



# MEDIA GUIDE

**Survival of the fittest.**

**Kurrawa, Gold Coast – Rounds 1 & 2 – January 16-17, 2010**  
**Alexandra Headland, Sunshine Coast – Rounds 3 & 4 – February 6-7, 2010**  
**North Cronulla, Sydney – Round 5 (Final) – February 21, 2010**





## Table of Contents

EVENT INFORMATION.....	3
PREVIEW .....	4
COMPETITOR NUMBERS.....	5
TIMETABLE.....	6
TELEVISION BROADCAST TIMES .....	6
COURSE MAPS .....	7
PRIZE POOL.....	8
ROUND FORMATS.....	10
FIELDS.....	11
WILDCARD FROMAT .....	11
PAST RESULTS.....	12
PROGRESSIVE POINTSCORE & RESULTS .....	14
PROFILES.....	15



## **EVENT INFORMATION**

### **OFFICIAL EVENT NAME**

2010 Kellogg's Nutri-Grain Ironman & Ironwoman Series

### **VENUES**

Kurrawa, Gold Coast – Rounds 1 & 2

Alexandra Headland, Sunshine Coast – Rounds 3 & 4

North Cronulla, Sydney – Round 5 (Final)

### **HOSTED BY**

Surf Life Saving Australia

### **WHEN**

January 16-17, 2010 – Rounds 1 & 2

February 6-7, 2010 – Rounds 3 & 4

February 21, 2010 – Round 5 (Final)

### **MEDIA CONTACTS**

**Hanson Media Group Pty Ltd** has been appointed by Surf Life Saving Australia to service the media needs during the 2010 Kellogg's Nutri-Grain Ironman Series.

**Media Director:** Ian Hanson 0407 385 160

**Media Manager:** David Moase 0431471289

**Media Centre Manager:** Kim Hamilton 0438 443 406

Surf Life Saving Australia representatives

**SLSA Sport Media Manager:** Lauren Ryan 0402 162 807

### **MEDIA CENTRE LOCATION**

**Rounds 1-4:** Surf Club.

**Round 5:** 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. All media will be required to wear accreditation at all times on the beaches while working on the event.

### **TV NEWS FEED**

- *There will be no news feed for round 5 as the broadcast will be live on the Seven Network*

### **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.

## **ECKSTEIN STILL CHASING HOLMES FOR SLICE OF IRONMAN HISTORY**

**Shannon Eckstein** will still have **Zane Holmes** in his sights when he arrives into Sydney this week for Sunday's Kellogg's Nutri-Grain Ironman Series final at North Cronulla - even though Holmes will not be on the start line.

Eckstein will start favourite to win his fifth Kellogg's Nutri-Grain Ironman title – joining Holmes at the top of the overall Series leader-board as the only Ironmen to win the prestigious title five times.

Holmes, who finished second to Eckstein last year, withdrew from the 2010 Series with a nagging back injury, making Eckstein a clear favourite for this year's event.

The 26-year-old from Northcliffe has won three of the four rounds this year and holds a six point buffer over Tugun's Hugh Dougherty and 14 points clear of Ky Hurst going into Sunday's final.

The top six male and female competitors will qualify for a contract for next season.

"This is what I train for, this is what it's all about," says Eckstein, who has been in scintillating form all season.

"To win a fifth title would be special and to match Zane would certainly be something to be proud of.

"It's a shame injury forced him out of the Series – we have had some great duels over the years.

"It has already been an exciting year but it is not over until Sunday afternoon and I know the other guys, particularly Hugh and Ky would love nothing better than to win the final.

"The surf can toss up all kinds of unknowns and I know North Cronulla is renowned for its surf, so anything is possible."

After chalking up wins in rounds one and two at Kurrawa, there was talk of a clean sweep but a "killer wave" from Hurst in round three at Alexandra Headland sunk his chances in an exciting finish which saw the Olympian climb onto "a bomb" which swept him from last to first.

Eckstein knows Hurst will be lurking and chasing a final round win to finish the Series on a high note.

The women's Series is one of the closest in years with three-time Coolangatta Gold winner **Hayley Bateup** chasing her maiden Ironwoman Series victory.

Bateup leads the series on 74 points after chalking up a win, a second, third and fourth – just two points clear of reigning Coolangatta Gold winner and former Australian Ironwoman champion **Alicia Marriott** (72), with defending champion Naomi Flood next on 70 points.

The race is on for the women's crown and as in the men's field the race is also on for positions in the top six to qualify for next season.

## COMPETITOR NUMBERS – ROUND 1&2

### MEN

Number	Athletes	Team
1	Shannon Eckstein	Bolle
2	Ky Hurst	Bolle
3	Mark Simpson	Bolle
4	Pierce Leonard	Telstra
5	Nathan Smith	Telstra
6	Cory Hill	Telstra
7	Matt Poole	Inner Health Plus
8	Hugh Dougherty	Inner Health Plus
9	Rhys Drury	Inner Health Plus
10	James Stewart	DHL
11	Chris Allum	DHL
12	Dylan Newbiggin	DHL
13	Sam Hamilton	Westpac
14	Alastair Day	Westpac
15	Jono Stock	Westpac
16	Corey Jones	Centro
17	Daniel Moodie	Centro
18		Centro (wildcard)
19		(wildcard)
20		(wildcard)

### WOMEN

Number	Athletes	Team
1	Naomi Flood	Telstra
2	Hayley Bateup	Telstra
3	Terri Sullivan	Telstra
4	Elizabeth Pluimers	Bolle
5	Rebecca Creedy	Bolle
6	Alyce Bennett	Bolle
7	Kristyl Smith	Inner Health Plus
8	Courtney Hancock	Inner Health Plus
9	Bonnie Hancock	Inner Health Plus
10	Gemma Newbiggin	DHL
11	Flora Manciet	DHL
12	Amy Nurthen	DHL
13	Alicia Marriott	Westpac
14	Allira Richardson	Westpac
15	Katie Graham	Westpac
16	Sheree Merryful	Centro
17	Brodie Moir	Centro
18		Centro (wildcard)
19		(wildcard)
20		(wildcard)



## ***TIMETABLE***

### **Trial Friday February 5**

Alexandra Headland

3:30pm

### **Round 3 & 4 Saturday 6 - Sunday 7 February, 2010**

Alexandra Headland

11:00am

### **Trial Saturday February 20**

North Cronulla Beach, Sydney

3:30pm

### **Final Sunday February 21, 2010**

North Cronulla, Sydney

11:30am – 1:30pm      Live on Channel Seven



## ***TELEVISION BROADCAST TIMES***

All rounds of the 2010 Kellogg's Nutri-Grain Ironman series will be televised via the Seven Network (and Affiliates). Note: check your guide for more details.

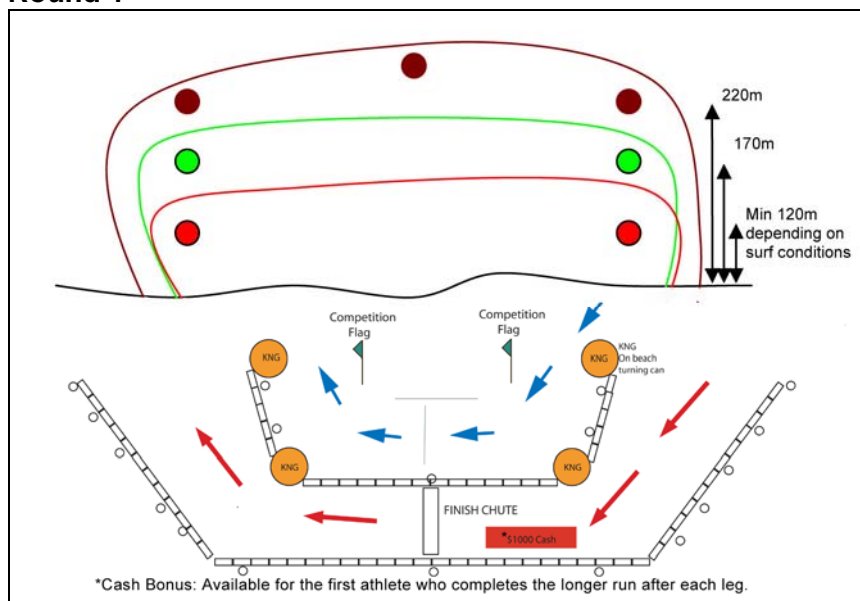
Sunday 17 January 2010	12-2pm
Sunday 31 January 2010	12-2pm
Sunday 7 February 2010	12-2pm
Sunday 14 February 2010	12-2pm
Sunday 21 February 2010	11.30am – 1.30pm - Live



**PRIME**

# COURSE MAPS

## Round 1

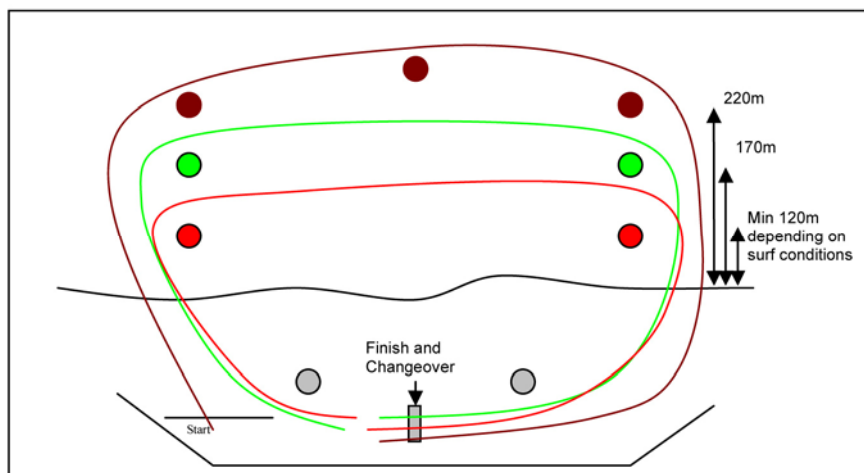


**Red** – Swim  
**Green** – Board  
**Brown** – Ski

*\*Check Round Formats for leg order*

## Round 2-5

### Traditional Ironman / Ironwoman course



**Red** – Swim  
**Green** – Board  
**Brown** – Ski

*\*Check Round Formats for leg order*



bolle

INNER HEALTH PLUS

ENDURA

Westpac

DHL

Gold Coast City Council

TYR



## PRIZE POOL

A total prize pool of \$250,000 will be on offer throughout the series.

Round 1 - The Dash for Cash		
Individual Round	Male	Female
Race 1 - Leg 1	\$1,000	\$1,000
Race 1 - Leg 2	\$1,000	\$1,000
Race 1 - Leg 3	\$1,000	\$1,000
Race 2 - Leg 1	\$1,000	\$1,000
Race 2 - Leg 2	\$1,000	\$1,000
Race 2 - Leg 3	\$1,000	\$1,000
1st place	\$6,500	\$6,500
2nd place	\$2,500	\$2,500
3rd place	\$1,400	\$1,400
4th place	\$800	\$800
5th place	\$450	\$450
6th place	\$400	\$400
7th place	\$250	\$250
Round 1 Total	\$18,300	\$18,300

Round 2 - The Accumulator		
Individual Round	Male	Female
1st place	\$6,500	\$6,500
2nd place	\$3,500	\$3,500
3rd place	\$2,000	\$2,000
4th place	\$1,400	\$1,400
5th place	\$1,150	\$1,150
6th place	\$750	\$750
7th place	\$600	\$600
8th place	\$400	\$400
Leg 1 Best Split time	\$500	\$500
Leg 2 Best Split time	\$500	\$500
Leg 3 Best Split time	\$500	\$500
Leg 4 Best Split time	\$500	\$500
Round 2 Total	\$18,300	\$18,300

Round 3 - The Sprint		
Individual Round	Male	Female
Semi Final 1	\$2,250	\$2,250
Semi Final 2	\$2,250	\$2,250
1st place	\$6,500	\$6,500
2nd place	\$3,500	\$3,500
3rd place	\$1,400	\$1,400
4th place	\$900	\$900
5th place	\$700	\$700
6th place	\$500	\$500
7th place	\$300	\$300
Round 3 Total	\$18,300	\$18,300



Round 4 - Athletes Choice		
Individual Round	Male	Female
Race 1 1st Place	2600	2600
Race 1 2nd place	1600	1600
Race 1 3rd place	1200	1200
1st place	4000	4000
2nd place	3000	3000
3rd place	2500	2500
4th place	1200	1200
5th place	900	900
6th place	750	750
7th place	550	550
Round 4 Total	\$18,300	\$18,300

Round 5 - The Eliminator		
Individual Round	Male	Female
Race 1 1st Place	\$2,250	\$2,250
Race 2 1st Place	\$2,250	\$2,250
1st place	\$6,500	\$6,500
2nd place	\$3,500	\$3,500
3rd place	\$1,400	\$1,400
4th place	\$900	\$900
5th place	\$700	\$700
6th place	\$500	\$500
7th place	\$300	\$300
Round 5 Total	\$18,300	\$18,300

Series (total)		
Series total	Male	Female
1st place	\$12,000	\$12,000
2nd place	\$7,000	\$7,000
3rd place	\$4,000	\$4,000
4th place	\$3,500	\$3,500
5th place	\$2,500	\$2,500
6th place	\$1,250	\$1,250
7th place	\$900	\$900
8th place	\$750	\$750
9th place	\$550	\$550
10th place	\$450	\$450
11th place	\$350	\$350
12th place	\$250	\$250



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Westpac

DHL

Gold Coast City Council

TYR

## **ROUND FORMATS**

### **Round 1: “Dash for Cash”**

An eliminator Ironman/Ironwoman format with three races - competitors have to qualify through to the next round in order to win the bigger prizes. But there is one big difference - There will be two options for the athlete in the run up the beach at the end of each leg:

**Option 1:** shorter route for athletes who want to ensure they qualify through to the next round and bypass the finish line on transition.

**Option 2:** longer route allows the athlete to “dash for cash” with the winner snatching \$1000 at the end of each leg.

**Race 1** – Board / Ski / Swim, 20 athletes down to 15 - **5 minute rest**

**Race 2** – Ski / Swim / Board, 15 athletes down to 10 - **5 minute rest**

**Race 3** – Swim / Board / Ski, Top 10 race in final

All female races will be run followed by all male races.

### **Round 2: “The Accumulator”**

This round is all about accumulated time. Athletes will complete all legs as an individual race. The times for each race will then be added to give the athlete an overall accumulated time. All female races (1-3) will be run followed by all male races.

**Race 1** – board race - **5 minute rest**

**Race 2** – ski race - **5 minute rest**

**Race 3** – swim race

**Race 4** – Ironman/Ironwoman race (Ski / Swim / Board)

This race is a handicap event. The athlete with the lowest accumulated time goes off first with other athletes leaving at intervals based on the accumulated time difference between the first athlete and themselves.

Female race 4 first and male race 4 to follow.

### **Round 3: “The Sprint”**

Athletes will be divided into two semi finals based on their ranking in the series after two rounds. They will take on a sprint course.

Semi final one will have all the odd ranked athletes (i.e. 1st, 3rd, 5th... and so on), while semi final two will have the evens (i.e. 2nd, 4th, 6th etc). There will be prize money for the winners of each semi final.

Final A will include the top 5 athletes from each semi final to make up a 10 person A final. Final B will include the bottom 5 athletes from each semi final to make up a 10 person B final. The remaining prize money will be distributed amongst the top 8.

**Racing order for Semis and Finals** – Board / Ski / Swim

### **Round 4: “Athletes’ Choice”**

**Race 1** – Traditional Ironman/Ironwoman course (ski, board, Swim)

The athletes will race on a traditional Ironman/Ironwoman course. The first athlete that crosses the finish line will collect \$1000 and a clock will be started with a 3 minute count down on it. All the competitors that also cross the finish line within the 3 minutes will compete in race two. Any athlete who does not cross the finish line within the 3 minute cut off will be eliminated.

**Race 2** - Traditional Ironman/Ironwoman course (board, swim, ski)

Race two will also be a traditional Ironman/Ironwoman course which is where the major round prize money and series points are up for grabs.

### **Round 5: “The Eliminator”**

The finale to the series will be the same eliminator format as in 2009.

The only difference is that the first two races will also carry prize money for the winners.

**Race 1:** Swim / Ski / Board, 20 athletes down to 15

**Race 2:** Ski / Board / Swim, 15 athletes down to 10

**Race 3:** Board / Swim / Ski, Top 10 race in final

## **FIELDS**

### **2010 KELLOGG'S NUTRI-GRAIN IRONMAN SERIES QUALIFIERS:**

#### **Ironman**

1. Shannon Eckstein (Northcliffe)
2. Matt Poole (Mooloolaba)
3. Pierce Leonard (Northcliffe)
4. Nathan Smith (Northcliffe)
5. Corey Jones (Met Caloundra)
- (\* Zane Holmes prequalified however is out of the 2010 due to injury)*
- Qualified from the Tugun Trial:*
6. Rhys Drury (Dicky Beach)
7. Ky Hurst (Kurrawa)
8. Sam Hamilton (Tugun)
9. Hugh Dougherty (Tugun)
10. Chris Allum (Cronulla)
11. Cory Hill (Northcliffe)
12. Alastair Day (Warilla-Barrack Point)
13. Dylan Newbiggin (Mooloolaba)
14. Daniel Moodie (Northcliffe)
15. Mark Simpson (Cronulla)
16. Jono Stock (Manly)
17. James Stewart (North Burleigh)

*Wildcard Trials (prior to rounds 1, 3 and 5)*

18. TBC
19. TBC
20. TBC

#### **Ironwomen**

1. Naomi Flood (Manly)
2. Kristyl Smith (Northcliffe)
3. Elizabeth Pluimers (Northcliffe)
4. Alicia Marriott (Mooloolaba)
5. Courtney Hancock (Northcliffe)
6. Gemma Newbiggin (Mooloolaba)
7. Rebecca Creedy (Met Caloundra)
8. Hayley Bateup (Kurrawa)
9. Flora Manciet (Northcliffe)
10. Sheree Merryfull (Northcliffe)
11. Allira Richardson (Mooloolaba)
12. Amy Nurthen (Terrigal)
13. Bonnie Hancock (Northcliffe)
14. Terri Sullivan (Northcliffe)
15. Brodie Moir (North Burleigh)
16. Katie Graham (Northcliffe)
17. Alyce Bennett (North Burleigh)

*Wildcard Trials (prior to rounds 1, 3 and 5)*

18. TBC
19. TBC
20. TBC

## **WILDCARD FROMAT**

The introduction of the 'Wildcards' is a new initiative designed to give competitors more opportunity than ever before to compete in the elite series.

Wildcard Trials will be held the Friday prior to rounds one and three, and the Saturday prior to round five. Three (3) male and three (3) female competitors will be selected to race across the respective weekends. This not only opens up the competition, but also allows more local competitors in the host regions the chance to take part in the Series.

Qualified Wildcard competitors are entitled to the same points and prize money as regular Series competitors.

## PAST RESULTS

2009 Kellogg's Nutri-Grain Ironman & Ironwoman Series	
Men	Women
1 Shannon Eckstein	1 Naomi Flood
2 Zane Holmes	2 Kristyl Smith
3 Matt Poole	3 Elizabeth Pluimers
4 Pierce Leonard	4 Courtney Hancock
5 Corey Jones	5 Alicia Marriott
6 Nathan Smith	6 Gemma Newbiggin
7 Wes Berg	7 Alyce Bennett
8 Chris Allum	8 Hayley Bateup
9 Hugh Dougherty	9 Rebecca Creedy
10 Dean Mercer	10 Brodie Moir
11 James Stewart	11 Allira Richardson
12 Luke Nisbet	12 Chloe Jones
13 Dylan Newbiggin	13 Bonnie Hancock
14 Hayden Allum	14 Terri Sullivan
15 Brendon Sarson	15 Chelsea Mackenzie
16 Kendrick Louis	16 Flora Manciet
17 Andrew Mosel	17 Kirsten Ulmer
18 Jack Hansen	18 Bianca Lee

2007 Kellogg's Nutri-Grain Ironman & Ironwoman Series	
Men	Women:
1 Shannon Eckstein	1 Kristy Harris
2 Zane Holmes	2 Elizabeth Pluimers
3 Wes Berg	3 Kristyl Smith
4 Dean Mercer	4 Alicia Marriott
5 Nathan Smith	5 Allira Richardson
6 Hugh Dougherty	6 Sheree Merryfull
7 Tim Peach	7 Hayley Bateup
8 Leon Hay	8 Emma Wynne
9 Rhys Drury	9 Kristy Munroe
10 Pierce Leonard	10 Naomi Flood
11 Corey Jones	11 Bianca Lee
12 Joshua Blair	12 Chelsea MacKenzie
13 Luke Nisbet	13 Courtney Hancock
14 Brendon Sarson	14 Lucy Pengelly
15 Chris Allum	15 Flora Manciet
16 Steven Meredith*	16 Alyce Bennett
(replaced Daniel Shade)	17 Amanda White
17 Phil Clayton	18 Emma Parsons
18 Andrew Mosel	
19 Daniel Shade*	

2008 Kellogg's Nutri-Grain Ironman & Ironwoman Series	
Men	Women
1 Zane Holmes	1 Elizabeth Pluimers
2 Shannon Eckstein	2 Alicia Marriott
3 Hugh Dougherty	3 Naomi Flood
4 Pierce Leonard	4 Bianca Lee
5 Wes Berg	5 Kristy Munroe
6 Nathan Smith	6 Gemma Newbiggin
7 Corey Jones	7 Emma Wynne
8 Dean Mercer	8 Alyce Bennett
9 Luke Nisbet	9 Terri Sullivan
10 Daniel Shade	10 Chloe Jones
11 Drew Cairncross	11 Courtney Hancock
12 Jacob Lollback	12 Bonnie Hancock
13 Chris Allum	13 Sheree Merryful
14 Wade Krieger	14 Allira Richardson
15 Brendon Sarson	15 Flora Manciet
16 Hayden Smith	16 Chelsea MacKenzie
17 Matt Poole	17 Brodie Moir
18 Tim Peach	18 Candice Falzon
19 Kyle Garrett	

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 & PRGRESSIVE POINTSCORE

Progressive Pointscore – (After Round Four)					
MEN			WOMEN		
Shannon Eckstein	(Northcliffe)	79	Hayley Bateup	(Kurrawa)	<b>74</b>
Hugh Dougherty	(Tugun)	73	Alicia Marriott	(Mooloolaba)	<b>72</b>
Ky Hurst	(Kurrawa)	65	Naomi Flood	(Manly)	<b>70</b>
Rhys Drury	(Dicky Beach)	60	Elizabeth Pluimers	(Northcliffe)	<b>63</b>
Ali Day	(Warilla-Barrack Point)	56	Courtney Hancock	(Northcliffe)	<b>61</b>
Corey Jones	(Met Caloundra)	52	Kristyl Smith	(Northcliffe)	60
Pierce Leonard	(Northcliffe)	51	Rebecca Creedy	(Met Caloundra)	49
Nathan Smith	(Northcliffe)	47	Terri Sullivan	(Northcliffe)	46
Dylan Newbiggin	(Mooloolaba)	45	Bonnie Hancock	(Northcliffe)	45
Matt Poole	(Mooloolaba)	44	Brodie Moir	(North Burleigh)	43
Cory Hill	(Northcliffe)	42	Gemma Newbiggin	(Mooloolaba)	41
Chris Allum	(Cronulla)	41	Amy Nurthen	(Terrigal)	40
Sam Hamilton	(Tugun)	39	Flora Manciet	(Northcliffe)	33
James Stewart	(North Burleigh)	36	Allira Richardson	(Mooloolaba)	32
Jono Stock	(Manly)	25	Alyce Bennett	(North Burleigh)	22
Daniel Moodie	(Northcliffe)	24	Sheree Merryfull	(Northcliffe)	22
Mark Simpson	(Cronulla)	22	Kelly-Ann Perkins	(Met Caloundra)	20
Alex Tibbits	(Mooloolaba)	11	Harriet Brown	(Northcliffe)	17
Mitchell Miller	(Mooloolaba)	11	Katie Graham	(Northcliffe)	16
Josh Minogue	(Mooloolaba)	8	Casey Leo-Litzow	(Northcliffe)	10
Cameron Gordon	(Northcliffe)	5	Jessica Walker	(Northcliffe)	4
Samuel Hunt	(North Burleigh)	4			

## Kellogg's Nutri-Grain Ironman Series 2010

### MEN

**Round 1: Kurrawa:** Shannon Eckstein (Northcliffe) Hugh Dougherty (Tugun) Ky Hurst (Kurrawa) Alastair Day (Warilla-Barrack Point) Corey Jones (Met Caloundra) Matt Poole (Mooloolaba) Pierce Leonard (Northcliffe) Dylan Newbiggin (Mooloolaba) Jono Stock (Manly) Rhys Drury (Dicky Beach) Chris Allum (Cronulla) Mitchell Miller James Stewart (North Burleigh) (Mooloolaba) Nathan Smith (Northcliffe) Mark Simpson (Cronulla) Cory Hill (Northcliffe) Alex Tibbits (Mooloolaba) Sam Hunt (North Burleigh) Daniel Moodie (Northcliffe) Sam Hamilton (Tugun)

**Round 2: Kurrawa:** Shannon Eckstein (Northcliffe) Hugh Dougherty (Tugun) Ky Hurst (Kurrawa) Matt Poole (Mooloolaba) Pierce Leonard (Northcliffe) Cory Hill (Northcliffe) Rhys Drury (Dicky Beach) Nathan Smith (Northcliffe) Sam Hamilton (Tugun) James Stewart (North Burleigh) Alastair Day (Warilla-Barrack Point) Daniel Moodie (Northcliffe) Chris Allum (Cronulla) Jono Stock (Manly) Dylan Newbiggin (Mooloolaba) Corey Jones (Met Caloundra) Mark Simpson (Cronulla) Alex Tibbits (Mooloolaba) Mitchell Miller (Mooloolaba) Samuel Hunt (North Burleigh)

**Round 3: Alexandra Headlands:** Men: Ky Hurst (Kurrawa) Shannon Eckstein (Northcliffe) Corey Jones (Mooloolaba) Rhys Drury (Dicky Beach) Hugh Dougherty (Tugun) Nathan Smith (Northcliffe) Alastair Day (Warilla-Barrack Point) Pierce Leonard (Northcliffe) Chris Allum (Cronulla) James Stewart (North Burleigh) Sam Hamilton (Tugun) Dylan Newbiggin (Mooloolaba) Cory Hill (Northcliffe) Matt Poole (Mooloolaba) Josh Minogue (Mooloolaba) Mark Simpson (Cronulla) Cameron Gordon (Northcliffe) Daniel Moodie (Northcliffe) Jono Stock (Manly) Alex Tibbits (Mooloolaba)

**Round 4: Alexandra Headlands:** Shannon Eckstein (Northcliffe) Hugh Dougherty (Tugun) Rhys Drury (Dicky Beach) Dylan Newbiggin (Mooloolaba) Sam Hamilton (Tugun) Alastair Day (Warilla-Barrack Point) Cory Hill (Northcliffe) Corey Jones (Met Caloundra) Nathan Smith (Northcliffe) Chris Allum (Cronulla) Daniel Moodie (Northcliffe) Ky Hurst (Kurrawa) Peirce Leonard (Northcliffe) Mark Simpson (Cronulla) James Stewart (North Burleigh) Matt Poole (Mooloolaba) Jono Stock (Manly) Alex Tibbits (Mooloolaba) Josh Minogue (Mooloolaba) Cameron Gordon (Northcliffe)

## WOMEN

**Round 1: Kurrawa:** Alicia Marriott (Mooloolaba) Naomi Flood (Manly) Kristyl Smith (Northcliffe) Hayley Bateup (Kurrawa) Elizabeth Pluimers (Northcliffe) Gemma Newbiggin (Mooloolaba) Amy Nurthen (Terrigal) Terri Sullivan (Northcliffe) Courtney Hancock (Northcliffe) Rebecca Creedy (Met Caloundra) Brodie Moir (North Burleigh) Bonnie Hancock (Northcliffe) Sheree Merryful (Northcliffe) Flora Manciet (Northcliffe) Allira Richardson (Mooloolaba) Kelly-Ann Perkins (Met Caloundra) Alyce Bennett (North Burleigh) Katie Graham (Northcliffe) Jessica Walker (Northcliffe) Harriet Brown (Northcliffe)

**Round 2: Kurrawa:** Hayley Bateup (Kurrawa) Kristyl Smith (Northcliffe) Alicia Marriott (Mooloolaba) Elizabeth Pluimers (Northcliffe) Naomi Flood (Manly) Courtney Hancock (Northcliffe) Bonnie Hancock (Northcliffe) Flora Manciet (Northcliffe) Terri Sullivan (Kurrawa) Sheree Merryfull (Northcliffe) Amy Nurthen (Terrigal) Rebecca Creedy (Met Caloundra) Gemma Newbiggin (Mooloolaba) Alyce Bennett (North Burleigh) Brodie Moir (North Burleigh) Allira Richardson (Mooloolaba) Harriet Brown (Northcliffe) Kelly-Ann Perkins (Met Caloundra) Jessica Walker (Northcliffe) Katie Graham (Northcliffe)

**Round 3: Alexandra Headlands:** Kristyl Smith (Northcliffe) Naomi Flood (Manly) Hayley Bateup (Kurrawa) Courtney Hancock (Northcliffe) Alicia Marriott (Mooloolaba) Brodie Moir (North Burleigh) Rebecca Creedy (Met Caloundra) Terri Sullivan (Northcliffe) Gemma Newbiggin (Mooloolaba) Flora Manciet (Northcliffe) Elizabeth Pluimers (Northcliffe) Bonnie Hancock (Northcliffe) Harriett Brown (Northcliffe) Allira Richardson (Mooloolaba) Amy Nurthen (Terrigal) Casey Leo-Litzow (Northcliffe) Alyce Bennett (North Burleigh) Katie Graham (Northcliffe) Sheree Merryful (Northcliffe) Kelly-Ann Perkins (Met Caloundra)

**Round 4: Alexandra Headlands:** Elizabeth Pluimers (Northcliffe) Hayley Bateup (Kurrawa) Alicia Marriott (Mooloolaba) Courtney Hancock (Northcliffe) Naomi Flood (Manly) Rebecca Creedy (Mooloolaba) Allira Richardson (Mooloolaba) Bonnie Hancock (Northcliffe) Brodie Moir (North Burleigh) Kelly-Ann Perkins (Met Caloundra) Amy Nurthen (Terrigal) Katie Graham (Northcliffe) Terri Sullivan (Northcliffe) Alyce Bennett (North Burleigh) Gemma Newbiggin (Mooloolaba) Casey Leo-Litzow (Northcliffe) Harriet Brown (Northcliffe) Kristyl Smith (Northcliffe) Flora Manciet (Northcliffe) Sheree Merryful (Northcliffe)





## ATHLETE PROFILES

### MEN



CHRIS ALLUM #11	
NICKNAME:	Chip
BORN:	4/02/86
AGE:	24 (24 from round 3)
HOME:	Cronulla, NSW
HEIGHT:	186cm
CLUB:	Cronulla, NSW
COACH:	Rich Garnsey, Rob Walker, Matt Brown
YEARS IN SURF LIFE SAVING:	15
BOARD COLOUR & MAKE	Black - Kracka
SKI COLOUR & MAKE	White - Dolphin



#### **SURF LIFESAVING**

##### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF LIFESAVING:**

12+ Australian team member, 10+ NSW teams / current captain

**FAMILY INVOLVEMENT IN SLS:** Greg Allum, (dad) former Aust.

Ironman Champion 1979, Hayden Allum (brother) Nutri-Grain 09

**HOW DID YOU START SLS:** Family, Friends

**5 BEST CAREER RESULTS:** World Surf race champion 08,

Australian Surf Race champion 08, NSW surf race champion

04/05/06/07/09, NSW Ironman Champion 07

**TRAINING ROUTINE:** 7 swim, 2 board, 1 ski

**2010 SEASON GOALS:** Australian Life Saving team Egypt

**SURF LIFE SAVING SHORT TERM GOALS:** Captain NSW at the

2010 Interstate championships

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Captain of the Australian Surf Live Saving team

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** B. Ed. (Primary) completed 2008

**OCCUPATION:** Primary School teacher

**FAMILY MEMBERS:** (mum, dad, siblings) Greg, Patricia, Kate, Hayden

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR**

**PLAYED SPORT AT A NATIONAL LEVEL?** Greg and Hayden –

SLSA, Kate – Waterpolo

**YOUR BEST TRAINING TIP:** Train like you race

**WHAT STOPS YOU FROM GIVING UP?** Competitive nature

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Lots of Golf,

spending time with girlfriend Lisa

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Brother

Hayden, keeps me motivated

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE,**

**WHO WOULD IT BE AND WHY?** Tiger Woods, improve my short game

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO**

**AND WHY?** My mum! What else can I say

**NOTABLE QUOTE:** People don't remember who came second!

ALASTAIR DAY #14	
NICKNAME:	Ali
BORN:	20/07/90
AGE:	19
HOME:	Kiama, NSW
HEIGHT:	183cm
CLUB:	Warilla-Barrack Point, NSW
COACH:	Martin Smith, Mick McKeon
YEARS IN SURF LIFE SAVING:	12
BOARD COLOUR & MAKE	Grey, aqua and blue - Berg
SKI COLOUR & MAKE	Red, pink, blue - Gibbons



#### **SURF LIFESAVING**

**PREVIOUS STATE / AUSTRALIAN TEAMS:** Australian U/21 Sanyo Bussan Cup 09, NSW interstate 09, NSW country 08/09, Australian High Performance squad 09

**FAMILY INVOLVEMENT IN SLS:** Dad member of Bondi since 1968. My older brother competes and trains with me.

**HOW DID YOU START SLS:** When I was young I swam my dad did surf I tried it out one day and I haven't stopped.

**5 BEST CAREER RESULTS:** 2<sup>nd</sup> Aus U/19 Ironman 09, Australian Champions in U/19 ski relay and double ski, 2<sup>nd</sup> Australian U/19 board relay, board rescue and swim teams

**TRAINING ROUTINE:** Swim 5 Run 3 Board 2 Ski 4

**2010 SEASON GOALS:** Top 12 KNG series; Top 5 in NSW ski, board, swim, iron; Make Australian iron and swim final

**SURF LIFE SAVING SHORT TERM GOALS:** Keep making KNG series; get stronger in all facets of iron man racing; Top 5 in the Coolangatta gold

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win the nib Coolangatta gold; Win an Australian Ironman title; Win an Australian Taplin Final; Make an Australian team

#### **OUT OF THE SURF**

**OCCUPATION:** Labourer, lifeguard, personal trainer

**FAMILY MEMBERS:** Mum Kim, Dad Ross, Older brother Blair, Younger sister Charlotte

**YOUR BEST TRAINING TIP:** Always train hard every single session no matter the circumstances and always be consistent with your training.

**WHAT STOPS YOU FROM GIVING UP?** Thinking about achieving my goals in the sport.

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surfing, sleeping, fishing, hanging with mates, watching entourage, playing lawn bowls.

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Craig Alexander 2x Hawaiian Iron man Champion. Because he is an absolute machine and he is so dedicated to his sport and a true champion.

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Probably Craig Alexander he could teach you a lot while training. Or Darren and Dean Mercer they both never gave up and would always train hard no matter what. I think the three of them would raise the bar all the time while training.

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Definitely mum and dad for all the support. My Nan who is interested in my sport and how I am going. All my coaches that have been there along the way.

**NOTABLE QUOTE** "Never say never" "There are no shortcuts to any place worth going"



<b>HUGH DOUGHERTY</b>		<b>#8</b>
<b>NICKNAME:</b>	Huge, Snatch	
<b>BORN:</b>	16/11/83	
<b>AGE:</b>	26	
<b>HOME:</b>	Tugun, QLD	
<b>HEIGHT:</b>	180cm	
<b>CLUB:</b>	Tugun, QLD	
<b>COACH:</b>	Myself, Denis Cotterell	
<b>YEARS IN SURF LIFE SAVING:</b>	20	
<b>BOARD COLOUR &amp; MAKE</b>	Blue - Kracka	
<b>SKI COLOUR &amp; MAKE</b>	Yellow - Gibbons	



#### **SURF LIFESAVING**

**YEARS IN SURF LIFESAVING:** 20 yrs

**PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 2x Australian representative

**FAMILY INVOLVEMENT IN SLS:** Father & brother all involved in surf club

**HOW DID YOU START SLS:** Followed my family into the club

**5 Best Career Results:** 3<sup>rd</sup> KNG Series 2008; Australian U16 Ironman; Australian U19 board; 4x Australian Taplin relay titles

**TRAINING ROUTINE:** 3 swims, 2 board, 3 skis, 1 ironman

**2010 SEASON GOALS:** Top 5 in Series

**SURF LIFE SAVING SHORT TERM GOALS:** Compete to best ability, have fun

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win a National board or Ironman title in Open division

#### **OUT OF THE SURF**

**OCCUPATION:** Plumber

**FAMILY MEMBERS:** Mum Cathy, Dad Jim, Brothers Joe & Marty, Sister Emma

**YOUR BEST TRAINING TIP:** Race as much as you can

**WHAT STOPS YOU FROM GIVING UP?** Wanting to succeed

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surfing

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Kelly Slater

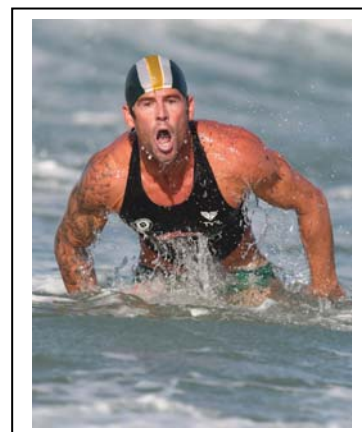
**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Jacob Lollback

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** Jacob Lollback, best mate, top competitor who passed away

**NOTABLE QUOTE:** Perfect preparation prevents poor performance

<b>RHYS DRURY</b>		<b>#9</b>
<b>NICKNAME:</b>	Rhyso	
<b>BORN:</b>	16/06/77	
<b>AGE:</b>	32	
<b>HOME:</b>	Mountain Creek, QLD	
<b>HEIGHT:</b>	183cm	
<b>CLUB:</b>	Dicky Beach, QLD	
<b>COACH:</b>	Self, Michael King	
<b>YEARS IN SURF LIFE SAVING:</b>	25	
<b>BOARD COLOUR &amp; MAKE:</b>	White/green/blue - Kracka	
<b>SKI COLOUR &amp; MAKE:</b>	Light green/dark green/white - O2 Flyte	



#### **SURF LIFESAVING:**

**FAMILY INVOLVEMENT IN SLS:** Dad – North Cronulla 1954-1060

**HOW DID YOU START SLS:** Joined nippers with a friend from school at the age of 9

**5 BEST CAREER RESULTS:** 1<sup>st</sup> nib Coolangatta Gold 07;

1<sup>st</sup> Nutri-Grain Race win 97 Bondi Beach; 1<sup>st</sup> U15 Board

92 Aussie titles Collaroy; 1<sup>st</sup> U18 ski 95 Aussie titles

Kurrawa; 1<sup>st</sup> Board race U9 nipper Thirroul Beach

**TRAINING ROUTINE:** 4 swims, 2 board, 3 ski, 4-5 run/bike, 2 Ironman

**2010 SEASON GOALS:** Win KNG Series; Win Aussies Ironman Title

**SURF LIFE SAVING SHORT TERM GOALS:**

Consistency

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win Aussies Ironman Title

#### **OUT OF THE SURF**

**OCCUPATION:** Professional Lifeguard, Sunshine Coast Council

**FAMILY MEMBERS:** Wife Renae, daughter Taya, mum Margaret, dad George, brother Sean, sister Simone

**YOUR BEST TRAINING TIP:** Nothing beats hard work

**WHAT STOPS YOU FROM GIVING UP?** Nothing

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?**

Spend time with my wife Renae and daughter Taya

**WHO'S YOUR FAVOURITE SPORTS PERSON AND**

**WHY?** Occy, An Aussie legend, such a character

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Trevor

Hendy, would love to learn from the best ever

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** My wife, without her it would not have been possible

**NOTABLE QUOTE:** "Dream, believe, achieve"

<b>SHANNON ECKSTEIN – DEFENDING CHAMPION #1</b>	
<b>NICKNAME:</b>	Shan
<b>BORN:</b>	7/5/83
<b>AGE:</b>	26
<b>HOME:</b>	Gold Coast
<b>HEIGHT:</b>	180cm
<b>CLUB:</b>	Northcliffe
<b>COACH:</b>	Pat O'Keefe, Denis Cotterell
<b>YEARS IN SURF LIFE SAVING:</b>	15
<b>BOARD COLOUR &amp; MAKE:</b>	Purple / White - Dolphin
<b>SKI COLOUR &amp; MAKE:</b>	Purple / White - Dolphin



#### **SURF LIFESAVING:**

##### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** World Games 09 Captain; International Challenge 09 Captain; Rescue 08

**FAMILY INVOLVEMENT IN SLS:** Dad Bill, competitor for many years, Mum Donna, completed nib Coolangatta Gold 09, Brother Caine, won nib Coolangatta Gold 05, 08, and 09

**HOW DID YOU START SLS:** Dad was coaching Nippers

**5 Best Career Results:** 4 X KNG Ironman Series Champion; 3x Australian Ironman Champion; 2x World Ironman Champion

**TRAINING ROUTINE:** 4 Swim, 3 ski, 2 Ironman, 2 Board, 1 Gym, 1 Yoga

**2010 SEASON GOALS:** Win Kellogg's Nutri-Grain Series, Aussies, Worlds

**SURF LIFE SAVING SHORT TERM GOALS:** Australian Team Rescue 2010

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Rescue 2012

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Bachelor of Exercise Science

**OCCUPATION:** Athlete

**FAMILY MEMBERS:** Mum - Donna, brother - Caine, sister - Amy, fiancée - Belinda

**YOUR BEST TRAINING TIP:** Have variety in your routine

**WHAT STOPS YOU FROM GIVING UP?** The feeling after you have finished

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Play golf, Horse Racing

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Tiger Woods – Too good

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Muhammad Ali - a great of sport

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Dad – he started my career and taught me everything but one win isn't enough to dedicate

**NOTABLE QUOTE:** If you lose, don't lose the lesson

<b>SAM HAMILTON #13</b>	
<b>NICKNAME:</b>	Poochie
<b>BORN:</b>	20/12/83
<b>AGE:</b>	26
<b>HOME:</b>	Kingscliff, NSW
<b>HEIGHT:</b>	183cm
<b>CLUB:</b>	Tugun, QLD
<b>COACH:</b>	Hugh Dougherty
<b>YEARS IN SURF LIFE SAVING:</b>	20
<b>BOARD COLOUR &amp; MAKE:</b>	Black - Excel
<b>SKI COLOUR &amp; MAKE:</b>	White - Slipstream



#### **SURF LIFESAVING:**

##### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** QLD Team 03

**Family involvement in SLS:** All have patrolled at some point

**HOW DID YOU START SLS:** Liked the beach

**5 BEST CAREER RESULTS:** U19 02 Aussies Board Champion; 2<sup>nd</sup> Open 05, 06 Aussie Board; 5x Australian Taplin Champions with Tugun

**TRAINING ROUTINE:** 3 swims, 2 board, 3 ski, 1 transition

**2010 SEASON GOALS:** Do well, maybe an Aussies board race title

**SURF LIFE SAVING SHORT TERM GOALS:** Stay uninjured

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Make a national team; Win a KNG title

#### **OUT OF THE SURF:**

**SCHOOL / UNIVERSITY / STUDIES:** Year 12

Mullumbimby, PBC High

#### **OCCUPATION:**

Plumber

**FAMILY MEMBERS:** Mum (Judy), Dad (Greg), brother (Bill) & sister (Grace)

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Dad played 1<sup>st</sup> grade Footy and AFL

**YOUR BEST TRAINING TIP:** Be consistent.

**WHAT STOPS YOU FROM GIVING UP?** Being bored

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surf, relax, hang out with my Mrs and Mates

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Kelly Slater – Mr Consistent

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** "Spot"

Anderson, sounded like a bit of a character in his day

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Jacob Lollback – was a great mate who passed away earlier in 09

**NOTABLE QUOTE:** "Have a go ya mug"

CORY HILL #6	
NICKNAME:	Cozza
BORN:	24/04/89
AGE:	20
HOME:	Mermaid Waters, QLD
HEIGHT:	
WEIGHT:	
CLUB:	Northcliffe, QLD
COACH:	Denis Cotterell, Pat O'Keefe
YEARS IN SURF LIFE SAVING:	12
BOARD COLOUR & MAKE:	White - Dolphin
SKI COLOUR & MAKE:	White / Blue - Dolphin



### SURF LIFESAVING

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** U19 QLD & U13, 14, 16 SA State Teams

**FAMILY INVOLVEMENT IN SLS:** Gavin Hill (dad) forever Australian Teams

**How did you start SLS:** My dad got me involved down in SA at Grange SLSC. Loved it ever since.

**5 BEST CAREER RESULTS:** 4<sup>th</sup> nib Coolangatta Gold 09; 10<sup>th</sup> nib Coolangatta Gold 08; 4<sup>th</sup> Taplin Relay Aussies 09; Making Kellogg's Nutri-Grain 2010; State Team U19 07

**TRAINING ROUTINE:** 3 ski, 4 swim, 3 board, 3 run, 2 Iron

**2010 SEASON GOALS:** Ironman & Board Aussies final

**SURF LIFE SAVING SHORT TERM GOALS:** Be in the top half for Kellogg's

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Aussie Ironman champion, nib Coolangatta Gold champion, Kellogg's series winner

### OUT OF THE SURF

**SCHOOL / UNIVERSITY / STUDIES:** Studying commerce at Griffith Uni

**OCCUPATION:** Bistro / Bar at Northcliffe SLSC

**FAMILY MEMBERS:** Mum Jackie, Dad Gavin, Sister Jessie

**HAVE ANY OF YOUR FAMILY REPRESENTED**

**AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Gavin Hill (dad) represented Australia for SLS

**YOUR BEST TRAINING TIP:** Be at training and when you're there give it 100%

**WHAT STOPS YOU FROM GIVING UP?** Achieving what you have dreamed of. I you don't give up and be true to yourself, good things will follow.

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Hang out with friends & family, movies, surfing

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Pierce, Shannon, Zane – amazing to train with

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Jacob Lollback.

Always a great racer and could never beat him. A strong kid.

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** Aaron Murphy, mum, dad, or Jacob

Lollback, one of my heroes

**NOTABLE QUOTE:** "A little bit of pain never hurt anybody"

KY HURST #2	
NICKNAME:	Killer
BORN:	11/03/81
AGE:	28
HOME:	Mermaid Beach, QLD
HEIGHT:	183cm
CLUB:	Kurrawa, QLD
COACH:	Phil Clayton
YEARS IN SURF LIFE SAVING:	20
BOARD COLOUR & MAKE:	Metallic green - Kracka
SKI COLOUR & MAKE:	Gold - Gibbons



### SURF LIFESAVING

**FAMILY INVOLVEMENT IN SLS:** Mum - Kerrie, Brother - Dane & Great Uncle Keith (Spaz) Hurst

**HOW DID YOU START SLS:** I was involved with board riders for Wamberal & had a few friends that were in Nippers.

**5 BEST CAREER RESULTS:** Representing Australia at the Beijing Olympics for 10km open water swimming; 1<sup>st</sup> London 10km Open water world cup 08; 7 Australian Ironman titles; 6 Australian open surf swims; 26 Australian Surf gold medals

**TRAINING ROUTINE:** 4 Swim, 2 board, 2 ski

### OUT OF THE SURF

**SCHOOL / UNIVERSITY / STUDIES:** Bond University studying Property & Sustainable Development

**OCCUPATION:** Athlete

**FAMILY MEMBERS:** Mum Kerrie, brother Dane

**HAVE ANY OF YOUR FAMILY REPRESENTED**

**AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Yes Brother – KNG series

### **YOUR BEST TRAINING TIP:**

Listen to your body

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Love

surfing, snowboarding, motorcross & the occasional beer

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Craig Stevens (400m & 1500m swimmer) because he was "so bloody hard to keep up with" at training leading into the last Olympics

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Laird Hamilton would be one person I'd love to train with because its another perspective of being a waterman outside of my arena

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** All my wins are dedicated to my mum due to all of her efforts whilst my brother and I were growing up.

**NOTABLE QUOTE** "Limitation is a creation of your mind"

COREY JONES #16	
NICKNAME:	Seagull
BORN:	9/6/86, Brisbane
AGE:	23
HOME:	Pelican Waters, QLD
HEIGHT:	184cm
CLUB:	Met Caloundra
COACH:	Rhett Collie, John Wallace
YEARS IN SURF LIFE SAVING:	10
BOARD COLOUR & MAKE	Grey - Hayden
SKI COLOUR & MAKE	Blue, white - Hayden



#### **SURF LIFESAVING**

**FAMILY INVOLVEMENT IN SLS:** Whole family at different times, now only Chloe and myself

**HOW DID YOU START SLS:** Through the Nippers

**5 BEST CAREER RESULTS:** 2<sup>nd</sup> Australian champs open and U/19 ironman, 1<sup>st</sup> 2008 round Kellogg's Nutri-Grain at Coolum

**TRAINING ROUTINE:** Swim morning, craft afternoon

**2010 SEASON GOALS:** Improve and enjoy

**SURF LIFE SAVING SHORT TERM GOALS:** Race to my best

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Get famous

#### **OUT OF THE SURF**

**OCCUPATION:** Pool technician / professional lifeguard

**FAMILY MEMBERS:** Mum dad 2 brothers 1 sister

#### **HAVE ANY OF YOUR**

**FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** My oldest brother races for Australia in triathlon.

**YOUR BEST TRAINING TIP:** Surf when the waves are good

**WHAT STOPS YOU FROM GIVING UP?** Beach and friends

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Mow the lawn do the gardens, fish, surf

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Trevor Hendy he's a legend

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Mick Fanning because he gets to surf the best waves in the world

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Mum and dad for feeding and looking after me

PIERCE LEONARD #4	
NICKNAME:	Fluff
BORN:	9/10/86, Sydney
AGE:	23
HOME:	Gold Coast
HEIGHT:	189cm
CLUB:	Northcliffe
COACH:	Pat O'Keefe
YEARS IN SURF LIFE SAVING:	20
BOARD COLOUR & MAKE	White with Blue Rails - Xcel
SKI COLOUR & MAKE	White with Blue & Black Stripe - Dolphin



#### **SURF LIFESAVING**

**PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** Under 23 Australian Team; U 19-16 QLD Teams

**HOW DID YOU START SLS:** Mum and dad took me and my brothers and sister to Clovelly Surf Club and I became a Nipper

**5 BEST CAREER RESULTS:** Australian Ironman Champion 09; State Iron Man Champion 09; Australian Ironman Champion 07; Ocean Assault Ironman Champion 07; 2<sup>nd</sup> Nutri-Grain Final 06

**TRAINING ROUTINE:** 6 Days a Week 12 Sessions mixed

**2010 SEASON GOALS:** To be consistent in Nutri-Grain racing and to have a successful Australian Surf Life Saving season

**SURF LIFE SAVING SHORT TERM GOALS:** To look forward to going to Egypt for the World Surf Life Saving Titles

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** To achieve the best I can but more importantly, to be remembered as a good person.

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Year 10: Currently studying Personal Training Course at The Australian Institute YMCA

**OCCUPATION:** Student

**FAMILY MEMBERS:** Mum Donna, Father Peter, Sister Erin, Brothers: Matt and Zac

**YOUR BEST TRAINING TIP:** Stay consistent

**WHAT STOPS YOU FROM GIVING UP?** Not in my nature to give up!

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Golf, Cook, Shop, Visit Coffee Shops, Spend time with my mates

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Roger Federer

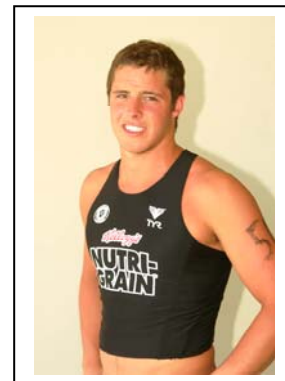
**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Muhammad Ali, because he was the greatest

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My sister Erin who inspires me

**NOTABLE QUOTE:** 'It is better to keep your mouth shut and let people think you are a fool than to open it and remove all doubt'



<b>DANIEL MOODIE</b> <span style="float: right;"><b>#17</b></span>	
<b>NICKNAME:</b>	
<b>BORN:</b>	7/10/87
<b>AGE:</b>	22
<b>HOME:</b>	Burleigh Waters, QLD (formally NZ)
<b>HEIGHT:</b>	180cm
<b>CLUB:</b>	Northcliffe, QLD
<b>COACH:</b>	Pat O'Keefe
<b>YEARS IN SURF LIFE SAVING:</b>	10
<b>BOARD COLOUR &amp; MAKE</b>	Dolphin
<b>SKI COLOUR &amp; MAKE</b>	Red/white Dolphin



### **SUR LIFESAVING**

#### **PREVIOUS / AUSTRALIAN TEAMS IN SURF LIFESAVING:**

New Zealand team member 07, 08, 09

**FAMILY INVOLVEMENT IN SLS:** Whole Family are members in New Zealand, younger brother and sister compete

**HOW DID YOU START SLS:** Used to swim, went along with a friend who was doing it

**5 Best Career Results:** Qualifying for the KNG series; Winning the New Zealand titles Ironman; Winning World games board race; Ironman final Aussies 09; 2<sup>nd</sup> Surf Teams Aussies 09

**TRAINING ROUTINE:** 3/4 swims, 2 board, 3 skis, 2 ironman, 2 run

**2010 SEASON GOALS:** Top 10 at Aussies in Ironman and Swim; Make Northcliffe world team and NZ team

**SURF LIFE SAVING SHORT TERM GOALS:** Top 10 placing in Ironman at Aussies

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win Ironman title at Aussies

### **OUT OF THE SURF**

**OCCUPATION:** Surf Craft Manufacturer Dolphin

**FAMILY MEMBERS:** Mother, father, brother and sister

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Dad played soccer for U21 New Zealand team

**YOUR BEST TRAINING TIP:** Have fun

**WHAT STOPS YOU FROM GIVING UP?** Pat yelling at me  
**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Like to have a beer with my friends

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Tiger Woods, cause he's achieved so much

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD**

**OR ALIVE, WHO WOULD IT BE AND WHY?** Phil Hellmuth (World poker champ) because training would consist of going to the casino

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My parents cause they've helped me along the way

**NOTABLE QUOTE:** You had me at "hello"

<b>DYLAN NEWBIGGIN</b> <span style="float: right;"><b>#12</b></span>	
<b>NICKNAME:</b>	Big D
<b>BORN:</b>	28/10/84
<b>AGE:</b>	25
<b>HOME:</b>	Mooloolaba, QLD
<b>HEIGHT:</b>	185cm
<b>CLUB:</b>	Mooloolaba, QLD
<b>COACH:</b>	Michael King
<b>YEARS IN SURF LIFE SAVING:</b>	10
<b>BOARD COLOUR &amp; MAKE</b>	White & blue, grey - Kracka
<b>SKI COLOUR &amp; MAKE</b>	White & blue, grey - Gibbons



### **SURF LIFESAVING**

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** Qld team 2006

**FAMILY INVOLVEMENT IN SLS:** Sister Gemma, 9 years

**HOW DID YOU START SLS:** For the love of the beach and surf

**5 BEST CAREER RESULTS:** State board rescue 1<sup>st</sup> 09; Aussies board rescue 2<sup>nd</sup> 09; State swim 1<sup>st</sup> ironman 5<sup>th</sup> 08, U 19 Australian ironman 1st 03

**TRAINING ROUTINE:** 5 swims 2 board 2 ski 2 ironman 3 run  
**2010 SEASON GOALS:** Top 6 in Kellogg's Nutri-Grain, win a round.

**SURF LIFE SAVING SHORT TERM GOALS:** Consistent in top 3 finishes

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Winner of series

### **OUT OF THE SURF**

**OCCUPATION:** Lifeguard

**FAMILY MEMBERS:** Helen mum,

Roger dad, Gemma sister

**HAVE ANY OF YOUR FAMILY REPRESENTED**

**AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Grandfather Bob 5 times Australian surf champion

**YOUR BEST TRAINING TIP:** No pain no gain

**WHAT STOPS YOU FROM GIVING UP?** The enjoyment of winning and succeeding. Being fit and healthy

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surfing, fishing, cooking

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Kelly Slater, the best surfer that ever lived

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD**

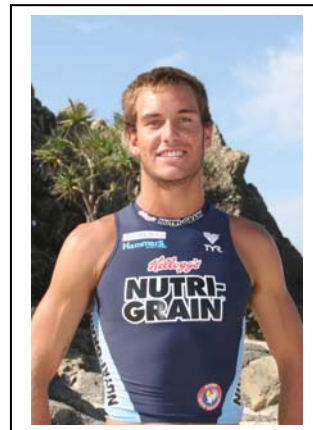
**OR ALIVE, WHO WOULD IT BE AND WHY?** Hamish and

Andy because it would be the funniest training set ever

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** Mum and Dad for all the early mornings back when I was younger

<b>MATT POOLE</b> <span style="float: right;"><b>#7</b></span>	
<b>NICKNAME:</b>	Pooley
<b>BORN:</b>	20/5/88, Manly NSW
<b>AGE:</b>	21
<b>HOME:</b>	Mooloolaba
<b>HEIGHT:</b>	195cm
<b>WEIGHT:</b>	84kg
<b>CLUB:</b>	Mooloolaba
<b>COACH:</b>	Michael King
<b>YEARS IN SURF LIFE SAVING:</b>	16
<b>BOARD COLOUR &amp; MAKE:</b>	Kracka: green and white
<b>SKI COLOUR &amp; MAKE:</b>	Gibbons: black and white



#### **SURF LIFESAVING:**

##### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** Australian Sanyo Bassan-Japan Team

**FAMILY INVOLVEMENT IN SLS:** (who & how long) Dad 5 years

**HOW DID YOU START SLS:** Dad took me down to my local beach and I never looked back

**5 BEST CAREER RESULTS:** 1<sup>ST</sup> Round 4 Kellogg's Nutri Grain-Coolum 09; 3<sup>rd</sup> Kellogg's Nutri Grain Ironman Series 09; 1<sup>ST</sup> U/19 Australian Ironman 07; 1<sup>ST</sup> U/17 Australian Ironman 05

**TRAINING ROUTINE:** 5 swim, 2 board, 3 ski, 2 ironman, 3 run

**2010 SEASON GOALS:** Top 3 Kellogg's Series, Australian Ironman, State Ironman

**SURF LIFE SAVING SHORT TERM GOALS:** To become a consistent ironman

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Become Australia's best ironman

#### **OUT OF THE SURF:**

**SCHOOL / UNIVERSITY / STUDIES:** AIF personal training

**OCCUPATION:** Athlete

**FAMILY MEMBERS:** Mum: Philippa Dad: Ian Sister: Eliza

Dog: Oakey

**YOUR BEST TRAINING TIP:** Train to fail

**WHAT STOPS YOU FROM GIVING UP?** Knowing i have not yet reached my full potential

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surf, fish, golf

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Craig Alexander he is the ultimate athlete

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Craig

Alexander super tough trainer

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Coolum Kellogg's Win to Mum and Dad for years of support, and Michael King for making it happen!!!

**NOTABLE QUOTE:** Dream believe achieve

<b>MARK SIMPSON</b> <span style="float: right;"><b>#3</b></span>	
<b>NICKNAME:</b>	Simmo
<b>BORN:</b>	23/11/84
<b>AGE:</b>	25
<b>HOME:</b>	Cronulla, NSW
<b>HEIGHT:</b>	186cm
<b>CLUB:</b>	Cronulla, NSW
<b>COACH:</b>	Ash O'Brien
<b>YEARS IN SURF LIFE SAVING:</b>	20
<b>BOARD COLOUR &amp; MAKE</b>	Black/purple/yellow - Berg boards
<b>SKI COLOUR &amp; MAKE</b>	Red - Dolphin



#### **SURF LIFESAVING**

**HOW DID YOU START SLS:** Parents put me in Nippers at Cronulla

**5 Best Career Results:** 3<sup>rd</sup> State surf race 08, 09; 1<sup>st</sup> Australian board rescue 07; 2<sup>nd</sup> Junior State Ironman 04; 1<sup>st</sup> Junior State surf race 03; 1<sup>st</sup> Junior Australian board Rescue 02

**TRAINING ROUTINE:** 4 swims, 2 gyms, 2 ski, 2 board, 2 run, 1 Ironman

**2010 SEASON GOALS:** Be in the Kellogg's Series and qualify in top 6 for the next year

**SURF LIFE SAVING SHORT TERM GOALS:** Win as many races at Carnivals as possible

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win Coolangatta Gold in next 5 years

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Waverly College / A.C.P.E. (Bach. PDHPE)

**OCCUPATION:** Business

(Swim School / Swim gear and accessories wholesale)

**FAMILY MEMBERS:** Mum Vicky, Dad John, Brother Dean

**HAVE ANY OF YOUR FAMILY REPRESENTED**

**AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Brother – Surf Lifesaving

**YOUR BEST TRAINING TIP:** Be consistent, don't miss sessions

**WHAT STOPS YOU FROM GIVING UP?** That's not an option

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Run my business, watching TV perched upon the lounge

**Who's your favourite sports person and why?** Kelly Slater – Such a tough sport, yet he always manages to stay on top

**If you could train with anyone famous, dead or alive, who would it be and why?** Kelly Slater

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Parents – for always encouraging me to try and be the best

**NOTABLE QUOTE:** "It's not the size of the dog in the fight, it's the size of the fight in the dog."

NATHAN SMITH #5	
NICKNAME:	Smithdog
BORN:	16/2/81 (turns 29 prior to final)
AGE:	29
HOME:	Cronulla
HEIGHT:	180cm
CLUB:	Northcliffe
COACH:	Craig Stevens
YEARS IN SURF LIFE SAVING:	24
BOARD COLOUR & MAKE:	White - Dolphin
SKI COLOUR & MAKE:	Pink/Black/Grey - Dolphin

#### **SURF LIFESAVING**

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 2009 Australian Surf Life Saving Team Representative

**FAMILY INVOLVEMENT IN SLS:** 40years through parental involvement

**HOW DID YOU START SLS:** Through relatives and my older sister was involved.

**5 BEST CAREER RESULTS:** Australian Ironman Champion 05; Australian Board Champion 04; Australian Taplin Champion 09; 6 x time NSW Ironman Champion 02-08; World Surf Race Champion 04

**TRAINING ROUTINE:** 3 x swim, 2 x board, 2 x ski

**2010 SEASON GOALS:** To be competitive

**SURF LIFE SAVING SHORT TERM GOALS:** Remain injury free

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Already achieved more than I ever thought I would

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** PDHPE degree

**OCCUPATION:** PE Teacher

#### **FAMILY MEMBERS:**

Wife Shannon, mum Carol, dad Ross, sisters Tiarne and Kristyl

#### **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?**

Younger sister also represents Australia in SLS and Grandfather represented Australia as a professional cyclist

**YOUR BEST TRAINING TIP:** Have fun

**WHAT STOPS YOU FROM GIVING UP?** Mates

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surf

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY:**

Anyone who gives it their best

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD**

**OR ALIVE, WHO WOULD IT BE AND WHY?** My

Grandfather, because he was a professional cyclist, he

passed away when I was young and I've heard my cousins talk about him giving them advice about sport and life.

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** Mum and Dad, for their love and support

**NOTABLE QUOTE:** "When the going get tough - the tough get going"



JAMES STEWART #10	
NICKNAME:	Stewie
BORN:	30/08/88
AGE:	21
HOME:	Miami, QLD
HEIGHT:	189cm
CLUB:	North Burleigh, QLD
COACH:	Wes Berg
YEARS IN SURF LIFE SAVING:	16
BOARD COLOUR & MAKE	White and Orange - Kracka
SKI COLOUR & MAKE	White and Blue - Dolphin

#### **SURF LIFESAVING**

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 3 x Queensland team (u16, 17, 19)

**FAMILY INVOLVEMENT IN SLS:** Dad, life member of North Burleigh.

**HOW DID YOU START SLS:** Through my parents

**5 BEST CAREER RESULTS:** Making the Nutri-Grain series; 5<sup>th</sup> in Rd 5 of last year's series; 6<sup>th</sup> open Australian Board race; 3<sup>rd</sup> u19 Australian Ironman; 1<sup>st</sup> u17 Australian board

**TRAINING ROUTINE:** 4 swims, 2 board, 2 ski, 2 iron, 2 gym, 1 run.

**2010 SEASON GOALS:** Top 6 Nutri-Grain series, Top 6 Australian board and ironman

**SURF LIFE SAVING SHORT TERM GOALS:** To keep making the series and win some Australian medals.

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** To have won an Australian ironman race.

#### **OUT OF THE SURF**

**OCCUPATION:** Manager

**FAMILY MEMBERS:** Mum, dad, 2 sisters

**YOUR BEST TRAINING TIP:** Work hard on your weakness

**WHAT STOPS YOU FROM GIVING UP?** The thought of winning

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surf and relax

**WHO'S YOUR FAVOURITE SPORTS PERSON AND**

**WHY?** Michael Jordan, because he's a freak

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** My parents - because they have done

so much for me growing up so a win means a lot to them as well.



JONO STOCK #15	
NICKNAME:	Screech
BORN:	29/10/85
AGE:	24
HOME:	Curl Curl, NSW
HEIGHT:	185cm
CLUB:	Manly, NSW
COACH:	Trent Herring
YEARS IN SURF LIFE SAVING:	14
BOARD COLOUR & MAKE	Blue & white – Kracka
SKI COLOUR & MAKE	Blue & white– Gibbons



### **SURF LIFESAVING**

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 6 x WA State team representative

**FAMILY INVOLVEMENT IN SLS:** Brother is active member of Manly, and mum is a current nipper coach at Manly and an active member. They have all been involved for at least 10yrs.

**HOW DID YOU START SLS:** My Father bribed me \$25 to try nippers.

**5 BEST CAREER RESULTS:** Qualifying for the 2010 Kellogg's Ironman Series; 08/09 NSW State Ironman Champion; 08/09 3<sup>rd</sup> NSW State Board; 04/05 4<sup>th</sup> Australian U/19 Ironman; 04/05 Australian Lifesaver Relay Champions

**TRAINING ROUTINE:** 4 swims, 1 board, 2 ski, 2 ironman, 2 gym

**2010 SEASON GOALS:** Medal at the Australian Titles in the board, Qualify for the Kellogg's Ironman Series

#### **SURF LIFE SAVING SHORT TERM GOALS:**

Australian Board Title

#### **SURF LIFE SAVING CAREER ULTIMATE GOAL:**

Australian Ironman Title

### **OUT OF SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Curtin University; Part time commerce degree

**OCCUPATION:** Real Estate Agent

**FAMILY MEMBERS:** Mum Susie, Dad Steve, young brother Jeremy & sister Alex

**Have any of your family represented Australia or played sport at a national level?** Younger brother Jeremy is a 08 national age medallist in the 50m freestyle and also a current member of NSWIS.

**YOUR BEST TRAINING TIP:** Listen to your coach and always have fun.

**WHAT STOPS YOU FROM GIVING UP?** The enjoyment I get from the sport.

#### **WHAT DO YOU LIKE TO DO AWAY FROM SURF?**

Surfing and just relaxing at home on the couch

#### **WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Dwyane Wade – Freakish basketball player, with all the skills and moves.

#### **IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?**

Usain Bolt – because he is an unbelievable athlete.

#### **WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?**

Mum & Dad, they have always supported me and encouraged me in all aspects of my life.

**NOTABLE QUOTE:** "Strength, Speed & Courage", a pre-race saying my mum always said when I was young.



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## ATHLETE PROFILES

### WOMEN



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Gold Coast City Council



HAYLEY BATEUP #2	
NICKNAME:	Nitro
BORN:	9/01/80
AGE:	30
HOME:	Tugun, QLD
HEIGHT:	167cm
CLUB:	Kurrawa, QLD
COACH:	Phil Clayton
YEARS IN SURF LIFE SAVING:	17
BOARD COLOUR & MAKE	white/pink stripes – Dolphin
SKI COLOUR & MAKE	black/pink stripes – Dolphin



#### **SURF LIFESAVING**

**HOW DID YOU START SLS:** My mum

**5 BEST CAREER RESULTS:** 3 times nib Coolangatta Gold winner, three times Australian Board Champion, 2001 Australian Ironwoman

**2010 SEASON GOALS:** Win my first Kellogg's Series; Win my 5<sup>th</sup> Australian board championship

**SURF LIFE SAVING SHORT TERM GOALS:** Be consistent all season

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win 5 Coolangatta Gold's

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Studying PT

**OCCUPATION:** Pro Athlete

**FAMILY MEMBERS:** Graham, Sally (parents), Sister Shelley

#### **YOUR BEST TRAINING**

**TIP:** Be consistent and leave no stone unturned

**WHAT STOPS YOU FROM GIVING UP?** Believing in myself

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Hang with friends, fishing, surfing, jet ski, camping, golf

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Emma Snowsill, amazing athlete; Billy Jean King, amazing person

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Lance

Armstrong – would be cool to do some of his sessions

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My Grandma who is deeply missed and who had a huge impact on making me the person I am today

**NOTABLE QUOTE:** 'Believe'

ALYCE BENNETT #6	
NICKNAME:	Jimmy
BORN:	13/04/87
AGE:	22
HOME:	Miami, QLD
HEIGHT:	172cm
CLUB:	North Burleigh, QLD
COACH:	Wes Berg
YEARS IN SURF LIFE SAVING:	9
BOARD COLOUR & MAKE	yellow, blue red & white- Kracka
SKI COLOUR & MAKE	white with red glitter rails - Dolphin



#### **SURF LIFE SAVING**

**PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** NSW Country team 2004; Australian High Performance Squad 09

**FAMILY INVOLVEMENT IN SLS:** Whole family involved with Yamba surf club doing patrols/fundraising etc.

**HOW DID YOU START SLS:** Not until end of u/13's. Didn't start training until u/14's. Jim Dougherty told my mum he thought I should paddle a board because I had pretty good balance.

**5 BEST CAREER RESULTS:** Winner round 3 Kellogg's at Coolum 09; 3<sup>rd</sup> nib Coolangatta Gold 08; 1<sup>st</sup> u/19 board Australian championships 06; 3<sup>rd</sup> round 3 Kellogg's at Coolum 08; 1<sup>st</sup> open board QLD champs 07

**2010 SEASON GOALS:** finish in the top 6 overall Kellogg's Series; win Australian board title.

**SURF LIFE SAVING SHORT TERM GOALS:** Get to every session and be organised

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win a Coolangatta gold; win an Australian Ironwoman title; win an Australian board title.

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** At Griffith Uni studying a double degree in business and law.

**OCCUPATION:** Student/lifeguard at the pool

**FAMILY MEMBERS:** Mum Jo; Dad Grant; Sisters Angie and Alannah

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Alannah got a silver and bronze at the National Cross Country Championships in 2009 representing NSW

**YOUR BEST TRAINING TIP:** Don't ever leave home or go to uni.

**WHAT STOPS YOU FROM GIVING UP?** Because I love the ocean and the moments and people it has brought into my Life.

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Go surfing or spend time at home in Yamba. Uni takes up most of my time.

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Emma Snowsill.

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Jacob Lollback.

**NOTABLE QUOTE:** "It's not the time you have in your life, but the life you have in your time".

REBECCA CREEDY		#5
NICKNAME:	Creedy	
BORN:	12/03/83	
AGE:	26	
HOME:	Maroochydore, QLD	
HEIGHT:	170cm	
CLUB:	Met Caloundra, QLD	
COACH:	Rhett Collie	
YEARS IN SURF LIFE SAVING:	3	
SKI COLOUR & MAKE	Purple / yellow - Hayden	
BOARD COLOUR & MAKE	Purple / yellow - Hayden	



#### **SUR LIFESAVING**

**FAMILY INVOLVEMENT IN SLS:** Brothers (twins) – 10 years

**HOW DID YOU START SLS:** Decided to have a go after retiring from swimming and living overseas for 2 years

**5 BEST CAREER RESULTS:** 4<sup>th</sup> final round of KNG 09; 4<sup>th</sup> Ski Aussies09; 4<sup>th</sup> Swim Aussies09; 9<sup>th</sup> Ironwoman Aussies09

**TRAINING ROUTINE:** 4-5 swims, 2 board, 3 runs, 2 gym, 3 ski, 1 Ironwoman

**2010 SEASON GOALS:** Top 3 finish in Ironwoman at Aussies; Top 6 in KNG series

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win Ironwoman at Aussies and win KNG

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** University of Sunshine Coast

**OCCUPATION:** Student, Coffee maker, Office Assistant

**FAMILY MEMBERS:** Sister Sarah

**YOUR BEST TRAINING TIP:** Don't let the bad days get on top of you; Always do the little things right.

**WHAT STOPS YOU FROM GIVING UP?** Enjoying myself and getting the most out of myself

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Walking my dog on the beach

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My coach Rhett Collie to say thank you for his patience and hard work he has invested

NAOMI FLOOD - Defending Champion		#1
NICKNAME:	Floody, Nomes	
BORN:	17/4/86, Sydney	
AGE:	23	
HOME:	Freshwater	
HEIGHT:	175cm	
WEIGHT:	A girl has her secrets	
CLUB:	Manly	
COACH:	Trent Herring, Ben Davies	
YEARS IN SURF LIFE SAVING:	18	
BOARD COLOUR & MAKE:	White Bennett with a blue, pink and yellow stripe through deck on diagonal	
SKI COLOUR & MAKE:	White Dolphin with pink and yellow on deck panels	



#### **SURF LIFESAVING**

**PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 11 AUS teams, NSW captain 4 years, first member as an under 13

**FAMILY INVOLVEMENT IN SLS:** (who & how long) Father Kevin races masters

**HOW DID YOU START SLS:** Older brother Simon and I down at the beach surfing

**5 BEST CAREER RESULTS:** Kellogg's Series winner 09; AUS Titles 1<sup>st</sup> 19 ironwoman 05, 1<sup>st</sup> open ironwoman 06, 1<sup>st</sup> open ski 07; World Titles 1<sup>st</sup> Ironwoman 08, 1<sup>st</sup> ski 08, 1<sup>st</sup> swim 04, 1<sup>st</sup> board 04

**TRAINING ROUTINE:** 5 swims, 3 skis, 2 gym, 2 transitions

**2010 SEASON GOALS:** Defend Kellogg's Series Title, Australian Ironwoman title

**SURF LIFE SAVING SHORT TERM GOALS:** Defend Kellogg's Series

#### **OUT OF THE SURF**

**OCCUPATION:** Finance worker

**FAMILY MEMBERS:** (mum, dad, siblings) Mum Karrin, dad Kevin, older brother Simon

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Dad raced Motorcross internationally

**YOUR BEST TRAINING TIP:** Be consistent, if your there at training, make the most of it

**WHAT STOPS YOU FROM GIVING UP?** Nothing should  
**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Surfing, shopping, travelling, sleeping

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Kelly Slater, what he has achieved is unbelievable

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My family, always so supportive and encouraging

<b>KATIE GRAHAM</b>		<b>#15</b>
<b>NICKNAME:</b>	G - Ham	
<b>BORN:</b>	26/06/84	
<b>AGE:</b>	25	
<b>HOME:</b>	Elanora, QLD	
<b>HEIGHT:</b>	170cm	
<b>CLUB:</b>	Northcliffe, QLD	
<b>COACH:</b>	Pat O'Keeffe, Barry Newman	
<b>YEARS IN SURF LIFE SAVING:</b>	18	
<b>Board Colour &amp; Make</b>	Blue, green, white - Kracka	
<b>Ski Colour &amp; Make</b>	Yellow and blue Dolphin	



#### **SURF LIFESAVING**

##### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** Captain of junior NSW state team. Numerous NSW state teams.

**FAMILY INVOLVEMENT IN SLS:** Sister - Former professional Ironwoman competitor and currently U/23 Female boat champions.

**HOW DID YOU START SLS:** Parents had always been involved and friends from school were involved.

**5 BEST CAREER RESULTS:** Numerous junior teams

Australian titles; NSW open board champion; Nutri Grain 05'

**TRAINING ROUTINE:** 4 swims, 2 boards, 2 skis, 2 runs and 2 ironman sessions.

**2010 SEASON GOALS:** Compete well in Kellogg's Nutri-Grain series; Make board and Ironwoman finals at Australian Titles.

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Winning an individual Gold medal at Australian titles.

#### **SCHOOL /**

##### **UNIVERSITY /**

**STUDIES:** Currently studying Psychology at Uni.

**OCCUPATION:** Student

**FAMILY MEMBERS:** Sister: Kelly, fire fighter.

**YOUR BEST TRAINING TIP:** Don't take short cuts.

**WHAT STOPS YOU FROM GIVING UP?** Pat yelling at you; Striving for my goals:

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Hang out with friends, surf and play tennis.

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Lance Armstrong: His determination is inspiring.

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD**

**OR ALIVE, WHO WOULD IT BE AND WHY?** Lance

Armstrong: He never gives up.

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** Aaron Murphy: His courage, strength and determination is inspiring.

**NOTABLE QUOTE:** 'Make the most of everything!'

#### **OUT OF THE SURF**

<b>BONNIE HANCOCK</b>		<b>#9</b>
<b>NICKNAME:</b>	Bonza	
<b>BORN:</b>	23/04/90	
<b>AGE:</b>	19	
<b>HOME:</b>	Southport, QLD	
<b>HEIGHT:</b>	165cm	
<b>CLUB:</b>	Northcliffe, QLD	
<b>COACH:</b>	Pat O'Keeffe	
<b>YEARS IN SURF LIFE SAVING:</b>	14	
<b>BOARD COLOUR &amp; MAKE</b>	Green - Dolphin	
<b>SKI COLOUR &amp; MAKE</b>	Green - Dolphin	



#### **SURF LIFESAVING**

##### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 4 NSW state representative teams; Australian U21 team for Sanyo Bussan Cup in Japan

**FAMILY INVOLVEMENT IN SLS:** 3 sisters, since we were 5 years old, Courtney also in Series

**HOW DID YOU START SLS:** Older sisters were involved, I thought it looked fun so I decided to try Nippers

**5 BEST CAREER RESULTS:** 5<sup>th</sup> Coolangatta Gold 09; U19 Australian Ironwoman Champion 08; World Board Rescue & Taplin relay Champion 08; U19 Australian surf champion 09

**TRAINING ROUTINE:** 4 swim, 3 ski, 2 board, 3 Ironman, 2 gym, 4 run

**2010 SEASON GOALS:** Step up the challenge of my first year in Open competition

**SURF LIFE SAVING SHORT TERM GOALS:** Improve results from previous KNG series

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Australian Ironwoman champion

#### **OUT OF SURF**

**SCHOOL / UNIVERSITY:** University – Bach. of Nutrition

**OCCUPATION:** Swim and surfing coach at Miami primary

**FAMILY MEMBERS:** Mum, Dad, 3 sisters (Georgia, Courtney & India)

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Courtney – represented Australia in Surf Lifesaving; Georgia – National Cross Country Runner

**YOUR BEST TRAINING TIP:** The harder you train, the better you will race

**WHAT STOPS YOU FROM GIVING UP?** Wanting to get a good result and not be disappointed

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Movies, shopping, eating out, playing with my puppy dogs

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Courtney Hancock and Flora Manciet – best training partners

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD**

**OR ALIVE, WHO WOULD IT BE AND WHY?** Kristy Harris

and Karla Gilbert – the best Ironwoman ever!

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My mum and dad for always supporting me

**NOTABLE QUOTE:** "Pain is just weakness leaving the body"



<b>COURTNEY HANCOCK</b>		<b>#8</b>
<b>NICKNAME:</b>	Courtz, Courto, Courty	
<b>BORN:</b>	3/8/88	
<b>AGE:</b>	21	
<b>HOME:</b>	Broadbeach Waters	
<b>HEIGHT:</b>	170cm	
<b>CLUB:</b>	Northcliffe	
<b>COACH:</b>	Pat O'Keefe	
<b>YEARS IN SURF LIFE SAVING:</b>	16	
<b>BOARD COLOUR &amp; MAKE</b>	Hot Pink - Dolphin	
<b>SKI COLOUR &amp; MAKE</b>	Hot Pink - Dolphin	



### **SURF LIFESAVING**

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** Australian team 09 South Africa; NSW team 6yrs

**FAMILY INVOLVEMENT IN SLS:** Sister Bonnie-Also in the Kellogg's Nutri-Grain Series; Sister India-Competes for Northcliffe

**HOW DID YOU START SLS:** Lived on the beach at Sunny Sawtell

**5 BEST CAREER RESULTS:** World Swim champion 08; Australian Swim Champion 09; Ocean Assault Ironwomen Champion 09; Qld Ironwomen Champion 09; Qld Board Champion 09

**TRAINING ROUTINE:** Swimming training and running in the morning Board and ski in the afternoon

**2010 SEASON GOALS:** To make the Australia high performance squad; Do well in KNG series and Aussies

**SURF LIFE SAVING SHORT TERM GOALS:** Develop my technique, skills and fitness

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Be acknowledged by my peers as a top Ironwomen

### **OUT OF THE SURF**

**OCCUPATION:** Beauty therapist/athlete

**FAMILY MEMBERS:** Mum Julie Dad Richard Georgia Bonnie Indy Dogs - Jordi and Muffin

#### **HAVE ANY OF YOUR FAMILY REPRESENTED**

**AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Sisters Georgia-Running, Bonnie-Surf life saving

**YOUR BEST TRAINING TIP:** Never leave your bung in your ski ☺

**WHAT STOPS YOU FROM GIVING UP?** Satisfaction of winning

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Walk my puppy at Burleigh, relax and chill out

#### **WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Kristy Harris – Awesome Ironwomen. I am stoked to have been able to have been in the Nutri Grain series when Kristy was; Karla Gilbert- An amazing athlete and a wonderful person

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Karla Gilbert because she is the best

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My family

**NOTABLE QUOTE:** "Get out in front and keep improving"

<b>FLORA MANCIET</b>		<b>#11</b>
<b>NICKNAME:</b>		
<b>BORN:</b>	15/12/83	
<b>AGE:</b>	26	
<b>HOME:</b>	Benowa, QLD	
<b>HEIGHT:</b>	166cm	
<b>CLUB:</b>	Northcliffe, QLD	
<b>COACH:</b>	Pat O'Keefe, Barry Newman	
<b>YEARS IN SURF LIFE SAVING:</b>		
<b>BOARD COLOUR &amp; MAKE</b>	Green / black / white - Dolphin	
<b>SKI COLOUR &amp; MAKE</b>	Green / black / white - Dolphin	



### **SURF LIFESAVING**

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 13<sup>th</sup> French Teams

**HOW DID YOU START SLS:** At 15 years, my swimming coach was in the French surf lifesaving team

**5 BEST CAREER RESULTS:** Australian Ski champion 08; Australian Mixed Double Ski champion 09; Australian Ski 2<sup>nd</sup> 09; European Champion Ironwoman / Ski; Current French Ironwoman champion 07

**TRAINING ROUTINE:** 4 swim, 3 ski, 2 board, 2 Ironman, 3 gym, 1 yoga

**2010 SEASON GOALS:** Improve my racing

**SURF LIFE SAVING SHORT TERM GOALS:** Have fun  
Surf Life Saving Career Ultimate Goal Have fun and be the best I can

### **OUT OF THE SURF**

**OCCUPATION:** Lifeguard (France) / Northcliffe Bistro

**YOUR BEST TRAINING TIP:** Have good training friends around

**WHAT STOPS YOU FROM GIVING UP?** Doing what I love

#### **WHAT DO YOU LIKE TO DO AWAY FROM SURF?**

Movies, surfing, hang out with friends

#### **WHO'S YOUR FAVOURITE SPORTS PERSON AND**

**WHY?** Bonnie Hancock, best training buddy

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Karla Gilbert, she was the best

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** To all the people who believed in me

**NOTABLE QUOTE:** "Nothing is impossible"



<b>ALLICA MARRIOTT</b>		<b>#13</b>
<b>NICKNAME:</b>	Mazza, Aldog	
<b>BORN:</b>	2/1/86, Perth	
<b>AGE:</b>	24	
<b>HOME:</b>	Mooloolaba, QLD	
<b>HEIGHT:</b>	181cm	
<b>WEIGHT:</b>	Secret girls stuff	
<b>CLUB:</b>	Mooloolaba, QLD	
<b>COACH:</b>	Michael King	
<b>YEARS IN SURF LIFE SAVING:</b>	14	
<b>BOARD COLOUR &amp; MAKE</b>	White with pink, blue, orange diagonal swishes - Kracka	
<b>SKI COLOUR &amp; MAKE</b>	Blue Gibbons	



#### **SURF LIFESAVING**

##### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** Numerous WA State teams, 2 x U/23

Australian teams and 2x open teams

**FAMILY INVOLVEMENT IN SLS:** Family are social members at surf clubs in WA, older sister Jacinta used to compete and we have won Aussie medals in board rescue, board relay and swim teams together.

**HOW DID YOU START SLS:** My siblings and I loved the beach so my parents joined us up in nippers which family friends were involved with.

**5 BEST CAREER RESULTS:** nib Coolangatta gold 07, 09; Australian Ironwomen 08, Australian surf race 08; Australian Rescue08 team

**TRAINING ROUTINE:** 5 swims, 2 board, 2 ski, 2 iron

**2010 SEASON GOALS:** Compete well in the KNG series and Australian titles

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Bachelor of Science-Physiotherapy degree

**OCCUPATION:** Graduate physiotherapist

#### **FAMILY MEMBERS:**

Mum, Dad, 2 older sisters and one younger brother

**YOUR BEST TRAINING TIP:** Have fun and set yourself a challenge

**WHAT STOPS YOU FROM GIVING UP?** Trying to reach goals which you set yourself

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Read, catch up with friends, travel, listen to music

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Steve Hooker- has heaps of talent and competes well under pressure but is also a good sport and nice guy (plus he's a West Aussie)

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Muhammad Ali

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My coaches, family, friends and supporters for helping me to get there

**NOTABLE QUOTE:** "Your thinking can make a heaven out of hell or a hell out of heaven"

<b>SHEREE MERRYFULL</b>		<b>#16</b>
<b>NICKNAME:</b>	Stinka	
<b>BORN:</b>	6/01/85	
<b>AGE:</b>	25	
<b>HOME:</b>	Broadbeach, QLD	
<b>HEIGHT:</b>	168cm	
<b>CLUB:</b>	Northcliffe, QLD	
<b>COACH:</b>	Pat O'Keefe	
<b>YEARS IN SURF LIFE SAVING:</b>	13	
<b>BOARD COLOUR &amp; MAKE</b>	Blue/yellow/green/pink - Dolphin	
<b>SKI COLOUR &amp; MAKE</b>	Blue/yellow/green/pink - Dolphin	

#### **SURF LIFESAVING**

**5 BEST CAREER RESULTS:** Aust Ski Champion

**TRAINING ROUTINE:** 2 swims, 5 runs, 2 boards, 3 ski, 2 gyms

**2010 SEASON GOALS:** Ski Aussies

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Winning Aust Ski title

#### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Cert IV Fitness

**OCCUPATION:** Gym Instructor

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Hanging out with funny people like Terri

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Steph Gilmore

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Mum + Dad



<b>BRODIE MOIR</b>		<b>#17</b>
<b>NICKNAME:</b>	Brodes, Moir	
<b>BORN:</b>	23/09/86	
<b>AGE:</b>	23	
<b>HOME:</b>	Currumbin, QLD	
<b>HEIGHT:</b>	177cm	
<b>CLUB:</b>	North Burleigh, QLD	
<b>COACH:</b>	Wes Berg, Nick Crilly	
<b>YEARS IN SURF LIFE SAVING:</b>	16	
<b>BOARD COLOUR &amp; MAKE</b>	White and Black - Xcel	
<b>SKI COLOUR &amp; MAKE</b>	Red top, White Bottom - Dolphin	



### **SURF LIFESAVING**

**FAMILY INVOLVEMENT IN SLS:** Two older sisters went through from U/7s to Opens, but they no longer do surf club anymore.

**HOW DID YOU START SLS:** My Sisters were doing it, so I had no choice in the matter. I started out as a beach sprinter - I hated the surf!

**5 BEST CAREER RESULTS:** Qualified 3 x Kellogg's Series; 6<sup>th</sup> Ironwoman Aussie titles 09; 1<sup>st</sup> Ironwoman Ocean Assault series Rd.2; 1<sup>st</sup> U/19 Board Relay Aussie titles; 2<sup>nd</sup> Board race QLD titles 08

**TRAINING ROUTINE:** 4 swims, 3 skis, 2 boards, 2 gym and 2 runs

**2010 SEASON GOALS:** To get to the end of the season with great Results and a few Australian medals

**SURF LIFE SAVING SHORT TERM GOALS:** To not stop having fun and enjoying myself

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Kellogg's Nutri-Grain Series winner and Australian Ironwoman Champion

### **OUT OF THE SURF**

**SCHOOL / UNIVERSITY / STUDIES:** Bach. Of Education – Primary

**OCCUPATION:** waitress

**FAMILY MEMBERS:** Dad (Rob), Mum (Michelle) Sisters – (Shannon and Ashley)

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** My mum in netball

**YOUR BEST TRAINING TIP:** Don't be slack, train seriously and have a GO.

**WHAT STOPS YOU FROM GIVING UP?** The end results and the feeling of success!

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** I LOVE to sleep in, I Love to have a coffee and read the paper; I love dining out and eating really yummy food and of chores I love spend time with the important people in my life!

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Jacob Lollback – because he is such a beautiful soul and a amazing competitor

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Mike Murray –He's a Legend! My parents – for being my biggest supporters

**NOTABLE QUOTE:** "While most are dreaming of success, winners wake up, work hard to achieve it!"

<b>GEMMA NEWBIGGIN</b>		<b>#10</b>
<b>NICKNAME:</b>	Gem	
<b>BORN:</b>	4/9/87, Newcastle	
<b>AGE:</b>	22	
<b>HOME:</b>	Mooloolaba	
<b>HEIGHT:</b>	170cm	
<b>CLUB:</b>	Mooloolaba	
<b>COACH:</b>	Michael King	
<b>YEARS IN SURF LIFE SAVING:</b>	8	
<b>BOARD COLOUR &amp; MAKE</b>	White/purple - Kracka	
<b>SKI COLOUR &amp; MAKE</b>	White/purple - Hayden	



### **SURF LIFESAVING**

**PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF LIFESAVING:** 4 QLD Teams

**FAMILY INVOLVEMENT IN SLS:** Grandfather Bob holds various Australian surf race titles and in the surf life saving Hall Of Fame; Brother Dylan also in the KNG series

**HOW DID YOU START SLS:** Through friends when moved to the Sunshine Coast

**5 BEST CAREER RESULTS:** 4<sup>th</sup> overall in the Kellogg's Series; 3 time QLD Junior Ironwoman; 2 time runner up Australian Junior Ironwoman; 09 E-toll Ocean Assault Ironwoman series winner

**TRAINING ROUTINE:** 5 Swims, 2 board, 2 ski and 2 iron

**2010 SEASON GOALS:** Win the Kellogg's Nutri Grain

**SURF LIFE SAVING SHORT TERM GOALS:** Win one of the Kellogg's Nutri-Grain rounds

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win an Australian and world Ironwoman title

### **OUT OF THE SURF**

**OCCUPATION:** Administration

**FAMILY MEMBERS:** Mum Helen, Dad Roger and Brother Dylan

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Grandfather Bob Newbiggin

**YOUR BEST TRAINING TIP:** Train how you want to race

**WHAT STOPS YOU FROM GIVING UP?** Thinking of the feeling of winning

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Travel and play with my puppy Charli

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** My grandfather because he is such an inspiration

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My friends and family and my coach Michael King

AMY NURTHEN		#12
NICKNAME:	Aims	
BORN:	25/02/92 (turns 18 four days after final)	
AGE:	17	
HOME:	Bateau Bay, NSW	
HEIGHT:	166cm	
CLUB:	Terrigal, NSW	
COACH:	Paul Lemmon	
YEARS IN SURF LIFE SAVING:	10	
BOARD COLOUR & MAKE	Silver, Pink - Kracka	
SKI COLOUR & MAKE	Grey, Pink - Gibbons	



### SURF LIFESAVING

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 05/06 NSW Interstate; 06/07 NSW Interstate  
08/09 NSW Interstate

**FAMILY INVOLVEMENT IN SLS:** Sister Karlee since she was 5 yrs old now in u/14's current State Ironwoman Champ last 2 years also at Terrigal

**HOW DID YOU START SLS:** Moved from Sydney's west in 99 joined Nippers and loved it

**5 BEST CAREER RESULTS:** Made the Kellogg's Nutri-Grain series; 08/09 u/17 Australian Titles 2<sup>nd</sup> Board, 3<sup>rd</sup> Ironwoman; 06/07 u/15 Australian Titles 2<sup>nd</sup> Board; 05/06 U/15 Australian Titles 5<sup>th</sup> Ironwoman (I was in u/14's); 08/09 u/17 NSW Titles 2<sup>nd</sup> Board, 2<sup>nd</sup> Ski and 2<sup>nd</sup> Ironwoman

**TRAINING ROUTINE:** 4 x Swim, 2 x Board, 3 x Ski, 1 x Iron, 1 x Transitions

**2010 SEASON GOALS:** Win Aussie "Open Board Final"

**SURF LIFE SAVING SHORT TERM GOAL:** Perform well in this series

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Be remembered as a good athlete and a great role model

### OUT OF THE SURF

**SCHOOL / UNIVERSITY / STUDIES:** Just completed Year 12

**OCCUPATION:** Casual Lifeguard

**FAMILY MEMBERS:** Mum Estela Dad Darren Sister Karlee

**YOUR BEST TRAINING TIP:** Chase the people in front of you. Don't worry what's behind you

**WHAT STOPS YOU FROM GIVING UP?** Always strive to perform at my best

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Shop with Mum's Money

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Alison Broadbent (Aus Netballer) because she's down to earth, a good friend and an inspiration....

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Ky Hurst so he can teach me how to body surf

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Mum and Dad They take me everywhere

**NOTABLE QUOTE:** "Follow your Dreams"

ELIZABETH PLUIMERS		#4
NICKNAME:	Bit	
BORN:	25/10/86	
AGE:	23	
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:	13	
BOARD COLOUR & MAKE	Yellow Bottom, Blue/White Top - Dolphin	
SKI COLOUR & MAKE	Yellow Bottom, Blue/White Top - Dolphin	



### SURF LIFESAVING

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF LIFESAVING:**

Qld Representative: Australian Team South Africa – International Challenge; Australian Under 23 Team to Bondi – International Challenge

**FAMILY INVOLVEMENT IN SLS:** Nick Plummers - Brother

**HOW DID YOU START SLS:** Moved from the country, parents wanted us to learn surf safety so we joined Nippers and instantly fell in love with it.

**5 BEST CAREER RESULTS:** Kellogg's Nutri-Grain Series Champion 08; World and Australian Board Champion 08; 2<sup>nd</sup> Australian Ironwoman 09 Winning first Aussie Medal in Board Relay as an U 14 nipper

**TRAINING ROUTINE:** 4 swims, 2 board, 3 ski, 2 iron type training, 2 run, 1 gym, 1 yoga

**2010 SEASON GOALS:** Regain Kellogg's Nutri-Grain Series; Win Australian Ironwoman

**SURF LIFE SAVING SHORT TERM GOALS:** Go out and enjoy every aspect of competing in what I love.

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Make a Worlds Australian Team and to get my name out there as one of Australia's Best Ironwomen

### OUT OF THE SURF

**OCCUPATION:** Receptionist/Waitress at Northcliffe Surf Club

**FAMILY MEMBERS:** Mum – Fran, Dad – Henry, Older Bro – Jeremy, Younger Bro – Nick

**YOUR BEST TRAINING TIP:** Have fun.... Go Hard or Go Home

**WHAT STOPS YOU FROM GIVING UP?** My Will

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Go to the Movies, or go out to dinner.

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Lance Armstrong – just his pure determination and to mentally overcome such a serious illness/injury.

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Dawn Fraser – I've just finished reading her book and her determination to take on anyone and anything.

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** Of course my Mum and Dad, for their continued support and my boyfriend Stuart for getting me out of bed in the mornings when I just want to sleep.

**NOTABLE QUOTE:** "Don't let fear of failure stop you in your tracks instead learn to live with the odd failure and accept it as part of the challenge to keep going"



ALLIRA RICHARDSON #14	
<b>NICKNAME:</b>	Leir
<b>BORN:</b>	18/02/87 (turns 23 prior to final)
<b>AGE:</b>	22
<b>HOME:</b>	Mooloolaba, QLD
<b>HEIGHT:</b>	162cm
<b>CLUB:</b>	Mooloolaba, QLD
<b>COACH:</b>	Michael King
<b>YEARS IN SURF LIFE SAVING:</b>	12
<b>BOARD COLOUR &amp; MAKE</b>	blue nose with white stars, and orange tail with white stars - Kracka
<b>SKI COLOUR &amp; MAKE</b>	blue nose with white stars, and orange tail with white stars - Hayden



### SURF LIFESAVING

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** U16 NSW interstate team; Open QLD

interstate team; Australian team 07

**HOW DID YOU START SLS:** Moved to Forster when I was 10, my parents took me to nippers and I haven't looked back since!

**5 BEST CAREER RESULTS:** 2<sup>nd</sup> Australian board relay 08, 09; Open board champion; Round 2 Kellogg's Nutri-Grain winner 08; U19 ski champion; 6<sup>th</sup> nib Coolangatta gold 2009

**TRAINING ROUTINE:** 5 x swims **weekly** 2 x board, 2 x ski 2 x irons, 3-4 x runs

**2010 SEASON GOALS:** Top 6 overall in the series

### OUT OF THE SURF

**SCHOOL / UNIVERSITY / STUDIES:** Bachelor of paramedic science

**OCCUPATION:** Lifeguard

**FAMILY MEMBERS:** Gazza (Gary-dad), the boss (mum-Jane), Kellie (older sis), Bonnie (little sis), and Sam the man

(little bro). **YOUR BEST TRAINING TIP:** Do what is required and asked by your coach

**WHAT STOPS YOU FROM GIVING UP?** The desire to become better

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Be with my boyfriend or friends, also always finding something fun and adventurous to do!

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

Danny green –he's a true Aussie battler phenomenal athlete with never give up attitude, dedication and determination!

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Danny

green just to see how far I could push myself

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My late pop, he was my number one fan, and loved watching me race

**NOTABLE QUOTE:** Determination is more important than talent

KRISTYL SMITH #7	
<b>NICKNAME:</b>	Katrin or Mother Theresa
<b>BORN:</b>	18/3/83, Caringbah
<b>AGE:</b>	26
<b>HOME:</b>	Cronulla
<b>HEIGHT:</b>	168cm
<b>CLUB:</b>	Northcliffe
<b>COACH:</b>	Pat O'Keefe, Barry Newman
<b>YEARS IN SURF LIFE SAVING:</b>	21
<b>BOARD COLOUR &amp; MAKE</b>	white with yellow - Dolphin
<b>SKI COLOUR &amp; MAKE</b>	white with yellow - Dolphin



### SURF LIFESAVING

#### **PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF**

**LIFESAVING:** 9 x Australian Teams

**FAMILY INVOLVEMENT IN SLS:** Brother Nathan also in Kellogg's, sister Tiarne also an active member of Northcliffe

**HOW DID YOU START SLS:** Family involvement

**5 BEST CAREER RESULTS:** 09 & 05 Australian Ironwoman Champion; 00, 02, 04, 06 World Taplin champion; 06 World Surf Race Champion; 5 x Kellogg's Nutri-Grain series runner up; 4 x Australian Taplin Relay Champions

**TRAINING ROUTINE:** 4 swims, 2 skis, 2 board, 2 iron

**2010 SEASON GOALS:** To win Kellogg's Nutri-grain series

**SURF LIFE SAVING SHORT TERM GOALS:** Have a consistent year

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** Win Kellogg's Series

### OUT OF SURF

**OCCUPATION:** Part owner of Dolphin Surf Craft

**FAMILY MEMBERS:** Mum Carol, dad Ross, brother Nathan, sister Tiarne

### **HAVE ANY OF YOUR**

**FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Brother Nathan has captained Australian surf team

**YOUR BEST TRAINING TIP:** Be consistent

**WHAT STOPS YOU FROM GIVING UP?** I love training and racing.

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Movies, out for coffee, walking my dog, surfing.

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?**

I get a lot of motivation from the people I train with, especially from the guys like Shannon Eckstein, Zane Holmes, my brother, and lately Dean Mercer – he's just a freak.

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** I like

the squad that I currently train with now at Northcliffe Surf Club

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST**

**WIN TO AND WHY?** Coach Pat O'Keefe – as he's the reason I would have won in the first place

<b>TERRI SULLIVAN</b>		<b>#3</b>
<b>NICKNAME:</b>	T-Rex	
<b>BORN:</b>	8/02/80 (turned 30 day after round 4)	
<b>AGE:</b>	30	
<b>HOME:</b>	Broadbeach, QLD	
<b>HEIGHT:</b>	175cm	
<b>CLUB:</b>	Northcliffe, QLD	
<b>COACH:</b>	Pat O'Keefe, Barry Newman	
<b>YEARS IN SURF LIFE SAVING:</b>	19	
<b>SKI COLOUR &amp; MAKE</b>	Silver/orange Stealth	
<b>BOARD COLOUR &amp; MAKE</b>	White/fuchsia Infront	



### **SURF LIFESAVING**

**PREVIOUS STATE / AUSTRALIAN TEAMS IN SURF LIFESAVING:** 09 Australian World games Team, 09 QLD Cyclones

**HOW DID YOU START SLS:** Through friends who were nippers, we were all swimmers with Denis Cotterell at Miami Swimming Club

**5 BEST CAREER RESULTS:** 08 & 09 2<sup>nd</sup> Australian Board Race; 05 & 09 4<sup>th</sup> Australian Ironwoman; 09 1<sup>st</sup> Australian board rescue, open ski relay; 2<sup>nd</sup> Round 2 Kellogg's 09; 3<sup>rd</sup> Round 1 Kellogg's 09

**TRAINING ROUTINE:** 4 swim 3 ski 2 board 2 changeovers

**2010 SEASON GOALS:** Win Kellogg's Race & top 6 overall; Manage to win an Australian board race, and also ski & Ironwoman

**SURF LIFE SAVING SHORT TERM GOALS:** Win as many races as I can and have as much fun as I can doing it

**SURF LIFE SAVING CAREER ULTIMATE GOAL:** To be a role model to all Australian Nippers

### **OUT OF THE SURF**

**OCCUPATION:** Gold Coast City Council – customer service office

**FAMILY MEMBERS:** Dad- Colin mum- Carol sisters Kristy and Peta

**HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Kristy u/21 Australian netball

**YOUR BEST TRAINING TIP:** Thoughts are useless, unless followed by action. Remember mind over matter.

**WHAT STOPS YOU FROM GIVING UP?** Knowing that you regret the things u didn't do rather than what u did.

**WHAT DO YOU LIKE TO DO AWAY FROM SURF?** Spend time family, friends, dogs. See as many live bands as possible. Relax at my favourite coffee shop, "vintage"

**WHO'S YOUR FAVOURITE SPORTS PERSON AND WHY?** Wayne Bennett, legend.

**IF YOU COULD TRAIN WITH ANYONE FAMOUS, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?** Wayne Bennett, always admired him as a coach and a father. His ability to get the job done with humility. I find him intriguing.

**WHO WOULD YOU LIKE TO DEDICATE YOUR FINEST WIN TO AND WHY?** My darling mother for all her support and belief in me over the years. She is a very special lady.

**NOTABLE QUOTE:** "Believe in yourself and there will come a day when others will have no choice but to believe with you."

*Kellogg's*  
**NUTRI-  
GRAIN**



**bollé**

**INNER HEALTH PLUS**

**ENDURA**

**Westpac**

**DHL**



**Gold Coast City Council**

