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“AUSSIES” COUNTDOWN

Issue #5

Thursday March 16, 2011

STUART SNELL GUNNING FOR THIRD CHAMPION LIFESAVER GOLD

A nagging bursa in his shoulder won't stop Northcliffe's **Stuart Snell** from striving for his own personal slice of Australian Surf Life Saving history at this year's DHL 2011 Aussies at Kurrawa from April 2-9.

Snell, 31, is the two-time and defending Champion Lifesaver in 2009 and 2010 and gold in 2011 will make him only the second competitor to win three in a row.

The original Champion Lifesaver **Trent Balym** from Currumbin actually won five titles between 1998 and 2002.

"I've been out of the water for a couple of weeks and have had cortisone injections but the thought of winning three in a row has kept me going," says Snell, who came to Australia from Welsh club Southerdowns eight seasons ago.

"To win a third Australian Championship would be amazing but it's not going to be easy, the competition is always tough and this year will be no different."

Snell is among surf lifesaving's unsung heroes – an Ironman in his own right who is a regular in the Coolangatta Gold.



CHAMPION LIFESAVER: Stuart Snell.

The Champion Lifesaver event consists of physical events – the surf race; board race; tube race with fins and beach sprint as well as patient assessment, resuscitation on a manikin, and theory.
continued page 2...



FIVE TIMES A CHAMPION LIFESAVER: Trent Balym, who has also been the face of Lifesaving in Australia.

BEST OF THE LAST TEN YEARS PATROL TEAM - MIXED

- 2000-01:** Currumbin (T.Balym, T.Balym, S.Cahill, B.Cahill, M.Chan, A.Hamilton)
- 2001-02:** Northcliffe (H.Cahill, B.Dowker, Damien Moffrey, Drew Moffrey, S.Unicomb, T.Rowe)
- 2002-03:** Northcliffe (D.Moffrey, D.Moffrey, H.Cahill, B.Dowker, S.Unicomb, T.Rowe)
- 2003-04:** Northcliffe (D.Moffrey, D.Moffrey, F.Taylor, B.Fretten, T. Rowe, A.Jones)
- 2004-05:** Northcliffe (D.Moffrey, D.Moffrey, F.Taylor, B.Fretten, T.Rowe, A.Jones)
- 2005-06:** Northcliffe (D.Moffrey, D.Moffrey, F.Taylor, B.Fretten, T.Rowe, A.Jones)
- 2006-07:** Northcliffe (Damien Moffrey, F.Taylor, B.Fretten, N.Pluimers, A.Jones, T.Rowe)
- 2007-08:** Northcliffe (Damien Moffrey, F.Taylor, B.Fretten, N.Pluimers, A.Jones, T.Rowe)
- 2008-09:** Northcliffe (Damien Moffrey, S.Snell, N.Pluimers, K.McKenzie, B.Fretten, T.Rowe)
- 2009-10:** Northcliffe (Damien Moffrey, S.Snell, N.Pluimers, K.McKenzie, E.McKenzie, T.Rowe)

LIFESAVER RELAY – MIXED

- 2003-04:** Queenscliff (B.Gaul, M.Hamilton, N.Holt, P.Nash, M.Rice, J.Richards, A.Whiteman, J.Tzinberg, D.Welsh)
- 2004-05:** City of Perth (J.Cohen, A.England, D.Hansen-Knarhoi, S.Hopkins, J.Stock, G.Wilson, T.Bowler, D.Gore, M. Goodall)
- 2005-06:** Tugun (T.Way, B.Cummins, H.Dougherty, I.Peterson, J.Peterson, K.Wallace, L.Murdoch, M.Damro, M.Murray)
- 2006-07:** Tugun (L.Murdoch I.Peterson, H.Dougherty, D.Finter, M.Damro, B.Cummins, A.Way, J.Mitchell, R.Von Wildemann)
- 2007-08:** Burleigh Heads/Mowbray Park (B.Pitman, H.Wyper, J.Lollback, D.Smith, J.Clear, G.Butterworth, R.Fryer, R.Hart, D.Moran)
- 2008-09:** Kurrawa (A.Winkler, J.Blackburn, J.Barnes, M.Fletcher, M.Howard, T.Keily, K.Hurst, B.Allen, M.Walker)
- 2009-10:** Not held

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NEXT WEEK:
SKI EVENTS
FLASH BACK 1961



Snell, a schoolteacher at Surfers Paradise State School, combines his Ironman training with his theory and practical training every week.

"I swim four to five swim sessions up to six kilometres a session; two to three board sessions, plus running and ski training and we get together every week for the practical sessions and I try and read up on my theory a couple of nights a week as well," said Snell.

"It is challenging but very rewarding and actually quite nerve-wracking on competition day, not knowing how you have gone until the very end when they start reading out the results from sixth to first."

Snell is also a member of the champion Northcliffe Patrol Team, who are trying to stretch their winning streak to ten as they attempt to equal the legendary Currumbin Vikings team that won ten straight between 1992 and 2001.

(The Vikings won 14 Championships between 1987 and 2001, when Northcliffe started their run of nine victories).

Victory will also be sweet for **Damien Moffrey** and **Trent Rowe** who will set what will be an extraordinary record of ten straight gold medals as members of the victorious Northcliffe team.

No Australian lifesaver has ever won eight straight, let alone nine or ten and Moffrey and Rowe will certainly write their names into the annals of Surf Life Saving history if they can pull off this extraordinary feat.

It will also be a special time for former South Australian youngster **Jake Nicholson**, recruited into the team for **Emma McKenzie** and who joins Snell, Moffrey, Rowe, **Kathryn McKenzie** and **Nic Pluimers** in the all-conquering squad.

Nicholson continues the Grange connection in the Northcliffe team, which saw **Adam Jones** (a member of the Grange six that won silver to Currumbin in 2000) transfer to Northcliffe in 2004 for the first of his seven gold medals.



14th WIN: Currumbin's Steven Cahill, Adam Hamilton, Ben Cahill Michael Chan, Trent Balyam, Todd Balyam.



NORTHCLIFFE'S 2010 CHAMPION PATROL TEAM (L-R): Emma McKenzie, Kathryn McKenzie, Damien Moffrey, Trent Rowe, Stuart Snell, Nick Pluimers.

CHAMPION LIFESAVER – OPEN MEN

- 2000-01:** T.Balym (Currumbin Beach)
- 2001-02:** T.Balym (Currumbin Beach)
- 2002-03:** B.Dowker (Northcliffe)
- 2003-04:** F.Taylor (Northcliffe)
- 2004-05:** B.Dowker (North Burleigh)
- 2005-06:** B.Dowker (North Burleigh)
- 2006-07:** M.White (Alexandra Headland)
- 2007-08:** M.White (Alexandra Headland)
- 2008-09:** S.Snell (Northcliffe)
- 2009-10:** S.Snell (Northcliffe)

CHAMPION LIFESAVER – OPEN WOMEN

- 2000-01:** H.Cahill (Northcliffe)
- 2001-02:** H.Cahill (Northcliffe)
- 2002-03:** R.Wilson (Bundaberg)
- 2003-04:** J.Bodger (Point Lookout)
- 2004-05:** M.Pelly (Manly)
- 2005-06:** E.Curtis (North Burleigh)
- 2006-07:** J.Parry (Maroochydore)
- 2007-08:** M.Pelly (Manly)
- 2008-09:** K.Thornton (Alexandra Headland)
- 2009-10:** M.Pelly (Manly)

FIRST AID – MIXED

- 2000-01:** Maroochydore (V.Berry, C.Dunn-Sargent)
- 2001-02:** Maroochydore (F.Meredith, V.Berry)
- 2002-03:** Dicky Beach A (A.Jones, T.Hutton)
- 2003-04:** Dicky Beach A (T.Hutton, A.Jones)
- 2004-05:** Manly A (H.Cowan, K.Tremayne)
- 2005-06:** Manly A (H.Cowan, K.Tremayne)
- 2006-07:** Broadbeach (R.Fife, K.Fife)
- 2007-08:** Tannum Sands (G.Williams, G.Norris)
- 2008-09:** Noosa Heads (F.Krause, J.Bartholomaeus)
- 2009-10:** Dicky Beach (N.Palmer, J.Aitken)

CURLEWIS 6 PERSON R&R - MIXED

- 2000-01: Swansea Belmont**
(T.Allen, S.Davis, D.Hayes, G.Hayes, N.McGregor, M.Ross)
- 2001-02: Swansea Belmont**
(T.Allen, S.Davis, D.Hayes, G.Hayes, N.McGregor, M.Ross)
- 2002-03: Wanda**
(K.Melville, T.Lee, G.McKirdy, B.Douglas, G.Sandstrom, C.Ricketts)
- 2003-04: Maroochydore**
(J.Baxter, J.Marr, D.McBurnie, J.Sayers, D.Short, A.Staib,)
- 2004-05: Wanda**
(B.Douglas, T.Lee, G.McKirdy, K.Melville, C.Ricketts, G.Sandstrom)
- 2005-06: Bondi**
(A.McEncroe, A.Nezval, N.Nezval, M.Pollard, S.Watkins, W.Hardman)
- 2006-07: Wanda**
(G.McKirdy, B.Douglas, K.Melville, T.Lee, G.Sandstrom, S.Smith)
- 2007-08: Bondi**
(B.Mison, A.Nezval, M.Pollard, S.Watkins, A.McEncroe, N.Nezval)
- 2008-09: Freshwater**
(A.Burns, I.Donald, W.Freakley, J.Kirkby, P.Obern, C.Tyrrell)
- 2009-10:** Not held

NORTHCLIFFE DOMINATE QLD CHAMPS

Northcliffe signalled their attentions for this year's Aussies when they took out the honours at the 2011 Laerdal Queensland Surf Rescue Championships ahead of defending champion Dicky Beach and Alexandra Headland.

The annual championships saw more than 100 of the State's top surf lifesavers from as far and wide as Forrest Beach right through to Tweed Heads converge on Broadbeach to put their surf rescue skills to the ultimate test in their bid to be crowned Queensland's Champion Lifesaver.

Snell and fellow Champion Patrol Team member **Kathryn McKenzie** won the coveted Open Male and Female Champion Lifesaver events, while Northcliffe extended its unbeaten run in the prestigious Open Patrol Competition to a record 11 years.

Maroochydore's team of Fiona Meridith and Patrick Lafferty took the honours in the Open First Aid competition, and Alexandra Headlands featured prominently in the Under-17 and Under-19 age divisions.

[SURF LIFESAVING QLD RESULTS](#)

In NSW, Cronulla's **Ben Orford**, third to Snell and **Michael White** (Alexandra Headlands) in last year's Aussies, won the Champion Lifesaver event at the All Phones NSW Championships at Kingscliff from North Steyne's **Shannon Job** and Cronulla's **Daryn Metti**.

In the women's Champion Lifesaver, Manly's three-time Australian champion **Mel Pelly** added another NSW crown to her impressive tally in a sky blue quinella, with team mate **Emma Jolly** second and **Tara Johnston** (Helensburg Stanwell Park) third.

Coogee won the Open Patrol Competition from Ocean Beach Blue. At the WA State Championships at Scarborough, City of Perth's **Josh Walker** won gold in the Champion Lifesaver from teammate **Eoghan McKenna** with **Blair Redfern** (Scarboro) third with Mullaloo taking the Patrol Competition from Fremantle and Scarborough.

At Lakes Entrance for the Victorian State Championships, it was a Jan Juc sweep with **David Ulbrick**, **Stephen Iannazzo** and **Leigh Ryan** completing a spectacular trifecta before leading Jan Juc to victory in the Champion Patrol Team from Apollo Bay.

At the SA State at Christies Beach, **Jason Matte** (Grange) won the Champion Lifesaver while **Alexandra Cobia** (Brighton) won gold in the Women's event. [SURF LIFESAVING SA RESULTS](#)



AGE NO BARRIER: Alan Burns.



2009 CHAMPS: Freshwater's Sir Adrian Curlewis team.

FRESHIE'S PROUD R&R HISTORY

The Freshwater club on Sydney's Northern Beaches has a long and proud history when it comes to one of the original events on the SLSA program, the Rescue and Resuscitation or R and R.

The club has won eight National R and R titles – including the coveted Six Person R and R, named in honour of one of the movement's most celebrated president's, the judge Sir Adrian Curlewis, on five occasions.

Freshwater will arrive at Kurrawa this year determined to add another gold medal to their impressive tally and defend the title they won in 2009 and write some more history.

The team of **Alan Burns**, **Ian Donald**, **Wayne Freakley**, **Peter Obern**, **Chris Tyrell** and **Jo Kirkby**, coached by **Ken Priest**, turned the clock back almost 50 years when they won the flag two years ago and have made just one change to that team for 2011 with **Donna Kelleher** coming in for Kirkby.

It will be a major step back in time for Freakley, a member of the club's 1978 NSW State Championship winning team that ran third to North Cronulla at the Aussies at Kingscliff – over 30 years ago. Burns (pictured below left) will also chalk up a remarkable milestone, pulling the belt for the club and celebrating his 60th birthday – 43 years after winning silver for Clovelly in the under 18 surf teams in 1968.

Freakley praised Burns and admitted he has an unwritten contract that once he is slower than 30 seconds behind in the swim then it's time to retire.

"He's a remarkable beltman, still going strong after all these years and doesn't look like slowing down; he's certainly an inspiration," said Freakley, who was also equally in awe of Obern, himself a former Australian under 16 and 18 surf teams winner, who swims the belt in the 5-man team.

Freshie were crowned National champions four times between 1953 and 1960, producing an impeccable record that saw them unbeaten in 15 starts in 1958-59.

Their success came under the instruction of one of lifesaving's toughest task masters in **Lionel McDonald** and included Australian representatives **Ray "Soccer" Matheson**, **John Mills**, **Barry Lumdsaine**, **Jock McPhee** and **Don "Ducker" Williams**, who were joined by the likes of ABC TV commentator **Norman "Nuggett" May**, 1948 Olympic swimmer **Bruce Bourke**, **Clarrie Williams**, **Dick Evans**, **George Mullins** and **John Forbes**.

DID YOU KNOW? The Kurrawa team (below) is the defending champion in the prestigious Lifesaver Relay which includes a surf boat crew, swimmer, board and ski paddler and beach sprinter. An event first contested in 2004 and won by Queensland.



KURRAWA KILLERS: 2009 Australian Lifesaver Relay champs.

STATE ROUND-UP

[NSW STATE AGE, Kingscliff - MANLY MAINTAIN AGE RAGE](#)

Manly has defended its crown at the **2011 Allphones NSW Age Surf Life Saving Championships**.

Manly (230 points) emerged victorious against arch rivals North Cronulla (205.5) and Cronulla (178).

Among Manly's winners were **Cooper Krenkels** in the U14 years surf race; the All Age Board Relay; the U13 Cameron and Beach Relays; **Andrew Newling** in the U11 years board; **Angus McBean** in the U9 beach sprint and **Eliza Curll** in the U9 surf race.

DID YOU KNOW? **Cooper Krenkels** is the grandson of 1948 London Olympic swimmer and Freshwater's two-time Australian R and R champion **Bruce Bourke** and the nephew of 1992 Olympian, world champion and America's Cup yachtie **Glenn Bourke**. [SURF LIFESAVING NSW RESULTS](#)

[VIC CHAMPS, Lakes Entrance: PENNY WISE ANGLESEA](#)

Anglesea, the 2010 DHL National Club of the Year, stole the show at the 2011 Victorian State Championships.

With the ski paddling **Penny** brothers **Will** and **Tom**, joined by veteran Shane Edmonds and brilliant youngsters **Joel Simondson**, **James Porter** and **Campbell McDonald** the club won the prestigious Taplin Relay.

Simondson, who won the U17 surf and Ironman and was second to Scott Prosser (Jan Juc) in the open surf race, produced the swim of his life in Taplin.

On the beach **Hayley Atkins** led an Anglesea trifecta from sisters **Claire** and **Abbey Lewtas**.

DID YOU KNOW? **Hayley Atkins** won the U16 and U18 Aussies beach sprint double with Surfers Paradise in 2000 after winning the under 16 title for Currumbin in 1999. [SURF LIFESAVING VIC RESULTS](#)

[TAS STATE, Clifton Beach: BEVILACQUA BOYS GOLD RUSH](#)

Brothers **Matt** and **Joel Bevilacqua** were outstanding for host club Clifton Beach at the Tasmanian State Championships.

Matt won the under 19 and Open Ironman and board race doubles as well as the open surf and U19 single ski, while little brother Joel won the U17 Ironman and was second in the U17 surf race and third in the open board, U17 ski and open surf race.

The boys were also prominent in the Open Surf Teams and Joel in the under 17 Taplin wins while there was no stopping the brothers in the open board rescue.

Carlton Park's **Allie Britton** won the open Ironwoman from **Rebecca Thompson** who had earlier won the swim, board and ski events. [SURF LIFESAVING TAS RESULTS](#)

[WA STATE, Scarborough - TRIGG ON TOP AS HUITENGA STARS](#)

Trigg Island won the Overall Pointscore but it was City of Perth's **Simon Huitenga** who was named the 2011 Bernie Kelly medal winner, for the most outstanding performance by an individual competitor.

Trigg led the overall point score all weekend and finished on 848 points, ahead of City of Perth (683) and Mullaloo (656).

Huitenga chalked up wins in the Open Ironman and surf race, was a member of the winning Rescue Tube team and also picked up a bronze in the Taplin Relay.

City's **Jade Whitehead** was another athlete to have a successful weekend of racing, finishing with seven gold medals, one silver and two bronze and whilst she claimed the U19 Ironwoman, Whitehead couldn't hang on in the open Ironwoman and finished with bronze in a City trifecta, with 16-year-old **Natasha Browne** winning the gold and club-mate **Kirsty Hardstaff** the silver. [SURF LIFESAVING WA RESULTS](#)

[NOW THE MAROOCHYDORE R & R BOYS ARE ON THE COMEBACK TRAIL](#)

It seems it's the season for aquatic comebacks with **Libby Trickett**, **Michael Klim** and **Ian Thorpe** back in the water and now former Australian R and R champions Maroochydore are getting in on the act. The 2011 Aussies will see the return to competition of the 2004 National Champions in both the Open 5 Man and the Senior 6 Person events after the team retired in 2006.

The team of **David McBurnie**, **John Sayers**, **Dr. Andrew Staib**, **Danny Short**, **John Baxter** and **Jae Marr** will once again be coached by R and R legend, **Len Harris**, a former Australian champion and Australian champion coach with Bondi, Coogee and Maroochydore.

Short and Baxter, have been outstanding surf swimmers, sharing in Maroochydore's 1993 Taplin Relay win with one of the great line ups which included Olympian Clint Robinson, Kirk Jarrott, Ashley Massie and Heath Collie and taking silver with Maroochydore in the open surf teams in 1996, while Short also tasted gold in the victorious Taplin teams of 1994 and 1997.

In the first couple of sessions there was stiffness of the joints, but their overall drill showed they still had it, although sometimes when they arrived for training it was like a mobile crèche turning up at the beach.

Win lose or draw, there will be a big support crew for Maroochydore's "Dad's Army" when they turn back the clock, beginning at next week's **Crazy Johns Queensland State Championships at Kurrawa** – a warm up for The Aussies, with the R and R scheduled for Broadbeach between April 7 and 10.

"AUSSIES" FLASH BACK FORTY YEARS AGO City of Perth, 1971

KIRRA THE TOAST OF THE COAST WITH BACK-TO-BACK R & R WINS

Back in 1971 the Senior R and R championship of Australia was recognised as the Blue Ribband event on the Surf Life Saving calendar and 40 years on Kirra's stalwart **Bob Littler** recalls it was "the one everyone wanted to win."

"It was the major event on the program, with enormous prestige attached to winning the Senior R and R and we went into City of Perth as the defending champions," said Littler, now a semi-retired cattle farmer on the NSW Far North Coast.

"We had won the title in 1968 and 1970 and it was a very competitive field with clubs from every State vying for the title and the SLSA dangled the carrot of Australian team selection and a trip to Taiwan to the winning team.

"I remember **Cam Leigh-Murray** drew the belt swim and **Vic Arnall** (my cousin) the patient swim and we actually defeated North Cronulla (who had won the title in 1969) and Bondi (who would win in 1972)."

Littler also revealed that because the squad of **Leigh-Murray**, Arnall, **Col Wright**, **Peter Kelly**, **Peter Whippell** and himself, under the direction of master coach **Arch Nicholson** all lived in Brisbane, the majority of their training was done on grass.

"We would do all our swimming training then two evenings a week we would do our drill work on the lawn at Langlands Park Pool – it was ideal for our timing and may well have been the secret to our success.

"Our beach work would be done on weekends at Kirra and also at Southport in the lead up to the major championships."

It was a season to remember for Littler, who was also a member of the Australian team for a three-Test Series against South Africa at Lorne, Burleigh Heads and Coogee and captain of the Queensland State Surf Team in WA.

"Personally it was probably the highlight of my career and to top it off with a win in the R and R and to tour Taiwan was great," said Littler.

Littler and several members of the team including Leigh-Murray, Arnall, Wright, Whippell and himself attended a 40 year reunion late last year to celebrate the formation of Life Saving in the Chinese state.

"It was a great experience to go back there and see how far it has come in 40 years and to think that we played a part in setting it up was very special," said Littler.

Kirra won again in 1977 (with Littler and Kelly still in the team) and in 1979 with a new look team, which included Olympian Graham White, when they also won the Australian junior R and R title..

Littler then went on to coach the Kirra juniors to victory in 1982 and 1983 with son Scott lining up in the team.

Australian for life. 

5 PERSON R&R – MIXED

2008-09: Collaroy (P.De Kort, P.Ducker, P.McDermott, E.McKie, T.Ware)
2009-10: Not held

5 PERSON R&R – OPEN MEN

2000-01: Wanda (B.Douglas, I.Kerz, G.McKirdy, C.Ricketts, G.Sandstrom)
2001-02: Coogee (J.Carter, M.Fernandez, B.Mison, T.Mison, T.Mison)
2002-03: Swansea Belmont (T.Allen, S.Davis, D.Hayes, G.Hayes, M.Ross)
2003-04: Maroochydore (J.Baxter, D.McBurnie, J.Sayers, D.Short, A.Staib)
2004-05: Burleigh Heads-Mowbray Park (B.Crichton, P.Hollingworth, B.Dixon, M.White, C.Wetherall)
2005-06: Swansea Belmont (M.Baldock, D.Hayes, G.Hayes, M.Ross, P.Watts)
2006-07: Freshwater (A.Burns, I.Donald, W.Freakley, D.Jones, C.Tyrrell)
2007-08: Swansea Belmont (P.Cosgrove, D.Hayes, G.Hayes, M.Ross, M.Smith)
2008-09: Wanda (B.Douglas, T.Lee, K.Melville, S.Smith, B.McCrintle)
2009-10: Not held

5 PERSON R&R – OPEN WOMEN

2000-01: Southport (C.Baker, J.Bruce, E.Goeldner, S.Neil, H.Williams)
2001-02: Coogee (K.Bunton, L.Bunton, J.Dubos, L.Diver-Tuck, S.Hoiles)
2002-03: Ocean Grove (A.Crammond, L.Crammond, E.Luttrell, E.Sewell, S.Stratton)
2003-04: Wanda (A.Harris, L.McHugh, N.Rees, A.Richmond, J.Swan)
2004-05: Wanda (K.Allum, I.Bergersen, K.Hammerton, B.Hughes, N.Robbins)
2005-06: Bondi (J.Ashley, M.Hingston, K.Miller, L.Santos, J.Heatrick)
2006-07: Bondi (J.Ashley, M.Hingston, K.Miller, L.Santos, J.Heatrick)
2007-08: Bondi (J.Ashley, M.Hingston, K.Miller, L.Santos, J.McMillan)
2008-09: Bondi (J.Ashley, S.De Lorenzo, K.Miller, L.Santos, J.McMillan)
2009-10: Not held

Photographs:
www.harvpix.com
&
Gold Silver Bronze



**SCARBORO'S VIDLER BROTHERS: 1971 Junior Ironman
Champion Ken Vidler (left) with brother Colin.**

NORM RABJOHNS FIVE YEAR WAIT FOR GOLD

Currumbin's **Norm Rabjohns** remains as laid back today as he was when he was crowned Australian ironman champion back in 1971 at City of Perth.

His five-year wait for Ironman gold was certainly worth it.

Rabjohns and **Len Wood** from Pacific had been the men synonymous with surf lifesaving and early Ironman racing on the Gold Coast in the mid 60s, Wood finishing third to **Hayden Kenny** and **Barry Rodgers** respectively in 1966 and 1967 while Rabjohns was third to Rodgers in 1968 and 1969.

The following year in Victoria, with water events transferred from Ocean Grove to Fisherman's Beach at Torquay, Rabjohns was 200m in front going into the final leg and it was "put down your glasses" until the surf Gods turned on him and the field came from behind.

Trigg Island's **Fred Annesley** eventually won the title, leaving Rabjohns off the podium in fourth.

But the following year in Perth saw Rabjohns grab a deserved National title, something he describes as one of the toughest events of his career.

"I didn't think it was a big deal back then but I do remember it was a tough race," recalled Rabjohns, who is now based out of Manly, 20km north of Brisbane and runs a charter boat out of Gladstone in the winter months.

"It was flat out from the outset and I remember crossing the line and just wanted to collapse back in the water but all the boys came up and kept patting me on the back – it felt like electrodes going through my body.

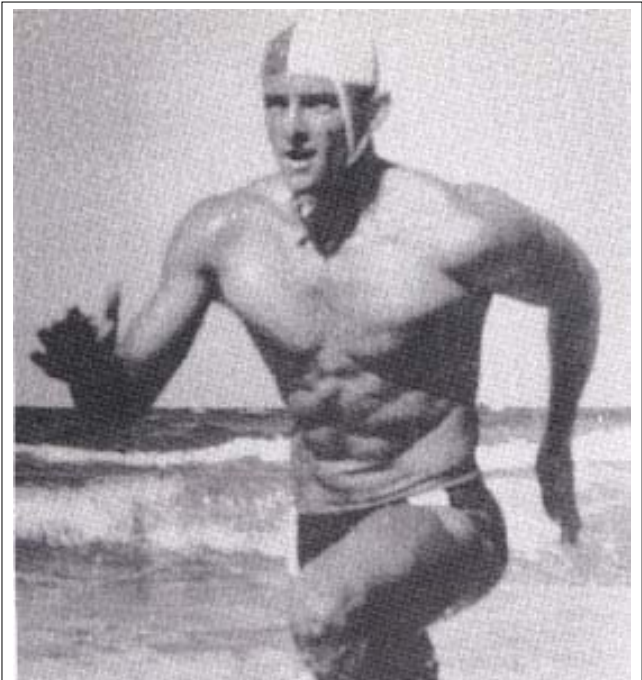
"Ironman racing is tough but you also need a little bit of luck along the way and that doesn't always happen."

Rabjohns would line up again for a comfortable victory at Blacksmith's Beach, Swansea Belmont the following year, defeating **Geoff Dews** (Wanda) and Maroubra's three time champion, Rodgers and he also added the single ski title for good measure.

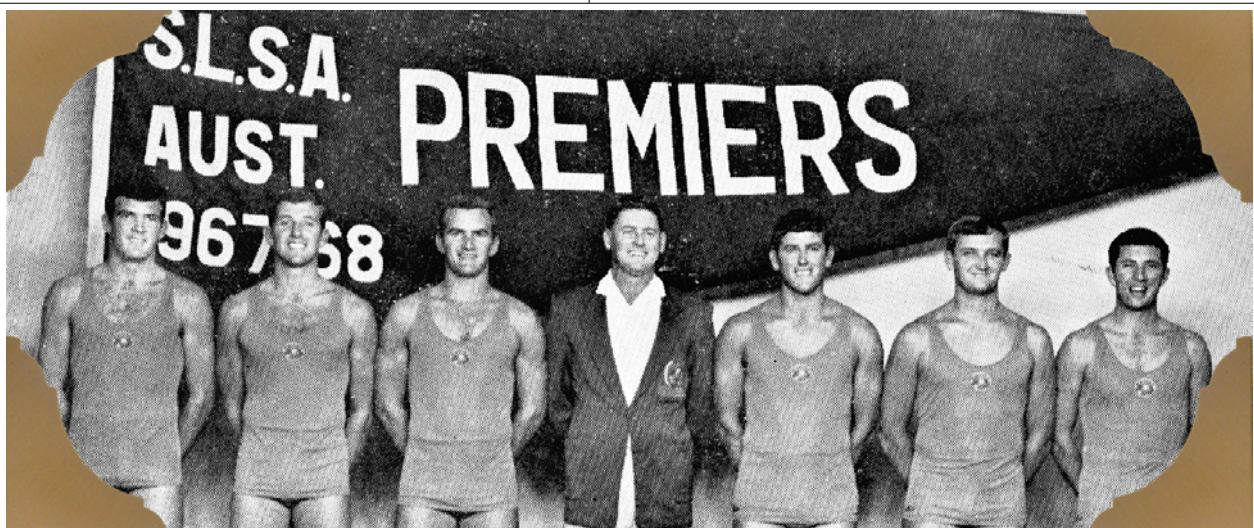
He would also finish third on another two occasions – to Cottesloe's **Simon Martin** at Glenelg in 1974 and Olympian **Ken Vidler** at Dee Why in 1975.

Rabjohns would also play a key role in the victorious Currumbin Taplin Relay teams of 1977, 1978 and 1979 with the Vikings winning the National Club Pointscore in 1977 at Bancoora, capping off a distinguished career.

In other events in 1977; WA's favourite son surfing **Ken Vidler** started his amazing career with victory in only the second U18 Ironman championship from **Guy Oakley** (Maroubra) and **Peter Milburn** (Torquay); Sydney police inspector **Warren Molloy** swept Queenscliff to victory in the open boat; Collaroy with Olympian **Mark Anderson**, Commonwealth Games swimmer **Buddy Portier** and noted surf swimmers **Inky Montgomery** and **Mike Bradford** won the open surf teams; **Leigh Emery** from Bondi the open belt although South African **Chris Milford** touched the buoy first; while **Rick Wilkinson** (North Cronulla) won the open surf.



CURRUMBIN GREAT: Norm Rabjohns, 1971 Ironman champion



KIRRA POINT GUARDS FROM 1968: Col Wright, Bob Littler, Rob Gurnett, Arch Nicholson (coach), Vic Arnall, Peter Whippell and John Littler, who still formed the basis of the club's champion teams of 1970 and 1971, with Cameron Leigh-Murray and Peter Kelly.

SURF LIFE SAVING – STATE CHAMPIONSHIPS DATES MEDIA CONTACTS

QLD

Name: Crazy John's Qld Masters Championships

Date: March 25 2011

Venue: Kurrawa

Name: Crazy John's Qld Senior State Championships

Dates: March 26 & 27 2011

Venue: Kurrawa

Contact: Cameron Ward

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NSW

Name: 2011 Allphones NSW Surf Life Saving Championships

Venue: Kingscliff, Cudgen Headland NSW

Date: Masters: March 17 2011

Opens: March 18-20 2011

Contact: Donna Wishart

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W: www.surflifesaving.com.au

VIC

Name: Victorian Lifesaving Championships

Date: 12 & 13 March 2011

Venue: Lakes Entrance Beach

Contact: Drew Urlichs

Manager – Aquatic Sports

P: 03 9676 6957 | M: 0402 404 099

www.lifesavingvictoria.com.au

TAS

Name: Senior State Championships

Date: March 12 & 13 2011

Venue: Clifton Beach SLSC

Contact : Mel Bush 03 6223 5555

www.slst.asn.au

SA

Name: Masters State Championships

Date: March 12 & 13 2011

Venue: Christies Beach

Name: Seniors State Championships (Beach)

Date: March 25 2011

Venue: Glenelg

Name: Seniors State Championships

Date: March 26 & 27 2011

Venue: Moana

Contact: 08 8354 6900

www.surfrescue.com.au

WA

Name: 2011 WA Senior Surf Lifesaving Championships

Date: March 12 & 13 2011

Venue: Scarborough SLSC

Contact: Maclain Bruce

Marketing Communications Executive | Surf Life Saving Western Australia

T: 08 9243 9444 | F: 08 9243 9499 | M: 0423 104 916

www.mybeach.com.au

DRAFT 25.02.11 - 2011 DHL AUSTRALIAN SLS CHAMPIONSHIPS
TIMETABLE
Tuesday 5th April. 2011

Boat x 2	Open / U19 Male x 2	Open / U19 Female	U17 Area x 2	U15 Area x 2
8.00 am Reserve Grade Boat Race (Heats →Qtr Finals)	8.00am Open Men's Ski Relay (H)	8.00am Open Women's Board Relay (H)	8.00 am U17 Women's Surf Teams (H)	8.00 am U15 Men's Cameron Relay (H)
	Open Men's Board Relay (H)	U19 Women's Board Relay (H)	U17 Men's Surf Team (H)	U15 Women's Cameron Relay (H)
U23 Men's Boat Race (Heats →Qtr Finals)	U19 Men's Surf Teams (H)	Open Women's Belt Race (H)	U17 Women's Taplin Relay (H)	U15 Men's Tube Race (H)
N.B. Area Referee to advice on the racing rotations.	Open Men's Single Ski (H)	Open Women's Double Ski (H)	U17 Men's Taplin Relay (H)	U15 Women's Tube Race (H)
	Restricted Surf Race (H)	Open Ironwoman (H)	U17 Women's Tube Race (H)	U15 Men's Tube Race 2 nd Rd
	U19 Men's Board Race (H)	U19 Ironwoman (H)	U17 Men's Tube Race (H)	U15 Women's Tube Race 2 nd Rd
	Open Men's Belt Race (H)	Open Women's Surf Teams (H)	U17 Women's Board Rescue (H)	U15 Men's Surf Teams (H)
	U19 Men's Belt Race (H)	U19 Women's Surf Teams (H)	U17 Men's Board Rescue (H)	U15 Women's Surf Teams (H)
	Open Men's Ski Relay (OF)	Open Women's Ski Race (H)	U17 Ski Relay (H)	U15 Men's Board Rescue (H)
	U19 Men's Board Relay (H)	Open Women's Belt Race (SF)	U17 Women's Surf Teams (F)	U15 Women's Board Rescue (H)
	Open Men's Surf Teams (H)	U19 Women's Ski Race (H)	U17 Men's Surf Teams (F)	U15 Men's Surf Teams (F)
	U19 Ski Relay (H)	Open Women's Surf Teams (F)		U15 Women's Surf Teams (F)
	Open Men's Board Relay (SF)	U19 Women's Surf Teams (F)		
	U19 Men's Single Ski (H)			
	Open Men's Single Ski (Rnd 2)			

DRAFT 25.02.11 - 2011 DHL AUSTRALIAN SLS CHAMPIONSHIPS
TIMETABLE
Wednesday 6th April, 2011

Boat x 2	Open/U19 Male x 2	Open / U19 Female	U17 Area x 2	U15 Area x 2
	8.00 am Lifesaver Relay Heats		8.00 am U17 Women's Board Race (H)	8.00 am U15 Men's Board Race (H)
9.00 am U19 Boat Race (Heats → Qtr Finals)	9.00 am U19 Men's Ironman Race (H)	9.00am Open Women's Belt Race (F)	U17 Men's Board Race (H)	U15 Women's Board Race (H)
	Open Men's Board Race (H)	Open Women's Ski Relay (H)	U17 Women's Surf Ski (H)	U15 Men's Tube Race (QF)
U23 Women's Boat Race (Heats → Qtr Finals)	U19 Men's Board Race (QF)	Open Women's Board Race (H)	U17 Men's Surf Ski (H)	U15 Women's Tube Race (QF)
	U19 Men's Rescue Tube Rescue Race (H)	U19 Women's Board Race (H)	U17 Women's Tube Race (QF)	U15 Men's Board Race (Rd 2)
Open Surf Boat Relay (H)	Open Men's Rescue Tube Rescue Race (H)	Open Ironwoman (QF)	U17 Men's Tube Race (QF)	U15 Women's Board Race (Rd 2)
	U19 Men's Board Relay (SF)	U19 Ironwoman (QF)	U17 Women's Board Race (Rd 2)	U15 Men's Surf Race (H)
N.B. Area Referee to advise on the racing rotations.	U19 Men's Surf Teams (F)	Open Women's Board Rescue (H)	U17 Men's Board Race (Rd 2)	U15 Women's Surf Race (H)
	Open Men's Board Rescue (H)	U19 Women's Board Rescue (H)	U17 Belt Race (H)	U15 Men's Board Relay (H)
	Open Men's Ski Relay (SF)	Open Women's Double Ski (SF)	U17 Ski Relay (SF)	U15 Women's Board Relay (H)
	U19 Ski Relay (F)	Open Women's Surf Race (H)	U17 Women's Surf Race (H)	U15 Men's Tube Race (SF)
	Open Men's Rescue Tube Rescue Race (SF)	U19 Women's Surf Race (H)	U17 Men's Surf Race (H)	U15 Women's Tube Race (SF)
	Open Men's Board Race (Round 2)		U17 Women's Board Relay (H)	
	Open Men's Belt Race (QF)		U17 Men's Board Relay (H)	
	U19 Men's Belt Race (SF)			
	Open Men's Single Ski (Round 3)			

DRAFT 25.02.11 - 2011 DHL AUSTRALIAN SLS CHAMPIONSHIPS TIMETABLE**Thursday 7th April, 2011**

Boat x 2	Open / U19 Male x 2	Open / U19 Female	U17 Area x 2	U15 Area x 2	Beach
8.00 am Lifesaver Relay (SF)			8.00 am U17 Women's Tube Race (SF)	8.00 am U15 Ironman (H)	7.30 am 2km Beach Run (U15 - Open)
Open Men's Boat Race (Heats to Qtr Finals)	Open Ironman (H)	Open Women's Board Race (Rd 2)	U17 Men's Tube Race (SF)	U15 Ironwoman (H)	9.30 am Beach Sprints (U15 - Open) (Heats to Qtr Finals)
	U19 Men's Single Ski (QF)	U19 Women's Board Race (QF)	U17 Ironwoman (H)	U15 Men's Board Relay (F)	
Open Women's Boat Race (Heats to Qtr Finals)	Open Mixed Double Ski (H)	Open Women's Ski Race (QF)	U17 Ironman (H)	U15 Women's Board Relay (F)	Beach Relays U15 - Open (Heats)
	U19 Men's Surf Race (H)	U19 Women's Ski Race (QF)	U17 Women's Board Relay (F)	U15 Men's Board Race (QF)	N.B. Area Referee to advise on the racing rotations.
Open Men's Boat Relay (Semi Final)	Open Men's Board Relay (F)	Open Women's Rescue Tube Rescue Race (F)	U17 Men's Board Relay (F)	U15 Women's Board Race (QF)	
	Open Men's Belt Race (SF)	Open Women's Ski Relay (F)	U17 Women's Board Race (QF)	U15 Ironman (QF)	
N.B. Area Referee to advise on the racing rotations.	Open Men's Double Ski (H)	U19 Women's Rescue Tube Rescue Race (F)	U17 Men's Board Race (QF)	U15 Ironwoman (QF)	
	Open Men's Surf Race (H)	Open Women's Taplin Relay (H)	U17 Belt Race (SF)	U15 Men's Surf Race (SF)	
	U19 Double Ski (H)	U19 Women's Taplin Relay (H)	U17 Women's Ski Race (QF)	U15 Women's Surf Race (SF)	
	U19 Men's Board Rescue (H)	Open Women's Board Race (QF)	U17 Men's Ski Race (QF)	U15 Men's Board Rescue (SF)	
	Open Men's Surf Teams (F)	U19 Women's Board Race (SF)	U17 Belt Race (F)	U15 Women's Board Rescue (SF)	
	U19 Men's Board Relay (F)	Open Women's Single Ski (SF)	U17 Ironwoman (QF)		
	Open Ironman (QF)		U17 Ironman (QF)		
	U19 Double Ski (QF)				
	U19 Men's Board Rescue (QF)				
	Open Men's Ski Relay (F)				
	U19 Double Ski (SF)				
	Restricted Surf Race (F)				
	U19 Men's Board Rescue (SF)				

**DRAFT 25.02.11 - DRAFT 2011 DHL AUSTRALIAN SLS CHAMPIONSHIPS
TIMETABLE**

Beach
1.00pm March Past Open / U23/ U17 (Heats)
2.00pm Beach Flags U15 - Open (Heats → Semi Final)
N.B. Area Referee to advice on the racing rotations.

**DRAFT 25.02.11 - DRAFT 2011 DHL AUSTRALIAN SLS
CHAMPIONSHIPS TIMETABLE
Saturday 9th April, 2011**

Boat x 2	Open / U19 Male x 2	Open / U19 Female	U17 Area x 2	U15 Area x 2	Beach
8.00 am Lifesaver Relay (Final)			8.00 am U17 Ski Relay (F)	8.00 am U15 Men's Board Race (SF)	
8.30 am Reserve Grade Boat Race (SF)	Open Mixed Double Ski (QF)	U19 Women's Single Ski (SF)	U17 Women's Surf Race (SF)	U15 Women's Board Race (SF)	8.30 am Beach Sprints U15 – Open (SF)
U23 Men's Boat Race (SF)	Open Men's Board Rescue (QF)	Open Women's Board Rescue (SF)	U17 Men's Surf Race (SF)	U15 Ironman (SF)	
U23 Women's Boat Race (SF)	Open Men's Surf Race (SF)	U19 Women's Board Rescue (SF)	U17 Women's Board Rescue (SF)	U15 Ironwoman (SF)	Beach Relay U15 – Open (SF)
Reserve Grade Boat Race (F)	U19 Men's Surf Race (SF)	Open Women's Surf Race (SF)	U17 Men's Board Rescue (SF)	U15 Men's Tube Race (F)	
U23 Men's Boat Race (F)	Open Men's Double Ski (QF)	U19 Women's Surf Race (SF)	U17 Women's Board Race (SF)	U15 Women's Tube Race (F)	Beach Sprints U15 – Open (F)
U23 Women's Boat Race (F)	Open Men's Board Race (SF)	Open Women's Board Race (SF)	U17 Men's Board Race (SF)	U15 Men's Board Rescue (F)	
Open Surf Boat Relay (F)	Open Men's Rescue Tube Rescue Race (F)	U19 Ironwoman (SF)	U17 Ironwoman (SF)	U15 Women's Board Rescue (F)	Beach Relay U15 - Open (F)
	U19 Men's Taplin Relay (SF)	U19 Women's Board Rescue (F)	U17 Ironman (SF)	U15 Men's Board Race (F)	
	Open Men's Taplin Relay (SF)	U19 Women's Single Ski (F)	U17 Women's Tube Race (F)	U15 Women's Board Race (F)	
	U19 Men's Single Ski (SF)	U19 Women's Taplin Relay (F)	U17 Men's Tube Race (F)	U15 Men's Cameron Relay (F)	
	Open Men's Board Rescue (SF)		U17 Women's Ski Race (SF)	U15 Women's Cameron Relay (F)	
	U19 Men's Board Race (SF)				

**DRAFT 25.02.11 - 2011 DHL AUSTRALIAN SLS CHAMPIONSHIPS
TIMETABLE**

Saturday 9th April, 2011 cont...

Boat x 2	Open / U19 Male x 2	Open / U19 Female	U17 Area x 2	U15 Area x 2	Beach
	Open Mixed Double Ski (SF)		U17 Men's Ski Race (SF)		
	U19 Ironman (SF)		U17 Women's Board Rescue (F)		
	Open Men's Double Ski (SF)		U17 Men's Board Rescue (F)		
	Open Belt Race (F)				
	U19 Belt Race (F)				
	U19 Double Ski (F)				
	Open Men's Single Ski (SF)				
	Open Men's Board Rescue (F)				
	Open Women's Board Rescue (F)				
	U19 Men's Taplin Relay(F)				
	Open Mixed Double Ski (F)				
	U19 Men's Rescue Tube Rescue Race (F)				
	U19 Men's Board Rescue (F)				
	Open Ironwoman (SF)				
	Open Ironman (SF)				

**DRAFT 25.02.11 - 2011 DHL AUSTRALIAN SLS CHAMPIONSHIPS
TIMETABLE
Sunday 11th April, 2011**

Boat x 2	Area 1	Area 2	Beach
8.00 am U19 Boat Race (SF)	8.00 am U17 Women's Ski Race (F)	8.00 am U17 Women's Board Race (F)	7.00 am Ecumenical Service
	U17 Men's Ski Race (F)	U17 Men's Board Race (F)	8.00 am March Past Open/U23/U17 (F) Including Club Grand Parade
Open Women's Boat Race (SF)	Open Women's Double Ski (F)	U15 Men's Surf Race (F)	
	U19 Men's Surf Race (F)	U15 Women's Surf Race (F)	9.15 am Beach Flags U15 - Open (F)
Open Men's Boat Race (SF)	U19 Women's Surf Race (F)	U17 Men's Surf Race (F)	
	Open Men's Double Ski (F)	U17 Women's Surf Race (F)	
U19 Boat Race (F)	Open Women's Surf Race (F)	U19 Men's Board Race (F)	
	Open Men's Surf Race (F)	U19 Women's Board Race (F)	
Open Women's Boat Race (F)	U19 Men's Ski (F)	U17 Ironwoman (F)	
	Open Women's Board Race (F)	U17 Ironman (F)	
Open Men's Boat Race (F)	Open Men's Board Race (F)	U15 Ironwoman (F)	
	Open Women's Single Ski (F)	U15 Ironman (F)	
	Open Men's Single Ski (F)	U17 Women's Taplin Relay (F)	
	U19 Ironwoman (F)	U17 Men's Taplin Relay (F)	
	U19 Ironman (F)		
	Open Ironwoman (F)		
	Open Ironman (F)		
	Open Women's Taplin Relay (F)		
	Open Men's Taplin Relay (F)		

2011 AUSTRALIAN SURF LIFE SAVING CHAMPIONSHIPS

TIMETABLE OF EVENTS FOR LIFESAVING, R&R AND BOARD RIDING

As at January 2011 – Draft 1

Date	Events Scheduled
Saturday 2 nd April	Open and U17 Patrol Competition at Broadbeach SLSC commencing 8.00 a.m.
Sunday 3 rd April	Open/U19/U17/U15 /Masters Champion Lifesaver at Broadbeach SLSC commencing 8.00 a.m.
Monday 4 th April	Lay Day
Tuesday 5 th April	U15 First Aid at Broadbeach SLSC commencing 8.00 a.m. Masters/Long Board Riding –Reporting at 6.30 a.m.
Wednesday 6 th April	U17 First Aid at Broadbeach SLSC commencing 8.00 a.m. Open/U19/U17/U15 Board Riding –Reporting at 6.30 a.m.
Thursday 7 th April	U19 First Aid at Broadbeach SLSC commencing 8.00 a.m. Open/U19/U17/U15 Board Riding –Reporting at 6.30 a.m. R&R (all ages) –Round 1 at Broadbeach SLSC commencing at 8.00 a.m.
Friday 8 th April	Beach Events Only
Saturday 9 th April	Open First Aid at Broadbeach SLSC commencing at 8.00 a.m. R&R (all ages) –Round 2 including U15/U17/U19/Mixed Open 5 Person Finals at Broadbeach SLSC commencing at 8.00 a.m.
Sunday 10 th April	R&R Finals at Broadbeach SLSC commencing at 8.00 a.m. Open 6 Person/Open Women's 5 Person/Open Men's 5 Person

Notes:

1. Area Referees will advise on the morning of competition, the order of events.
2. All water events MUST CONCLUDE by 4.00p.m. Each day.