	Phil Clayton, Colin Braund	
YEARS IN SURF LIFE SAVING:	16	

How did you start in Surf Life Saving: Mum took me to nippers and I fell in love with the sport

Best career results: 3 times nib Coolangatta Gold winner, three-times Australian Board Champion, 2001 Australian Ironwoman Champion

2009 Goals: I want to race well and consistently all season

Did you know? Away from the surf Hayley likes to ride her jet ski or have coffee with friends



FLORA MANCIET		#26
NICKNAME:	Frenchy	
BORN:	15/12/83, France	
AGE:	25	
HOME:	Gold Coast	
HEIGHT:	165cm	
WEIGHT:	65kg	
CLUB:	Northcliffe	
COACH:	Pat O'Keefe, Barry Newman	
YEARS IN SURF LIFE SAVING:	10	

How did you start in Surf Life Saving: A day at the beach when I was 15

Best career results: 2008 Australian ski champion, 3rd 2008 Worlds Ironwoman, 5th 2008 Coolangatta Gold, French Champion for the last 9 years

2009 Goals: Have fun and be the best I can

Did you know? When in France, Flora works as a lifeguard



ATHLETE PROFILES



DHL Southern Ice



KIRSTEN ULMER #27	
NICKNAME:	-
BORN:	25/7/86, Geelong
AGE:	22
HOME:	Point Lonsdale, Victoria (winter), Gold Coast (summer)
HEIGHT:	165cm
WEIGHT:	60kg
CLUB:	Northcliffe
COACH:	Pat O'Keefe, Barry Newman
YEARS IN SURF LIFE SAVING:	15

How did you start in Surf Life Saving: Nipper at Point Lonsdale SLSC

Best career results: Aussies 2008: 1st Open Surf Teams, 3rd Open Taplin, 4th Open Surf Race

2009 Goals: Win a medal in the Ironwoman and the Surf race at the Qld and Australian titles

Did you know? Kirsten's favourite quote: "If it is to be it's up to me."



PIERCE LEONARD #28	
NICKNAME:	Rookie
BORN:	9/10/86, Sydney
AGE:	22
HOME:	Gold Coast
HEIGHT:	189cm
WEIGHT:	76kg
CLUB:	Northcliffe
COACH:	Pat O'Keefe
YEARS IN SURF LIFE SAVING:	16

How did you start in Surf Life Saving: With my brothers I was five

Best career results: 2007 Australian Ironman champion, 2007 Ocean Assault Ironman champion, 2006 U/19 Australian Ironman champion

2009 Goals: to win the Kellogg's Nutri-Grain Series

Did you know? If Peirce had a dinner party he would invite Tiger Woods, Kate Hudson and Barry Newman (coach)



ATHLETE PROFILES



DHL Southern Ice



HAYDEN ALLUM		#29
NICKNAME:	Tez	
BORN:	30/8/88, Sutherland	
AGE:	20	
HOME:	Cronulla	
HEIGHT:	175cm	
WEIGHT:	74kg	
CLUB:	Cronulla	
COACH:	Richard Garnsey, Matt Brown, Robert Walker, Scott Allen	
YEARS IN SURF LIFE SAVING:	14	



How did you start in Surf Life Saving: Dad heavily involved with surf and followed my brother and sister down the beach
Best career results: 2nd u/19 Aus ironman 07, 2nd u/19 Aus Belt 07, 4th World Open Ironman 08, 4th World Open board race 08, 2nd Aus Open Board Relay 07
2009 Goals: Place in State ironman and have fun
Did you know? The ultimate relaxation for Hayden is a bucket of ice cream on the final afternoon of the Australian titles

JACK HANSEN		#30
NICKNAME:	-	
BORN:	20/3/88, Geelong	
AGE:	20	
HOME:	Mooloolaba	
HEIGHT:	180cm	
WEIGHT:	78kg	
CLUB:	Mooloolaba	
COACH:	Michael King	
YEARS IN SURF LIFE SAVING:	8	



How did you start in Surf Life Saving: Parents took me to nippers to learn to be safe at the beach
Best career results: 1st U/19 Coolangatta Gold, 1st U/19 Board Rescue, 4th u/19 Ironman.
2009 Goals: Top 10 KNG series, top 10 National titles in Ironman and Surf
Did you know? Despite hailing from Victoria, Jack's favourite AFL team is the West Coast Eagles

ATHLETE PROFILES

Jeep

**Jeep Western
Waves**



ATHLETE PROFILES



**Jeep Western
Waves**



ALLICA MARRIOTT #31	
NICKNAME:	Mazza, Aldog
BORN:	2/1/86, Perth
AGE:	23
HOME:	Perth
HEIGHT:	181cm
WEIGHT:	Secret girls stuff
CLUB:	City of Perth
COACH:	Ric Turner
YEARS IN SURF LIFE SAVING:	13

How did you start in Surf Life Saving: Family friends encouraged us to join up

Best career results: 1st 2008 Australian Ironwoman, 1st 2007 Coolangatta Gold, 2nd 2006 Australian Ironwoman

2009 Goals: Compete well in the Kellogg's Nutri-Grain Series and Australian Championships

Did you know? Alicia's sporting hero is cyclist Anna Meares "because of the adversity she overcame to win silver at the Olympics"



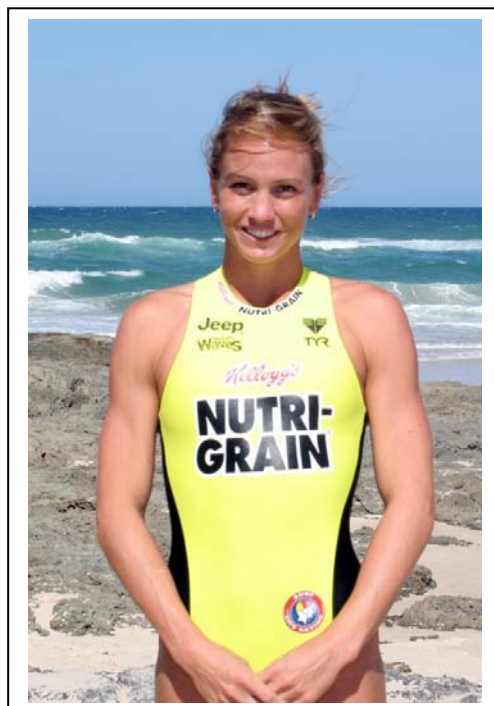
REBECCA CREEDY #32	
NICKNAME:	Creedy
BORN:	12/3/83, Redcliffe
AGE:	25
HOME:	Caloundra
HEIGHT:	170cm
WEIGHT:	64kg
CLUB:	Met Caloundra
COACH:	Rhett Collie
YEARS IN SURF LIFE SAVING:	3

How did you start in Surf Life Saving: After retiring from swimming I decided to learn other disciplines to keep fit

Best career results: Gold 4x100m freestyle relay 1998 Commonwealth Games, Silver 4x200m freestyle relay 2002 Commonwealth Games, Bronze female belt 2008 Australian championships

2009 Goals: To make the ski and Ironwoman finals at the Australian Championships

Did you know? Rebecca was in the Australian swimming team between 1998 and 2002 and is a three-time Australian 50m freestyle champion



ATHLETE PROFILES

**Jeep Western
Waves**



BRODIE MOIR		#33
NICKNAME:	Brodes	
BORN:	23/9/86, Lismore	
AGE:	22	
HOME:	Miami	
HEIGHT:	177cm	
WEIGHT:	67kg	
CLUB:	North Burleigh	
COACH:	Michael Murray	
YEARS IN SURF LIFE SAVING:	15	

How did you start in Surf Life Saving: I had no choice, my sisters were doing it and when I was old enough I joined the U/8 age group

Best career results: 2nd board QLD titles 2008, 1st Ironwoman rd.2 Ocean Assault series 2008, 1st Ironwoman rd.3 Kellogg's trial 2008, 7th Ironwoman world titles 2008

2009 Goals: Stay relaxed and enjoy racing as much as I am now

Did you know? Brodie's mum, Michelle, was an Australian netball representative



ANDREW MOSEL		#34
NICKNAME:	Mozzie, Moz	
BORN:	16/4/81, Perth	
AGE:	27	
HOME:	Perth	
HEIGHT:	182cm	
WEIGHT:	75kg	
CLUB:	City of Perth	
COACH:	Ric Turner	
YEARS IN SURF LIFE SAVING:	19	

How did you start in Surf Life Saving: I loved the beach and my parents took me to our local club

Best career results: 3 time WA State Ironman Champion, 6 times WA State Board Champion, 2km Beach Run World Champion, 2002 WA Surf Athlete of the Year

2009 Goals: Win an individual medal at the Australian Championships in the Board or the Ironman. Finish Top 6 in the Kellogg's Nutri-Grain Ironman Series

Did you know? Andrew's favourite sports person is Danny Green "a champion person as well as a champion athlete – and from WA"



ATHLETE PROFILES



Jeep Western Waves



BRENDON SARSON #35	
NICKNAME:	Sars
BORN:	13/1/83, Perth
AGE:	26
HOME:	Perth
HEIGHT:	181cm
WEIGHT:	90kg
CLUB:	Cottesloe
COACH:	Ramon Anderson, Mel Tantrum
YEARS IN SURF LIFE SAVING:	20

How did you start in Surf Life Saving: Followed my dad and brothers into it

Best career results: 1st U/19 Aus Surf Race, 5th Open Aus Ironman 2008, 6th Final Round Kellogg's 2008, 5th Open Aus Surf Race,

2009 Goals: Top 10 Kellogg's Series, Medal At Aussies in Ironman, Ski or Swim

Did you know? The ultimate relaxation for Brendon would be surfing the perfect break with a couple of mates



LUKE NISBET #36	
NICKNAME:	Gerbil
BORN:	1/10/85, South Africa
AGE:	23
HOME:	Gold Coast
HEIGHT:	183cm
WEIGHT:	80kg
CLUB:	Northcliffe
COACH:	Pat O'Keefe
YEARS IN SURF LIFE SAVING:	12

How did you start in Surf Life Saving: Nippers

Best career results: 5th in surf race 2006 and 5th in 2008

2009 Goals: Top 5 in the Kellogg's Nutri-Grain series

Did you know? Luke's personal ambition: To live with no regrets

