

COOLANGATTA GOLD 2011

TM

MEDIA GUIDE 2011



CONTENTS

Page 3	Coolangatta Gold Pictorial History	Page 9	Athlete Profiles
Page 5	Coolangatta Gold Event Information	Page 17	Course Maps
Page 5	Event Times and Schedules	Page 18	Race Singlets
Page 6	Prize Pool	Page 19	Past Coolangatta Gold Winners
Page 6	What's on	Page 20	List of Entries
Page 7	Athletes to Watch		

FRONT COVER PHOTO: FIVE OF THE BEST – (L-R) Courtney Hancock, Hayley Bateup, Caine Eckstein, Elizabeth Plummers and Cory Hill at Coolangatta.



PODIUM PLACES: The 2010 Under 19 placegetters (L-R) Mick Anderson, Riley McGregor, Taryn Lyndon



FOCUSED: Four-time winner Caine Eckstein

Coolangatta Gold

PICTORIAL HISTORY

The Coolangatta Gold is steeped in the history of Australian Surf Life Saving - the toughest of all endurance Ironman races, born inside the 1984 movie of the same name but a race that saw the birth of a legend in Guy Leech who would win back-to-back races before Michael King tasted Gold and glory in 1991 and Darren Mercer engraved his name on the trophy in 1992. The return of the gold in 2005 saw young gun Caine Eckstein begin his unbeaten string of four Golds – the other three in 08,09 and 10 - allowing Zane Holmes to add the Gold to his list of honours in 2006 and Rhys Drury for his greatest triumph in 2007. Hayley Bateup and Alicia Marriott have shared the Gold three-a-piece for the women between 2005 and 2010.

84 85 91 92



Guy Leech



Guy Leech



Michael King



Darren Mercer

3

05



Caine Eckstein



Hayley Bateup

06



Zane Holmes



Hayley Bateup

07



Rhys Dury



Alicia Marriott

08



Caine Eckstein



Hayley Bateup

09



Caine Eckstein



Alicia Marriott

10



Caine Eckstein



Alicia Marriott

Coolangatta Gold 2011 EVENT INFORMATION

OFFICIAL EVENT NAME

Coolangatta Gold 2011

VENUE

Kurrawa, Gold Coast

HOSTED BY

Surf Life Saving Australia

WHEN

Sunday, September 25, 2011

MEDIA VEHICLE DEPARTURE POINT & TIMES

Those media who have allocated to travel on the buses that will follow the Open Male competitors, those vehicles will depart after the start of the open men's (7am) and women's (8:15am) events from outside Kurrawa SLSC. Please see Media Centre Manager, Kim Hamilton at the media briefing at 6.20am on race day if you have any queries.

PARKING AND TRAFFIC INFORMATION

Road Closures: There are no road closures as the competition is conducted on the beach or in the ocean. Around the main transition points we do expect congestion in and around the transition points at Greenmount, Bilinga, Burleigh Heads, Kurrawa and Currumbin.

Car Parking: The car parks at all surf clubs are restricted and there will not be public or media parking available it is strongly suggested to register to have a seat in the media vehicles.

BEST VANTAGE POINT FOR VIEWING RACES

- Greenmount:** Finish of the open, Masters and Teams ski leg - the Greenmount Point walkway will be a perfect area to watch the transitions.
- Currumbin:** Finish of the second open, Masters and Teams run and finish of the female and U19 ski legs.
- Burleigh Heads:** Finish of all competitors board legs and the start of the final run leg for men and the swim section for women.
- Northcliffe:** The turning point for both the ski leg and the final run leg before finishing at Kurrawa.
- Kurrawa:** Start and the finish of all events.

MEDIA CENTRE LOCATION

The Media Centre will be located in the Kurrawa SLSC, on the first floor. Access is via the outside stairs (beachside).

MEDIA CONTACTS

Hanson Media Group Pty. Ltd. has been appointed by Surf Life Saving Australia to service the media needs during the 2011 Coolangatta Gold

- Media Director:** Ian Hanson 0407 385 160 (Womens Race Vehicle)
- Media Centre Manager:** Kim Hamilton 0438 443 406
- Media Manager:** David Moase 0431 471 289 (Mens Race Vehicle)

Surf Life Saving Australia representative: Allison Brennan 0422 024 204 (SLSA Media and Communications Manager)

MEDIA ACCREDITATION

An official SLSA media bib MUST be worn at all times by all media for access to the competition arena. Bibs can be collected from 6.30am at the Media Centre.

PHOTOGRAPHERS

Photographers MUST wear their SLSA accredited bibs 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 (Harvix.com)** 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.

DATA SENDING

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



Media Guide produced for the SLSA by Hanson Media Group



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EVENT TIMES

TIME

- 7:00am - Open Men
- 7:20am - Teams (U19 Men & U19 Mixed)
- 7:30am - Masters Men (30-39 and 40+)
- 8:15am - Open Women
- 8:35am - Masters Women (30+ and 40+)
- 8:40am - Masters Men (50+)
- 8:45am - Teams (Open Men and Open Mixed)
- 8:55am - U19 Men and U19 Women
- 9:00am - Teams (Open Women and U19 Women)

RACE CATEGORIES

- Long Course 46.65km**
Open Men, 30-39 years Men, 40+ years Men, Open Men's Teams, Open Mixed Teams, U19 Men's Teams, U19 Mixed Teams
- Short Course 30.5km**
Open Women, U19 Men's, U19 Women's, 50+ years Men's, 30+ Women's, 40+ Women's, Open Women's Teams, U19 Women's Teams

TELEVISION SCHEDULE

The 2010 Coolangatta Gold will be televised on Channel Ten, Sunday, October 30 (12 Noon-2pm).

PRIZE POOL

PLACE	OPEN MALE	OPEN FEMALE
1st	\$20,000	\$10,000
2nd	\$7,000	\$3,500
3rd	\$4,250	\$2,250
4th	\$3,000	\$1,250
5th	\$2,000	\$1,000
6th	\$1,000	\$900
7th	\$900	\$800
8th	\$800	\$700
9th	\$700	\$600
10th	\$600	\$500
11th	\$500	\$400
12th	\$400	\$350
13th	\$350	\$300
14th	\$300	\$250
15th	\$200	\$200



YEAH!: Caine Eckstein wins Gold number four in 2010

WHAT'S ON

SATURDAY, SEPTEMBER 24:

Coolangatta Beach

8:00am-2:00pm: Fastest Man on Sand

8:00am: Sandstorm Beach Volleyball

SUNDAY, SEPTEMBER 25:

Coolangatta Beach

8:00am -10:00am: Junior Coolangatta Gold

10am - 12pm: The Great Gold Coast Swim

Kurrawa Beach

7:00am: 2011 Coolangatta Gold commences

8:00am: Sandstorm Beach Volleyball

9am - 1pm: Coolangatta Gold free kids carnival commences

11am: 2011 Coolangatta Gold first finishers

FASTEST MAN ON SAND

The fastest man on sand event at Coolangatta Beach is the first leg in a four-stage series being conducted in South East Queensland. It's open to all surf lifesaving members who meet the appropriate competitive requirements and has beach sprint, flags and relay for under 11 through to Open competitors. This will commence at 8am in front of Coolangatta SLSC.

THE JUNIOR COOLANGATTA GOLD

The Junior Gold is being conducted on Sunday September 25 at Coolangatta Beach. It's open to all surf lifesaving members who meet the appropriate competitive requirements and will be a one-off endurance race for U14, U15 and U17 competitors. The competition will commence at 8am in front of Coolangatta SLSC. The race includes a board paddle, swim and a run leg giving today's rising stars a taste of the real thing. For more information check out the Surf Life Saving Queensland website

<http://sls.com.au>

THE GREAT GOLD COAST SWIM

Join in the festivities of the first Body Science Great Australian Swim at Coolangatta Surf Life Saving Club, Part of the Coolangatta Gold on Sunday September 25, with races from a 2.2km swim for the experienced swimmer; a 750m course for those just starting out or feeling like a casual splash and a 300m kids event where entrants swim along-side some of open water's best swimmers. The perfect backdrop to this year's first swim is the Coolangatta Gold - nothing demands more from an athlete. The Body Science Great Australian Swim Series will also be featured at Whitehaven Beach, Morton Bay and Farm Cove – right outside the Opera House between October and January 2012. Details on

<http://bodysciencegreataustralianswimseries.com.au>

LONG HAUL: Bonnie Hancock shows her ski style



ATHLETES TO WATCH

WOMEN:: Pluimers and Hancock have Bateup in their sights

Only two people have ever beaten Hayley Bateup in the Coolangatta Gold – Alicia Marriott and Elizabeth Pluimers and in 2011 two-time winner Marriott will be on the sideline watching and Pluimers, a podium finisher in 2005, 06, 07 and 2010 will form part of one of the strongest fields ever assembled. Pluimers split Marriott and Bateup in 2007 and despite a collapsing just metres from the finish line in 2009, came back bravely to finish third in 2010. This year could be Pluimers year to become only the third person in the Gold history to add her name to the trophy. And apart from Bateup, reigning Australian champion and Ironwoman

Series winner **Courtney Hancock** will be itching to create her own slice of history as the only person to win the coveted Triple Crown in one season and she has previous form to suggest she is ripe for victory. Lining up behind them will be a host of youngsters, including **Jordan Mercer, Bonnie Hancock, Tara Coleman, Danielle Allen** and **Kelly-Anne Perkins**. Ironwoman racing is getting back to some of the best depth the sport has seen for many years. Rest assured that Mercer, Allen and Perkins will be full of running on the trek home from North Burleigh

Hayley Bateup

Born: 9-Jan-80 **Age at event:** 31 **Club:** Kurrawa
Coaches: Phil Clayton, Colin Braund
Goals: To return to competitive Ironwoman racing from major shoulder surgery!
Achievements: Coolangatta Gold 3xGold; 1xSilver 1xBronze/Former Aust Ironwoman Champ/4x Australian Board Champ
Guide: A proven performer over the Coolangatta Gold distance, who returns to her favourite race after shoulder surgery sidelined her last season. Has done everything humanly possible to be primed for this race. Knows she must be within striking distance at the end of the swim at North Burleigh.



to win it one day. Every year so far has been a huge learning experience and I now know more about the physical and mental demands than when I previously did the race.”

Guide: If ever there was a lady in waiting in this race then it is Courtney Hancock who has done everything in Surf Life Saving except win the Coolangatta Gold. Does not have a weakness and particularly strong swimmer which will be an asset from Burleigh to North Burleigh and before the run home.

Tara Coleman

Born: 19-Oct-90 **Age at event:** 20
Club: Maroubra
Coaches: Darren Schott/ Denis Heussner
Goals for the Season: Finish Coolangatta Gold
Achievements: 2011 & 2012 Nutri-Grain Series.
Guide: In good form after she qualified for the 2012 KNG Series with solid performance at the Trial race in Noosa. Fifth in the 2010 Coolangatta Gold, a talented Sydneysider who will be looking towards a podium finish here.



Bonnie Hancock

Born: 23-Apr-90 **Age at event:** 21
Club: Northcliffe **Coach:** Barry Newman
Goals for the Season: To improve on all my results from last season
Achievements: Qualified for 2011/12 Ironwoman Series by finishing 10th in 2010/11 Series; Winner of 3 Gold medals at 2011 Australian championships; Placed 4th in last year’s Coolangatta Gold.



Guide: Will be looking to improve on her final run leg if she is to go one better and place on the podium in 2011. Can match it with the others on the craft and is also one of the strongest swimmers in the field. Would love nothing better than to share the podium with her sister.

Courtney Hancock

Born: 3-Aug-88 **Age at event:** 23
Club: Northcliffe **Coach:** Barry Newman
Goals for the Season: To compete to the best of my ability in the Coolangatta Gold, Ironwoman Series and Australian Championships
Achievements: Winner of inaugural Karla Gilbert medal as points score champion in 2010/11 Iron woman Series; Winner of Ironwoman title at 2011 Australian Championships; Previously placed 2nd twice and 3rd once in the Coolangatta Gold since 2006
Comment: “I will compete in the Coolangatta Gold until I am good enough



Jordan Mercer

Born: 2-Dec-93 **Age at event:** 17 **Club:** Noosa Heads
Coach: Darren Mercer
Goals for the Season: Qualify for the Ironwoman Series. Finish on the Podium at this year’s Coolangatta Gold Win the U/19 Australian Ironwoman Title; Win the Open Women Board Race at 2012 Aussies; Win a round of the Ironwoman Series. Win the 2012 Molokai2Oahu Paddle Board Race.



Achievements: Winner and World Record Holder of the 2011 Molokai2Oahu Board Paddle; Qld State Cross Country Champion; State Board Champion/ 6th Place in 2010 Coolangatta Gold; Captain of Sunshine Coast Grammar School

Guide: Will be looking to improve on her sixth from 2010 and is a

fitter, stronger, wiser competitor after 12 months in open competition. Outstanding board paddler and runner. Could prove to be a thorn in the side of the leaders if she gets a sniff on the final run home. Father Darren won the Gold in 1992 and finished second in 91, while uncle Dean was third in 1992 and second in 2009.

Liz Plumers

Born: 25-Oct-86 **Age at event:** 24

Club: Northcliffe **Coaches:** Dan Norton-Smith, Barry Newman, Denis Cotterell

Goals: To win the Coolangatta Gold and the Ironwoman Series

Achievements: Australian Ironwoman Runner Up; Ironwoman Series Runner Up; Australian Board Race Champion ; Australian Ski Race Runner Up; Third 2010 Coolangatta Gold

Guide: Proven over this course with podiums in 05, 06, 07 and 2010 who dispelled the demons of 2009 with a courageous third in 2010 and will be better for the run when she lines up in 2011. Has experience to burn and could well be on the brink of a break through win.



Kelly-Ann Perkins

Born: 15-Sep-92 **Age at event:** 19

Club: Mooloolaba **Coach:** Michael King

Achievements: 2011 Kellogg's Nutri-Grain Ironwomen Trial winner; 4x Aussie 2km Beach Run Champion; 3rd U19 Board Aussies Titles 2011; 1st U19 State Ironwoman 2011

Guide: Best suited to this kind of race with a strong final run leg. Looked the goods in this year's KNG Trial at Noosa. A proven runner who is getting stronger in the water. Emerges this year from the Michael King stable, which is a major plus. King won the Gold in 1991.



TROPHY TIME: 2010 winners Alicia Marriott and Caine Eckstein

MEN:: Caine's bid to keep unbeaten record in tact

It will be a brave man to tip against the "King of the Gold" Caine Eckstein who is lining up for a record breaking fifth win in this iconic Ironman endurance event. Eckstein remains unbeaten in a remarkable Gold history. He has had four starts in 2005, 2008, 2009 and 2010 for four wins. 2011, despite a scare with glandular fever should be win number five. He is the consummate Ironman professional with a strong ski leg, who is a brilliant board paddler, a swimmer who marvels the Olympic coach Denis Cotterell and who looks easy on the run. The question is who will fill the podium?

Can Cory Hill jump up again after an off-season of ski paddling? Will Mitch Miller handle the jump from under 19s to open after his move from the Sunshine Coast to North Burleigh and the renowned coach Pat OKeefe? Maybe Queenscliff's craft specialist Tom Atkinson will powerhouse his way on to the podium. Or will one of the older brigade like, three-time podium finisher Nathan Smith re-live his past glories? And keep an eye on 40-year-old Guy Andrews – who will be gunning for a top 10 spot in his first Gold since 2005.

Guy Andrews

Born: 2-Oct-70 **Age at event:** 40 **Club:** Public

Coach: Myself **Goals:** Top Ten in the Gold

Achievements: 1993 Australian open Ironman champion; 3 x Uncle Tobys Ironman Series winner

Guide: Back doing the Gold after last attempt in 2005. Australia's most experienced endurance and extreme athlete, who is a regular in the Anaconda events. At 40, it will be interesting to see how much pressure he can maintain on his younger rivals.



Caine Eckstein

Born: 16-Nov-85 **Age at event:** 25

Club: Kurrawa **Coaches:** Myself, Denis Cotterell, Phil Clayton **Goals for the Season:** Win 2011 Coolangatta Gold and Kellogg's Nutri-Grain Series

Achievements: 4 X Coolangatta Gold Champion, 2005, 2008, 2009, 2010.

Guide: The man to beat as he chases an unprecedented fifth Coolangatta Gold title. Has recovered from glandular fever which threatened to ruin his 2011 race but has declared himself fully fit to tackle a slice of history. Is a front-runner and one of the strongest ski paddlers in the field. Once in the groove, Caine could be impossible to beat...again.



Tom Atkinson

Born: 2-Sep-85 **Age at event:** 26

Club: Queenscliff **Coach:** Craig Riddington **Goals:** Nutri-Grain Top 10, NSW Rep, Aussie Board Title

Achievements: Nutri-Grain 2010/Coolangatta Gold 2010; Wild Card entrant for 2011 Series.

Guide: Making his first attempt at the Coolangatta Gold after his first year in the KNG Series in 2010. Is sure to be thereabouts after the board leg into Burleigh but the question remains can he haul his massive frame through 10km of pain to the finish on the run.



Cory Hill

Born: 24-Apr-89 **Age at event:** 22

Club: Northcliffe **Coach:** Gav Hill, Baz Newman, Denis Cotterell **Goals:** Podium Coolangatta Strong KNG Series

Achievements: 2nd Coolangatta Gold 2010 ; 4th Coolangatta Gold 2009; Final Aussie Iron 2011; Courtney Hancock's Boyfriend !

Guide: Certainly suited to this race after fourth in 2009 and second in 2010. But has he got the ammunition to fire past Caine Eckstein. Has improved his ski leg as shown in his second place in the KNG Trial at Noosa. But it remains to be seen if he can match it with the King of the Gold.



Mitchell Miller

Born: 20-Oct-92 **Age at event:** 18
Club: North Burleigh **Coach:** Pat OKeefe
Goals: Do well in the Nutri-Grain Series and Coolangatta Gold
Achievements: 2010 Nutri-Grain automatic qualifier; third 2010 U19 Australian Ironman;
Guide: Had originally entered the under 19 but under coach Pat OKeefe will take on Caine Eckstein in the opens. Still only 18 but an emerging star in the world of professional Ironman racing. Podium would not surprise.



Nathan Smith

Born: 16-Feb-81
Age at event: 30
Club: Cronulla
Coaches: Mark Simpson, Bluey Garnsey
Goals for the Season: Improve individual ski paddling and win taplin relay
Achievements: Australian Ironman champ, NSW Ironman champ (x6), Australian representative and 3 x podium Coolangatta Gold
Comments: "Father of twin baby girls. Started training with 6 weeks to go. Spur of the moment decision to go in it."
Guide: No stranger to the Coolangatta Gold Course, placing here on three previous occasions. Second to Zane Holmes in 06 and third to Caine Eckstein in 08 and 09. Limited preparation but an Ironman of the finest degree. Top five possibility.



ATHLETE PROFILES

WOMEN::

Danielle Allen

Born: 12-May-94 **Club:** Mooloolaba **Coach:** Michael King
Goal: To better than last year's 8th place in the Gold and achieve a top 10 finish Aussie Champ in the Iron and board event
Achievements: 2010/11 Nutri-Grain Competitor; 2010 Qld Open State Board Champ; 2010 Qld u/17 Board Champ; 8th 2010 Open Women's Coolangatta Gold; 2010/11 Qld Cyclones Team; 2011 Qld 17 years State Cross Country Champ; Qualifier for 2012 Ironwoman Series.
Comment: "At 16 I was the youngest competitor in the 2010 Nutri Grain Series. Finished 8th in the Open Coolangatta Gold 2010 at my first attempt at the Gold. I am currently studying Year 12 at Matthew Flinders on the Sunshine Coast and will hopefully achieve entry to Medicine at University of Qld in 2012."

Emma Armstrong

Born: 15-Mar-91 **Age at event:** 20 **Club:** Half Moon Bay
Coaches: Graeme Armstrong
Goals for the Season: Finish top 15 Coolangatta Gold
Achievements:

- Open Surf Race Aussie Finalist 2011
- Open Ironwoman Aussie Semi Finalist 2011

Allie Britton

Born: 12-May-92 **Age at event:** 19 **Coaches:** Don Marsh
Goals for the Season: Finish top 10 in the Coolangatta Gold
Achievements:

- U19 Australian Finalist 2011 - Iron & Swim
- State Ironwoman champion Completion of Coolangatta Gold in 2009 & 2010
- Train all year round with snow on the mountain-- Tasmanian Ironwoman champion - 3rd year racing the Coolangatta Gold

Harriet Brown

Born: 7-Jul-91 **Age at event:** 20 **Club:** Northcliffe
Coaches: Colin Braund, Barry Newman, Gavin Hill
Goals for the Season: Make the Ironwoman Series. Improve on Last years Coolangatta Gold placing & Win Medals at Aussies

Achievements:

- Nutri-Grain Ironman Series - 2010 & 2011
- Australian U/21 Surf Life Saving team 2011
- Winners of the International Life Saving Cup, New Zealand 2010
- 2011 Australian Surf Life Saving Championships: 3rd Surf race, 1st Board relay, 2nd Surf teams
- Former Victorian Ironwoman Champion

Emmy-Rose Curtis

Born: 26-Mar-86 **Age at event:** 25 **Club:** North Burleigh
Coaches: Pat OKeefe, Kim Curtis (father)
Goals For Season: Complete the Coolangatta Gold. Winner Qld and Australian Champion Lifesaver
Achievements: 2010 Cooly Gold; Aust Open Female Champion Lifesaver; Completed my first Coolangatta Gold last year training with dad (his 5th). Graduated from Physiotherapy last year, then travelled through Europe & Central America for 7mths. Returned from overseas to train for this year's race and had a serious accident in the surf on my THIRD day back in the country - FIRST session back in the ocean (tiny surf!!!!). Split my head open, required immediate head surgery, 40 stitches, severe nerve damage and loss of sensation...Five weeks post accident still EXTREMELY motivated to be back in the water and finish this race!!!!!! February 2011... emergency surgery to remove burst appendix whilst in France. July 2011... Medically cleared to exercise.

Tenille Devine

Born: 18-Jun-87 **Age at event:** 24 **Club:** Tallebudgera
Coaches: Peter Dorries and Colin Braund
Goals for the Season: Better Coolangatta result
Achievements:

- 7th Coolangatta Gold 2009 10th Coolangatta Gold 2010/ 3rd State 2011 Swim
- 1st Worlds IRB Tube Lorne Victoria 2011/Open Iron final 2010

Melanie Driscoll

Born: 6-Jan-82 **Age at event:** 29 **Club:** Half Moon Bay

Coaches: Cliff Goulding

Goals for the Season: To complete the Coolangatta Gold in under 4 hours

Achievements:

- Consistent top 10 placings in open ski races

Previous events:

- Shepparton half iron man triathlon event 2007

Phoebe George

Born: 3-Feb-92 **Age at event:** 19 **Club:** City Of Perth

Coaches: Rick Turner **Goals for the Season:** Top 20 Coolangatta Gold

Achievements:

- U/19 WA State board champion 2011
- U/19 silver medallist surf ski 2011

Sarah Hardy

Born: 23-Dec-83 **Age at event:** 27 **Club:** Devonport

Coaches: Myself

Goals for the Season: 2011 Coolangatta Gold top 15; 2011 Australian Champs open women's ski finalist; 2011 Australian Champs open women's ski relay finalist; 2011 Inter-State; open women's ski top 8; 2011 Tasmanian Champs 1st open women's 2km beach run; 2011 Tasmanian Champs 1st open women's ski race; 2011 Tasmanian Champs 1st open women's board race

Achievements:

- 18th 2010 Coolangatta Gold
- 8th 2003 Australian Champs U/19 ski race
- 1st 2010 Tasmanian open women's 2km beach run 4th 2010 Tasmanian open women's ski race 4th 2010 Tasmanian open women's board

Comment:

I did the Gold for the first time last year and absolutely loved it! So there was no way I wasn't going to back up and do it again because I want to do it better! I am a full time PE teacher and therefore my training is structured around my work and this is definitely a challenge. Also being from Tasmania training conditions are challenging as well as on numerous occasions it has been minus 1 or 2 when I've got on the water to train!!

Teisha Jenkins (U/19)

Born: 26-Apr-95 **Age at event:** 16 **Club:** Mooloolaba

Coaches: Michael King

Goals for the Season: Make the QLD team, do well at the Kellogg's Nutri-Grain, 1st at State and Aussies board and Ironwoman.

Achievements:

- QLD team 3 years in a row placing 1st and 2nd twice in boards at Inter-State
- Top 5 in every event at Aussies 2011
- 1st Coolangatta Gold team 2010

Comment:

- Been doing surf since I was 7 and was a gymnast prior to that

Samantha Johnston

Born: 21-Dec-90 **Age at event:** 20 **Club:** North Burleigh

Coaches: Pat OKeefe **Goals for the Season:** Qualify Board Final Aussies/State Qualify Iron Final Aussies/State

Achievements:

- 2nd Aussie U/19 Board 2008
- U19 State Ironwoman Champ 2009
- U19 State Board Champ 2009/2008

Comment:

• Relocated from Mooloolaba SLSC 2010 for University. 1st year in open was very sick and leaving home-disappointing season. Settled and want to reach goals in 2011. State Champ 2009 want to repeat that this year.

Tatum Lawler

Born: 10-Aug-90 **Age at event:** 21 **Club:** Maroubra

Coaches: Denis Heussner, Angelo Basalo, Darren Schott

Goals for the Season: Aussies Finals

Achievements:

- Top 20 Nutri-Grain trial finalist
- Australian finalist
- State medallist

Comments:

My goal is to finish in the top 10 for the Gold this year and race to the best I can - training has been extremely difficult to fit in due to my new job as a flight attendant for Jetstar. But if you want something bad enough you find a way to make it work for you. Juggling a hectic training and work schedule is tough but I make it work.

Crystal Maruna

Born: 31-Jan-83 **Age at event:** 28 **Club:** Kurrawa

Coaches: Phil Clayton, Dennis Green and Colin Braund

Goals for the Season: Better performance in Gold from 2010

Achievements:

- Completing Gold twice previously

Previous events:

- 2010 Coolangatta Gold
- Surf Life Saving National Championships

Melanie McKinless

Born: 22-Nov-88 **Age at event:** 22 **Club:** Kawana Waters

Coaches: Myself **Goals for the Season:** Finish the Gold

Achievements:

- Various throughout nippers and cadet years

Alisha Miller

Born: 7-Apr-90 **Age at event:** 21 **Club:** Queenscliff

Coaches: Craig Riddington

Goals for the Season: To complete Coolangatta Gold

Achievements:

- U21 Australian SLS team to tour NZ in 2011
- 3rd Coolangatta gold open women's team 2010
- 2nd Coolangatta gold women's 2009

Previous events:

- 2010 Coolangatta Gold
- Surf Life Saving National Championships
- Surf Life Saving State Titles

Hannah Minogue

Born: 1-Nov-89 **Age at event:** 21 **Club:** Bulli SLSC

Coaches: Downie Langthorne, Mick McKeon

Goals for the Season: Win

Achievements:

- 5th World Ski
- 8th Aussie Ski Race 2011

Brodie Moir

Born: 23-Sep-86 **Age at event:** 25 **Club:** North Burleigh

Coaches: Pat OKeefe, Nick Crilly and Colin Braund

Goals for the Season: To enjoy racing!

Achievements:

- 4 x Kellogg's Nutri-Grain series
- Automatic qualification for 2011-12 Kellogg's series
- 1st Ironwoman NSW State titles-2011
- 2nd board NSW State titles- 2011
- 3rd board QLD State titles-2011
- 7th Ironwoman Australian titles-2011

Peta Newbold

Born: 5-May-95 **Age at event:** 16 **Club:** Surfers Paradise

Coaches: Zayne Hamill **Goals for the Season:** Medal at Queensland State Final & at Australian Titles

Achievements:

- South Coast team member SA Inter-State team
- Medalled at Qld State

Comment:

- Grade 11 at Benowa High. Moved to Qld from South Australia to pursue Surf Life Saving dreams, to be the best in Australia one day. Previous achievements being SA Inter-State team, South Coast team, State medallist and Australian Champs finalist.

Briana Newson

Born: 29-Mar-92 **Age at event:** 19 **Club:** Kurrawa **Coaches:** Phil Clayton

Goals for the Season: Complete Coolangatta Gold

Achievements:

- 2011 U19 Board relay Australian Champions

Kirby Randall

Born: 3-Dec-91 **Age at event:** 19 **Club:** Penguin, TAS

Coaches: John Lakeland **Goals for the Season:** Complete the 2011 and 2012 Coolangatta Gold. Top 3 in Ironwoman, Ski and Board; Tasmania State Titles, Compete at the 2012 Australian Titles. Apply for Tasmania High Performance Squad.

Achievements:

- 2010 Australian U/19 Ski Finalist (Race not held)
- State Titles 2011- Open Ski 3rd, U/19 Ski 3rd

Previous events:

- Surf Life Saving National Championships

Erin Robertson

Born: 25-Jan-91 **Age at event:** 20 **Club:** Terrigal

Coaches: Paul Lemmon

Goals for the Season: Improve my ski paddling - to complete the Coolangatta Gold -Top 6 in surf swim State Top 10 in surf swim Aussies - Final for board and ski State - Final Board and ski Aussies.

Achievements:

- Top 10 in Swim State Top 15 in swim Aussies

Kayla Russell

Born: 29-Jan-91 **Age at event:** 20 **Club:** Burleigh Heads Mowbray Park

Coaches: Wes Berg **Goals for the Season:** Complete the Coolangatta Gold

Achievements:

- U15 Australian Board Champion
- Former 2x Open NSW Board Champion
- Represented Australia in U21 Sanyo Bussan International Lifesaving Competition in Japan

Comment: Favourite discipline is the board but I have been training in all disciplines to challenge myself and compete and finish the Coolangatta Gold. Formerly from Sawtell.

Natasha Scott

Born: 19-May-92 **Age at event:** 19 **Club:** Kurrawa

Coaches: Phil Clayton **Goals for the Season:** To complete the Open Coolangatta Gold

Achievements:

- 2 Australian Bronze Medals in Swim Teams
- Under 17 Australian Board Relay Gold Medalist
- Various State Medals in Teams events including Open Ski Relay several placings in ski and Ironwoman races over the past few years at different competitions

Comment:

- Studying Bachelor of Commerce at Griffith University Pro Vice Chancellor Business Scholarship Recipient at Griffith University. Want to become an accountant I would like surf lifesaving to always be a part of my life.

Kristyl Smith

Born: 18-Mar-83 **Age at event:** 28 **Club:** Northcliffe

Coaches: Barry Newman/Gavin Hill/Colin Braund

Goals for the Season: Be consistent/injury free

Achievements:

- World Ironwoman Champion 2010
- 2 x Australian Ironwoman Champion

Larnee Stuart

Born: 10-May-92 **Age at event:** 19 **Club:** Kurrawa

Coaches: Phil Clayton **Goals for the Season:** To complete the Coolangatta Gold with a top 15 place. Be fitter than last season. Make board and iron final at State and Aussies Win another gold at Aussies Improve ski leg

Achievements:

- 2nd - U19 State QLD Ironwoman Race 2010
- u19 board relay Australian champion 2011
- 9th -Australian u19 Board Race 2011 -15th - Australian u19 Ironwoman Race 2011

Previous events:

- Surf Life Saving Australian Championships

Jess Walker

Born: 9-Dec-89 **Age at event:** 21 **Club:** Northcliffe

Coaches: Gavin Hill, Barry Newman

Goals for the Season: To not eat chocolate

Achievements:

- 2010 Coolangatta Gold

Bernadette Wallace

Born: 8-Aug-89 **Age at event:** 22

Club: Tugun

Coaches: Hugh Dougherty

Goals for the Season: Finish the Gold. Get stronger, fitter, faster. Australian Ski Champion. Love life.

Achievements:

- 2010 Sprint Kayak World Championships- 4th K1 5000m
- Australian Kayak Team 2009 QLD State Open Female Ski Champ

MEN::

Daniel Bannerman

Born: 4-Aug-84

Age at event: 27

Club: Coffs Harbour

Coaches: Andrew Rowlings

Goals for the Season: Coolangatta Gold

Achievements:

- Completed the Coolangatta Gold twice before
- Started my own swim school teaching kids to swim in my first year have over 100 students.

Michael Barratt

Born: 30-Nov-82

Age at event: 28

Club: Carlton Park

Coaches: Self trained, Some training with Don Marsh

Goals for the Season: Complete Coolangatta Gold

Achievements:

- Father of three
- 3 x Tasmania Open Ironman Title

Luke Bartlett

Born: 21-Apr-89 **Age at event:** 22 **Club:** Surfers Paradise

Coaches: Zane Hamill **Goals for the Season:** Coolangatta Gold. To win belt swim Australian titles.

Achievements:

- 2 NSW nipper State gold medals.
- NSW CCH Rugby league & Gold Coast Titans elite junior squad.

Previous events:

- Long Distance Ski paddling

Matt Bevilacqua

Born: 30-Mar-92 **Age at event:** 19 **Club:** Mooloolaba

Coaches: Michael King **Goals for the Season:** Make Australian Open Ironman and Board Final

Achievements:

- Tasmanian Open Iron Champion 3 yrs
- 6th in U/19 Coolangatta Gold (1st yr)

Comments: Moved up from Tasmania in June to train with Michael King squad at Mooloolaba.

Richard Bedford (Masters O/50)

Born: 19-Aug-50 **Age at event:** 61

Club: Northcliffe and Life Member Mordialloc **Coaches:** Barry Newman

Goals for the Season: Collingwood to win the AFL Grand Final the day before

Achievements:

- Former Victorian State Champ, Victorian High Performance Coaching Panel
- Played Rugby Union until 50
- Coolangatta Gold 2009 and 2010
- Had Cancer in 2009 and 2010, major hip surgery in 2009 and did those Coolies as rehabilitation

Mark Bint

Born: 18-Oct-86 **Age at event:** 24 **Club:** Northcliffe

Coaches: Barry Newman and Gavin Hill

Goals for the Season: To be the best competitor I can be and to hopefully participate in a winning board relay team at the Australian Surf Life Saving Titles.

Achievements:

- Gold medal at 2010 Australian SLS Championships in Open Menes Taplin Team.

Comments: Competed in Surf Life Saving since the age of 9 & moved to Northcliffe SLSC from Swansea-Belmont.

Shane Blair

Born: 2-Jan-81 **Age at event:** 30 **Club:** Swansea - Belmont SLSC

Coaches: Self **Goals for the Season:** To finish gold

Achievements:

- State Double Ski winner

Previous events:

- Surf Life Saving State Titles

Adam Bloomfield

Born: 9-Jun-80 **Age at event:** 31 **Club:** Trigg Island SLSC

Coaches: Matt Bowbridge & Ric Turner

Goals for the Season: Aussies ski final. Finish this race in top 3rd of field!

Achievements:

- Under 18 Australian Single Ski Champion 1998
- 3rd Australian Open Taplin Relay 2007

Comments: Do this race because I have always wanted to tick it off my bucket list. Have seen the Coolangatta Gold movie about 20 times! No exaggeration!

Michael Booth

Born: 30-Jan-91 **Age at event:** 20 **Club:** Northcliffe

Coaches: Barry Newman, Gavin Hill

Goals for the Season: Top three in Coolangatta Gold

Achievements:

- 2nd U/19 Coolangatta gold
- Second twice in the 2km run and the ironman at Aussies in 15s and 17s
- 2 Junior Australian teams and Member of the SLSA high performance squad 2010

Comments: Originally from Caves beach in Newcastle moved to the Gold Coast with the dream of becoming a professional Ironman. Studying Engineering at Griffith Uni 2nd Yr - Avid surfer and love my golf - work at Northcliffe SLSC behind the Bar.

Matt Bowbridge

Born: 9-Mar-85 **Age at event:** 26 **Club:** Trigg Island SLSC

Coaches: Myself & Rick Turner **Goals for the Season:** Australian board final Australian iron man semi final Top 20 in the Coolangatta Gold Win the board & ironman at State titles

Achievements:

- 2 x National medals - Australian open board finalist
- 5 x State team representative
- 2 x WA open board titles 2 x U/19 national board finalist

Comments: Trigg Island SLSC Ironman & Board coach - been in surf life saving for nearly 20 years

Matthew Braban (Masters O/50)

Born: 19-Feb-60 **Goals:** Top 3 finish in Coolangatta Gold; top 3 finish QLD State championships (lifesaving) top 3 finish Australian Championships (lifesaving); Top 3 finish Nth Australians; Top 3 finish Wide Bay Branch championship

Club: Hervey Bay

Achievements: Contested first ever Coolangatta Gold in 1984.

Professional international triathlete; Wins and top 3 finishes in Australia and internationally; 2 x elite Australian teams; Qld State Lifesaving Championship; 2nd in Ironman in 50-55, 2010.

Josh Campton

Born: 26-Aug-87 **Age at event:** 24 **Club:** Broadbeach

Coaches: Martin Sigsgaard Jorgensen

Goals for the Season: Branch. State, Aussie Ironman Finals

Achievements:

- Finished 2010 Coolangatta gold in a two man team

Diego Carrasco

Born: 21-Oct-71 **Club:** Broulee

Goals for the Season: Finish the race within middle of the pack

Achievements:

- Local and State Surf competition for the last 8 years

Alan Coates (Masters O/50)

Born: 14-Feb-44 **Goals:** Complete Coolangatta Gold

Club: Noosa Heads (Life Member)

Achievements: Winner of numerous World - Australian - State - Branch titles over 53 years competing. Contested the first Australian Ironman Championship at Coolangatta in 1966 and the first and second Coolangatta Golds in 1984 and 1985 and the 2005-10 Coolangatta Golds. This year's Gold will be his 9th Coolangatta Gold.

Glenn Coltman

Born: 22-Apr-86 **Age at event:** 25 **Club:** North Curl Curl

Coaches: Andrew Toll

Goals for the Season: Complete the Coolangatta Gold, Make finals for swim events at State and Aussies

Achievements:

- Aussies finalist over 24 swim 2010
- Finalist swim and Ironman Aussies 2002

Comments: Builder who owns my own company, Coltmans Constructions.

Glenn Dunsmore

Born: 25-Apr-63 **Age at event:** 48 **Club:** North Narrabeen

Coaches: Myself **Goals for the Season:** Compete in gold

Achievements:

- 20 years pro and semipro basketball
- 12 years lifesaving

Previous events:

- Played Pro Basketball with Perth Wildcats Sydney Kings West Sydney
- Endurance Races over 2.5hrs duration
- Long Distance Ski paddling

Chris Evans

Born: 28-Jul-91 **Age at event:** 20 **Club:** Northcliffe

Coaches: Barry Newman, Gavin Hill

Previous events:

- Surf Life Saving National Championships

Gareth Evans

Born: 21-Jul-85 **Age at event:** 26 **Club:** Trigg Island

Coaches: Ric Turner / Matt Bowbridge

Goals for the Season: Surf race final @ Aussies

Achievements:

- Coolangatta Gold 2009/Rottneest Channel Swim 2008 winners duo category

Sam Fuller

Born: 6-Apr-90 **Age at event:** 21 **Club:** Port Noarlunga SLSC, South Australia

Coaches: Dwayne Thuys

Goals for the Season: Top 10 Coolangatta Gold

Achievements:

- Australian under 23 K2 marathon kayaking champs 2011
- Australian under 23 k2 500m kayaking champs 201

Samuel Gill

Born: 8-Dec-88 **Age at event:** 22 **Club:** Currumbin

Coaches: Kelly Margetts

Goals for the Season: Finish Coolangatta Gold Australian board final Australian Board relay final Australian Board rescue final

Achievements:

- Australian medal 3rd place u19 board relay final 2008

Neil Glover **Born:** 6-Feb-72 **Age at event:** 39 **Club:** Mooloolaba

Coaches: Craig Vipond **Goals for the Season:** compete in the opens and achieve best results

Achievements:

- State and Australian Championships

Cameron Gordon

Born: 16-Jun-89 **Age at event:** 22 **Club:** Northcliffe

Coaches: Barry Newman and Gavin Hill

Goals for the Season: finish in top seven in the Coolangatta gold race

Achievements:

- 2nd in 2007 under 19 Coolangatta gold
- 7th in 2009 Coolangatta gold race

Previous events:

- Surf Life Saving State Titles

Trent Goulding

Born: 19-Apr-85 **Age at event:** 26 **Club:** Northcliffe

Coaches: Barry Newman

Goals for the Season: Top 5 in gold

Previous events:

- 2010 Coolangatta Gold

Nathan Gray

Born: 8-Sep-92 **Age at event:** 19 **Club:** Lennox head

Coaches: Lou Wilson & Pete Charlton **Goals for the Season:** Australian team, medal at Aussies

Achievements:

- NSW development team
- Aussie finalist, State medallist

Previous events:

- Surf Life Saving State Titles

Andrew Grimshaw

Born: 22-Nov-90 **Age at event:** 20 **Club:** Kurrawa **Coaches:** Phil Clayton

Goals for the Season: Top 10 in Coolangatta Gold Aussie Ironman Final

Achievements:

- Top 20 in Coolangatta Gold
- 2nd in Australian Champs 2km run

Previous events:

- 2010 Coolangatta Gold

Ryan Hawkins

Born: 16-Aug-83 **Age at event:** 28 **Club:** Cottesloe SLSC

Coaches: John Lishman **Goals for the Season:** Finish the Coolangatta Gold; improve on last season's results.

Achievements:

- WA State ski finalist 2011

Previous events:

- Surf Life Saving National Championships

Kye Hawkins

Born: 3-May-89 **Age at event:** 22 **Club:** Tugun

Coaches: Hugh Dougherty

Goals for the Season: To finish the gold

Scotty Higgins

Born: 30-Aug-81 **Age at event:** 30 **Club:** Bronte

Coaches: Myself

Achievements:

- 11th and 8th in the 2 previous Coolangatta Golds.

Sam Hoffmann

Born: 16-Apr-92 **Age at event:** 19 **Club:** North Burleigh

Coaches: Pat OKeefe

Goals for the Season: Open Coolangatta gold finisher

Achievements:

- U19 Coolangatta gold u19 Rescue tube rescue national bronze

Previous events:

- 2010 Coolangatta Gold

Will Holmes

Born: 3-Feb-95 **Age at event:** 16 **Club:** Cairns Surf Lifesaving Club

Coaches: Paul Davies

Goals for the Season: Coolangatta Gold, States and Aussies

Achievements:

- Nothing in Surf

Comments: I used to hate surf and never did anything at the carnivals. Mid season last year I told myself that I would train hard and become a major competitor and since then I have gone from struggling to complete a surf race to competing in the Coolangatta gold.

Tyrnne Hoskins

Born: 23-Feb-94 **Age at event:** 17 **Club:** Surfers Paradise Surf Life Saving Club

Coaches: Zayne Hamill **Goals for the Season:** Finish the Coolangatta Gold. Make State Ironman final.

Achievements: 2nd Branch Title swim

Comments: Following my sister's footsteps in finishing an open Coolangatta Gold before I turn 18.

Adam Jeffrey

Born: 24-May-84 **Age at event:** 27 **Club:** North Burleigh

Coaches: Pat OKeefe **Goals for the Season:** Keep Fit

Achievements:

- 5 Australian Surf Life Saving Gold medals

Gavin Johns

Born: 7-Aug-74 **Age at event:** 37 **Club:** Newcastle

Coaches: Shane Whereat

Goals for the Season: Top 6 in 30-39 category Coolangatta Gold 2011 To qualify for NSW and Australian Titles masters Ski Finals Medal in Masters NSW or Australian Titles Board Rescue

Achievements:

- 11th in 2010 Coolangatta Gold
- 4th NSW masters Board rescue 2010/2011
- 2 x Australian Masters Beach relay medallist

Previous events:

- Took part in the Charity paddle for cystic fibrosis Sydney to Newcastle in April 2011
- 2010 Coolangatta Gold
- Surf Life Saving National Championships
- Long Distance Ski paddling

Sean Kelly

Born: 9-Aug-82 **Club:** Tugun **Coaches:** Hugh Dougherty

Goals for the Season: To go Top Ten in the Gold; Aussies ski/ ironman finals, win some team stuff at Aussies.

Comments: "Had a few years off competitive racing, was concentrating on music- in my band... Now right back into training to give it a bit of a nudge before I get too old. Cracked a rib when hit by board training but will be healed weeks before the Gold.

Achievements: 12th Coolangatta Gold 2007

Matthew Kent

Born: 25-Mar-77 **Age at event:** 34 **Club:** Redhead

Coaches: Boyd "THE BATLA" Conrick

Goals for the Season: To finish Coolangatta Gold

Clint Kimmins

Born: 8-Mar-84 **Age at event:** 27 **Club:** General Public

Goals for the Season: This is my first ever event - I made a bet that I had to do the Coolangatta Gold 8 months ago. I only started paddling a ski for the first time 3 months ago.

Achievements:

- Junior world surfing champion 2000. Alley classic champion 2011(surfing).
- Burleigh single fin champion 2011(surfing).
- QCC series runner up 2011.
- Gold Coast marathon time 2011 3hrs 7min

Previous events:

- Endurance Races over 2.5hrs duration & No surf lifesaving events before

John Lakeland

Born: 19-Mar-84 **Age at event:** 27 **Club:** Burnie, TAS

Coaches: John Lakeland

Goals for the Season: To Finish 2011 Coolangatta gold make finals on the surf ski

Achievements: Finished 2009 Coolangatta gold

Comments: Own and run a PT Business have been involved in Surf for 14 year have been to 10 Australian championships & attended 2011 national SLISA leadership camp

Peter Lewis (Masters O/30)

Born: 6-Apr-74 **Age at event:** 37 **Club:** General Public

Occupation: Firefighter

Coaches: Darren Schott

Goals for the Season: To complete the Coolangatta Gold. To race in the masters ski and also to keep doing Triathlons.

Achievements:

- Foster half Ironman 2000 Noosa Olympic Distance Triathlon twice. Oxfam 100km race 2006.

Previous events:

- Cycled across Australia. Have paddled the full length of the Murray River in a kayak.
- Have paddled from Byron Bay to Noosa in a Kayak.

Jon Locke

Born: 29-Jun-77 **Age at event:** 34 **Club:** North Burleigh SLSC

Coaches: Brad Rodgers **Goals for the Season:** Win the North Burleigh Ironman Invitational

Luke Lorenzin

Born: 26-Sep-85

Age at event: 25

Club: Surfers Paradise

Coaches: Zayne Hamill

Goals for the Season: Be competitive in the 2011 Coolangatta Gold

Achievements:

- Aussies Gold
- Finishing 2009 Coolangatta Gold

Comments: I make artificial limbs for Amputees as my profession.

Stuart Louth

Born: 1-Nov-80 **Age at event:** 30 **Club:** Maroochydore SLSC

Coaches: Clint Robinson **Goals for the Season:** To make the C/Gold for the first time.

Achievements:

- Aust swimming rep. 2000 Oceania Games N.Z

Comments: Work a 4wk on/off roster on an offshore oil rig. Training out there consists of running on a treadmill/ rowing machine and a small weights machine.

Sam Marris

Born: 21-Oct-88 **Age at event:** 22 **Club:** Nth Burleigh

Coaches: Pat O'Keefe & Nick Crilly

Goals for the Season: Improve on time and place from 2010 Cooly Gold

Achievements:

- u16 Australian gold medal board relay

Previous events:

- 2010 Coolangatta Gold

Nick Marshall

Born: 5-Apr-77 **Age at event:** 34 **Club:** Burleigh Heads Mowbray Park

Coaches: Phil Clayton, Denis Cotterell, Dennis Green

Goals for the Season: Remain competitive

Achievements:

- QLD record holder 25km Open water Swim
- Won medals at State, Aussies and Worlds in Surf
- 30-34 Australian Ironman and Swim winner

Comments: Have done the last six Golds as Open competitor I am the Physiotherapist for the Queensland and Australian Surf Lifesaving Team.

Jarryd McDonnell

Born: 10-Sep-92 **Age at event:** 19 **Club:** Northcliffe

Coaches: Barry Newman/Gavin Hill

Goals for the Season: Top 15 Coolangatta Gold, Aussies open finals

Achievements:

- 1st U/19 Aussie Ski Relay
- 2nd U/19 Aussie Board Rescue
- 2nd U/19 Aussie Surf Teams
- 4th U/19 Coolangatta Gold 2010

Ben Meikle

Born: 20-May-81 **Age at event:** 30 **Club:** Surfers Paradise

Coaches: Zayne + Julian **Goals for the Season:** Complete Coolangatta Gold

David Monaghan

Born: 27-Mar-84 **Age at event:** 27 **Club:** Tugun **Coaches:** Hugh Dougherty

Goals for the Season: Make finals

Achievements:

- Qld State ski relay gold 2011

Andrew Mosel

Born: 16-Apr-81 **Age at event:** 30 **Club:** Scarboro SLSC

Coaches: Myself

Goals for the Season: Top 10 in the Coolangatta Gold

Achievements:

- 8 x WA State Board Champion, 3 x WA State Ironman Champion

Mitch Nissen

Born: 15-Apr-95 **Age at event:** 16 **Club:** Cairns **Coaches:** James Marsh

Goals for the Season: Top 5 Qld State Surf U/17 board, ski, Ironman. Top 10 Qld State surf swim

Comments: Keen to prove the North Queensland spirit. "We don't need waves to be good at surf!"

Julian Norton-Smith

Born: 28-Jun-73 **Age at event:** 38 **Club:** North Burleigh

Coaches: Myself **Goals for the Season:** Win the ski leg of this year's Gold Win another Gold medal at Nationals Coach the best up and coming junior paddlers. Have my 5 Paddle 2 Fitness athletes complete the Gold this year

Achievements:

- 1 x World Champion - Taplin Relay 2 x Silver World Medal - Open ski & Swim Drag 7 x World Cup Sprint Canoe Gold Medals 12 x National Sprint Canoe Gold Medals National Gold Medal in the Taplin National Silver Medal in the Open Male Ski Member of the Australian Institute of Sport, QAS and TIS

Comments: Run the only ski coaching business on the Gold Coast for recreational paddlers - Paddle 2 Fitness Coaching 3 non-SLS athletes and 2 SLS athletes for this years Gold.

Nick O'Hare

Born: 25-Nov-88 **Age at event:** 22 **Club:** Northcliffe **Coaches:** Gavin Hill, Barry Newman

Goals for the Season: top 10 Coolangatta gold making State teams

Previous events:

- 2010 Coolangatta Gold

Nick Plumiers

Born: 12-Mar-88 **Age at event:** 23 **Club:** Northcliffe

Coaches: Barry Newman & Gavin Hill

Goals for the Season: Complete the Coolangatta gold

Achievements:

- 15th 2010 Coolangatta gold
- 21st 2009 Coolangatta gold

Jon Rigley

Born: 27-Apr-73 **Age at event:** 38 **Club:** Evans Head/Casino

Coaches: Scott Macgregor **Goals for the Season:** Keep living the dream

Achievements:

- Black belt
- 2 x Triathlon Ironman
- Branch masters champion this year for flags and sprint

Anthony Rock

Born: 30-Aug-82 **Age at event:** 29 **Club:** Cottesloe

Coaches: John Lishman **Goals for the Season:** Finish Coolangatta Gold, improve on last seasons results

Achievements:

- WA State Board and Ironman Finalist

Brendon Ross

Born: 23-Apr-79

Age at event: 32

Club: Redhead

Coaches: Boyd Conrick

Goals for the Season: to compete to the best of my ability

Achievements:

- competed in gold in 2005 and 2008

Hayden Rydberg

Born: 28-Sep-83 **Age at event:** 27 **Club:** Point Leo

Coaches: Lachlan Pearse

Goals for the Season: Complete the Coolangatta Gold

Achievements:

- Victorian Surf Race Champion 2010

Stuart Snell

Born: 20-Sep-79 **Age at event:** 32 **Club:** Northcliffe

Coaches: Barry Newman, Gavin Hill, Dennis Cotterell

Goals for the Season: Complete Coolangatta Gold, Win 4th Open Male Champion Lifesaver at Australian Championships

Achievements:

- Australian Champion Lifesaver 2011, 2010, 2009 European and British Ironman Champion

Comments: School Teacher at Surfers Paradise Primary School 11th in last year's Coolangatta Gold

James Verreault

Born: 20-Feb-87 **Age at event:** 24

Club: Ottawa Valley Lifesaving Club, Canada **Coaches:** Chris Lindsay

Goals for the Season: Complete the Coolangatta Gold. Canadian Representative at the 2011 International Surf Rescue Challenge

Achievements:

- 2010 Coolangatta Gold

Previous events:

- Endurance Races over 2.5hrs duration

Dillon Thompson

Born: 3-Jun-92 **Age at event:** 19 **Goals:** Complete Coolangatta Gold old in a good time **Coach:** Julian Norton- Smith

Club: Mermaid Beach

Achievements: 16 Qld State titles for rowing; 4th at Australian rowing championships; semi final for U19 single ski at Australian Surf Life Saving Titles.

Shane Whittaker

Born: 14-Jan-70 **Club:** North Cronulla (29 years) **Goal:** To Win 0/40 Coolangatta Gold **Achievements:** Competed in 9 Golds, 2 x Manly Gold (1990, 91) Gold Coast Gold (1995) Coolangatta Gold x 6 (1991, 92, 05,07,08,10) 1st 0/30s, 2008; 2nd 0/40s 2010.

Comments: Supports South Sydney Rugby League ; SCAT (Special Casualty Access Team) Intensive Care Paramedic with the NSW Ambulance Service.

Zeb Walsh

Born: 24-Feb-83 **Age at event:** 28 **Club:** Torquay **Coaches:** Myself

Goals for the Season: Win Berg boards big wave awards

Achievements:

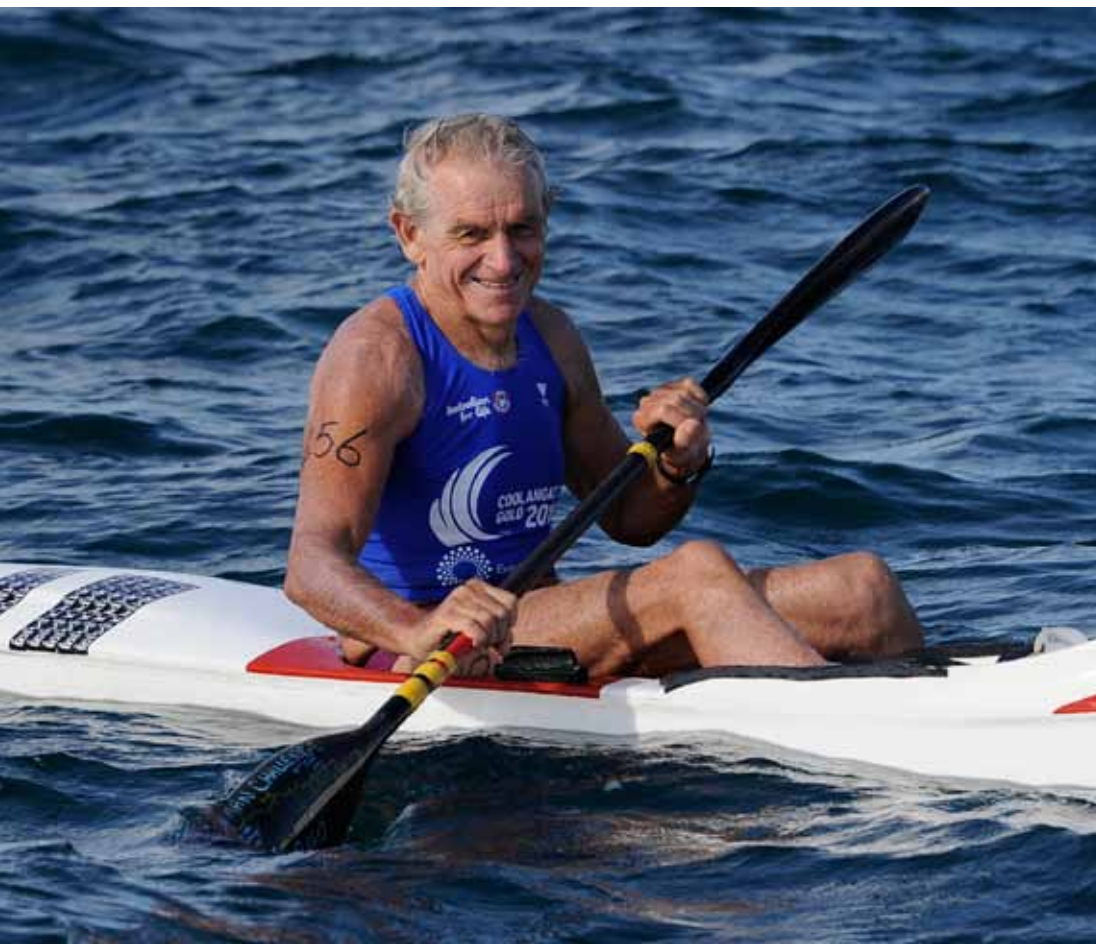
- 4th in stock class Molokai2Oahu paddleboard world championships 2011

Ripp Stewart

Born: 25-Jan-86 **Age at event:** 25 **Coaches:** Gavin Stewart

Goals for the Season: to finish the gold

PADDLE POP: Ironman legend Allan Coates will line up for his ninth Gold.



HILL CLIMB: Cory Hill heads south to Coolangatta



COURSE MAPS



RACE SINGLETS



Open Male



Masters 30-39yrs Male



Masters 40+ Male



Masters 50+ Male



Open Male Teams



Under 19 Male Teams



Under 19 Male



Open Female



Masters 30+ Female



Masters 40+ Female



Open Female Teams



Under 19 Female Teams



Under 19 Female



Open Mixed Teams



Under 19 Mixed Teams

18

CURRUMBIN BOUND: Liz Pluimers is a picture of concentration on the ski leg from Kurrawa



KNEELY THERE: Courtney Hancock with her sights set on Burleigh.



Past Coolangatta GOLD WINNERS

1984 January 7 – 43k

1. Guy Leech (Manly) 4:30.46
2. Lawrence Reece (Southport)
3. Craig Riddington (Manly)

1985 January 5 – 48.65k

1. Guy Leech (Manly) 4.20.14
2. Stephen McBean (Point Lonsdale) 4.36.55
3. Gray Parkes (Nth Cronulla) 4.39.30

1991 October 12

1. Michael King (Mooloolaba)
2. Darren Mercer (Thirroul)
3. David Kissane (Manly)

1992

1. Darren Mercer (Thirroul)
2. Michael King (Mooloolaba)
3. Dean Mercer (Thirroul)

2005 October 16

Open Men

1. Caine Eckstein (Northcliffe) 4.20.14hrs
2. Jeremy Cotter (Northcliffe) 4.21.52hrs
3. Shannon Eckstein (Northcliffe) 4.22.59hrs

Open Women

1. Hayley Bateup (Northcliffe) 2.25.45hrs
2. Alicia Marriott (City of Perth) 2.27.16hrs
3. Elizabeth Plumiers (Northcliffe) 2.28.50hrs

Teams

1. Manly - 4.14.13hrs
 2. Redhead Comutel – 4.14.51hrs
 3. Surfers Mayfair – 4.21.48hrs
- 2006 October 17

Open Men

1. Zane Holmes (Northcliffe) 4.25.01hrs
2. Nathan Smith (Cronulla) 4.27.23hrs
3. Dean Mercer (Mooloolaba) 4.27.43hrs

Open Women

1. Hayley Bateup (Northcliffe) 3.17.13hrs
2. Kristy Harris (Northcliffe) 3.17.59hrs
3. Elizabeth Plumiers (Northcliffe) 3.24.55hrs

Teams

Women

1. North Burleigh 5:07.39
2. Queenscliff 5:19.49
3. Currumbin 5:24.50

Men/Mixed

1. North Burleigh-Tugun – 4.09.57hrs
2. Manly – 4.24.11hrs
3. BHMP – 4.30.58hrs

2007 October 14

Open Men

1. Rhys Drury (Mooloolaba) 4:10:58
2. Shannon Eckstein (Northcliffe) 4:14:01
3. Drew Cairncross (Bulli) 4:16:30

Open Women

1. Alicia Marriott (City of Perth) 3.22.33
2. Elizabeth Plumiers (Northcliffe) 3.23.22
3. Hayley Bateup (Kurrawa) 3.23.43

Masters

30-39

1. Benjamin Hewitt (Claremont) 04:51:09
2. Mark Stewart (City of Perth) 05:04:03
3. Jason Foye (North Wollongong) 05:10:22

40+

1. Gavin Hill (Northcliffe) 04:57:20
2. Matthew Braban (Hervey Bay) 04:57:49
3. Ian Rowling (Gold Coast) 04:59:41

U 19

1. Jacob Lollback (Yamba) 3.12.49
2. Cameron Gordon (Northcliffe) 3.18.04
3. John-Patrick McCarthy (Bronte) 3.19.33

Teams

Women

1. Sunshine Coasters 04:52:04
2. North Burleigh A 04:54:28
3. North Burleigh B 04:55:56

Men/Mixed

1. Burleigh Heads 04:05:05
2. Freshwater SLSC 04:08:00
3. Cronulla 04:13:59

2008 October 19

Open Men

1. Caine Eckstein 04:14:15
2. Tim Peach 04:16:44
3. Nathan Smith 04:17:18

Open Women

1. Hayley Bateup 03:18:45
2. Courtney Hancock 03:25:56
3. Alyce Bennett 03:26:58

Masters

30-39

1. Shane Whittaker 04:55:51
2. Benjamin Hewitt 04:59:18
3. Shane Dowel 05:02:10

40+

1. Greg Mickle 04:46:22
2. Jeff Lemarseny 04:55:37
3. Michael Waide 04:59:58

Women

30+

1. Ruth Highman 03:50:32
2. Nadine Derriman 03:56:17
3. Melinda Pelly 03:58:57

U19

1. Hayden White 03:11:47
2. Kendrick Louis 03:11:56
3. Ben Hepburn 03:12:04

Teams

Women

1. Brea Bailey K Bowlay B Lee P Cooper 05:00:25
2. K Lowe A Miller R Crerar B Miller 05:01:17
3. R Clarke A Clarke G Butt L Leeson 05:04:32

Men/Mixed

- 1T Jacobs J Nolan G Coates D Deagan 04:14:48
- 2 J Stewart R Lysaught T Trembath N Mcubbery 04:16:33
- 3 D Sloss N Cuthbert S Hamilton S Madden 04:17:16

2009 October 18

Open Men

1. Caine Eckstein 4:00.51
2. Dean Mercer 4:05.04
3. Nathan Smith 4:08.35

Open Women

1. Alicia Marriott 3:15.39
2. Hayley Bateup 3:16.05
3. Courtney Hancock 3:18.50

Masters 30-39

1. Mark Norris 4:29.32
2. Brent McKinnon 4:40.12
3. Luke O'Garey 4:45.35

Masters 40+

1. Jeff Lemarseny 4:45.01
2. Scott Sewell 4:50.39
3. Darren Schott 4:53.11

Women 30+

- 1 Melinda Pelly 3:43.53
- 2 Tiarne Smith 3:45.28
- 3 Kylie Zikarsky 3:47.11

U/19

- 1 Alex Tibbits 3:03.22
- 2 Michael Booth 3:04.41
- 3 Joshua Brown 3:13.03

Teams

Women

- 1 Freshie 1 3:18.19
- 2 Maroochydore Swans 3:22.17
- 3 Rashinol 3:24.52

Men/Mixed

- 1 Freshie Gold 3:56.54
- 2 Kurrawa A 4:00.01
- 3 Manly 4:03.10

2010, November 7

Open Men

- 1 Caine Eckstein 4:11.41
- 2 Cory Hill 4:27.12
- 3 Josh Minogue 4:28.35

Open Women

- 1 Alicia Marriott 3:21.30
- 2 Courtney Hancock 3:24.45
- 3 Liz Plumers 3:25.15

Masters 30-39

- 1 Brent McKinnon 5:06.19
- 2 Benjamin Hewitt 5:13.40
- 3 Stephen Kernutt 5:30.11

Masters 40+

- 1 Paul Lemmon 4:57.01
- 2 Shane Whittaker 4:59.40
- 3 Jeff Lemarseny 5:11.56

Women 30+

- 1 Melinda Pelly 4:06.32
- 2 Kylie Zikarsky 4:13.34
- 3 Tiarne Smith 4:18.05

U/19

- 1 Riley McGregor 3:01.55
- 2 Mick Anderson 3:03.34
- 3 Tanyan Lyndon 3:05.30

Teams

Women

- 1 Freshie Fighter Chicks 3:29.10
- 2 Team Kozii 3:33.16
- 3 Mighty Millers 3:49.43

Under 19

- 1 MBAR 3:30.44
- 2 Burliebudgera 3:40.17
- 3 Freshie Girls 3:44.03

Men/Mixed

- 1 Freshie Gold 3:23.56
- 2 Grange 4:30.59
- 3 Queenewroy 4:31.45

Men's Under 19

- 1 Currumbin Vikings (G) 4:46.55
- 2 The Lads 4:52.20
- 3 Currumbin Vikings (W) 4:56.48

GOLD COAST GOLD WINNERS

- 1989 - Guy Leech
 1991 - Jonathan Crowe
 1995 - Scott Reeves

LIST OF ENTRIES

Open Male



- 1 Caine Eckstein
- 2 Cory Hill
- 3 Scotty Higgins
- 4 Stuart Snell
- 5 Trent Goulding
- 6 Nick Plumers
- 7 Nick Marshall
- 8 Andrew Grimshaw
- 9 Guy Andrews
- 10 Tom Atkinson
- 11 Daniel Bannerman
- 12 Michael Barratt
- 13 Luke Bartlett

- 14 Matt Bevilacqua
- 15 Mark Bint
- 16 Shane Blair
- 17 Adam Bloomfield
- 18
- 19 Matt Bowbridge
- 20 Josh Campton
- 21 Glenn Coltman
- 22 Chris Evans
- 23 Gareth Evans
- 24 Sam Fuller
- 25 Samuel Gill
- 26 Neil Glover
- 27 Cameron Gordon
- 28 Nathan Gray
- 29 Kye Hawkins
- 30 Ryan Hawkins
- 31 Sam Hoffmann
- 32 Will Holmes
- 33 Tyrnne Hoskins
- 34 Adam Jeffrey
- 35 Sean Kelly
- 36 Matthew Kent
- 37 Clint Kimmins
- 38 Jon Locke
- 39 Luke Lorenzin
- 40 Stuart Louth

- 41 Sam Marris
- 42 Jarryd McDonnell
- 43 Ben Meikle
- 44 David Monaghan
- 45 Andrew Mosel
- 46 Mitch Nissen
- 47 Julian Norton-Smith
- 48 Nick O'hare
- 49
- 50 Mitchell Miller
- 51 Anthony Rock
- 52 Brendon Ross
- 53 Hayden Rydberg
- 54 Nathan Smith
- 55 Ripp Stewart
- 56 Dillon Thompsn
- 57 Alex Tibbits
- 58 James Verreault
- 59 Zeb Walsh

Masters 30 - 39 yrs Male



- 301 Brent McKinnon
- 302 Michael Jennett
- 303 Gavin Johns
- 304 Paul Peterson
- 305 Derek Taylor
- 306 Paul Buttell
- 307 Diego Carrasco
- 308 Dave Chidgey
- 309 Stuart Colquhoun
- 310 Scott Elliott
- 311 Ryan Flaherty
- 312 David Fleming
- 313 Ian Franzke
- 314 Kyle Glazier
- 315 Stuart Hogben

- 316 David Kennedy
- 317 Murray Lewis
- 318 Peter Lewis
- 319 Michael Manton
- 320 Ben Marshall
- 321 James McLaughlin
- 322 Cameron Mercer
- 323 Michael Daly
- 324 Andrew Michael
- 325 Michael Moran
- 326 Jon Rigley
- 327 Mason Powell
- 328 Justin Quill
- 329 Gary Scott



- 401 Shane Whittaker
- 402 Scott Braby
- 403 Michael Kirkby
- 404 Christopher Walker
- 405 Sean Harvie
- 406 Darren Browning
- 407 Russall Cooper
- 408 Tom Crebbin
- 409 Anthony Cuic
- 410 Glenn Dunsmore
- 411 Shane Fitz Gerald
- 412 Jason Foye
- 413 Alan Hogg
- 414 Andrew Holt
- 415 Brendan Hulme
- 416 Antony Jennings
- 417 James Marsh
- 418 Joe McCabe
- 419 Craig McDonald
- 420 Graeme Orr
- 421 Paul Patrick
- 422 David Paul
- 423 Guy Power
- 424 Paul Schloeffel
- 425 Scott Sewell
- 426 Mark Slykhuis
- 427 Roger Souter
- 428 Shane Sterry
- 429 Chris Stuart
- 430 Greg Toman
- 431 Rod Twitchin
- 432 David Whiteside
- 433 Adam Wilson



- 1 Courtney Hancock
- 2 Elizabeth Plumiers
- 3 Bonnie Hancock
- 4 Tara Coleman
- 5 Jordan Mercer
- 6 Danielle Allen
- 7 Harriet Brown
- 8 Tenille Devine
- 9 Crystal Maruna
- 10 Hayley Bateup
- 11 Emma Armstrong
- 12 Alyce Bennett
- 13 Allie Britton
- 14 Emmy-Rose Curtis
- 15 Melanie Driscoll
- 16 Phoebe George
- 17 Sarah Hardy
- 18 Teisha Jenkins
- 19 Samantha Johnston
- 20 Tatum Lawler
- 21 Melanie Mckinless
- 22 Alisha Miller
- 23 Hannah Minogue
- 24 Brodie Moir
- 25 Peta Newbold
- 26 Briana Newson
- 27 Kelly-Ann Perkins
- 28 Kirby Randall
- 29 Erin Robertson
- 30 Kayla Russell
- 31 Natasha Scott
- 32 Kristyl Smith
- 33 Larnee Stuart
- 34 Jess Walker
- 35 Bernadette Wallace



- 701 Jake Nicholson
- 702 Michael Barnett
- 703 Tyler Maxwell
- 704 Matthew Sharp

- 705 Jayden Bailey
- 706 Billy Bain
- 707 Ryan Beecroft
- 708 Joel Bevilacqua
- 709 Max Brooks
- 710 Samuel Bull
- 711 Lewis Coombe
- 712 Isak Costello
- 713 Joshua Crouch
- 714 Luke Cuff
- 715 Fletcher Davies
- 716 Jaega Desainis
- 717 Peter Euers
- 718 Dan Hooker
- 719 Mackenzie Hynard
- 720 Jett Kenny
- 721 Nathaniel Lindsay
- 722 Alexander Mackenzie-Templar
- 723 Timothy Mallett
- 724 Cody Marr
- 725 Owen Mcleod
- 726
- 727 Alex Nash
- 728 Kyle O'brien
- 729 Ben Pugh
- 730 Jack Raward
- 731 Michael Rawson
- 732 Ryan Rigney
- 733 Cory Taylor
- 734 Jake Walsh



- Tiarne Smith
- 202 Lisa Brew
- 203 Melinda Cockshutt
- 204 Michelle Kent
- 205 Paula Stone
- 200 Melinda Pelly



- 206 Tracey Ann Apthorpe
- 207 Kimberley Fleming
- 208 Julie Cummings



- 209 Briella Brown
- 210 Kate Curtis
- 211 Brooke Eacott
- 212 Jessica Silvester
- 213 Kate Walker
- 214 Teisha Jenkins



- 735 Matthew Braban
- 736 Don Marsh
- 737 Richard Bedford
- 738 Alan Coates
- 739 Kim Harker
- 740 Noel Jamieson
- 741 Wayne Jones
- 742 Glen Lawrence
- 743 Dean Powell
- 744 Michael Ryan
- 745 John Saul
- 746 Mark Watson
- 747 Jonny Gordon
- Masters 50+ Male
- Masters 30+ Female

Open Male Teams



501	2 Not 4	2	Steven Bacon	Swim, Board
501	2 Not 4	2	Mark Taylor	Ski, Run
502	Alex Allstars	4	Vincent Jason	Run
502	Alex Allstars	4	Stephen Mchugh	Board
502	Alex Allstars	4	Richard Mchugh	Swim
502	Alex Allstars	4	Shane Baird	Ski
503	Alex Master Stokers	4	Brett Wortman	Ski
503	Alex Master Stokers	4	Tim Craven	Swim
503	Alex Master Stokers	4	Michael Vidulich	Run
503	Alex Master Stokers	4	Shane Petersen	Board
504	Alex Nuffies	4	David Mayfield	Board
504	Alex Nuffies	4	Trent Brumby	Run
504	Alex Nuffies	4	Anthony Williams	Ski
504	Alex Nuffies	4	Scott Crawford	Swim
505	Alex Tigers	4	Brad Wells	Run
505	Alex Tigers	4	Martin Ashfield	Board
505	Alex Tigers	4	Mark Purvis	Ski
505	Alex Tigers	4	Stephen Bradney	Swim
506	Barneys Boys	4	Geoff Canning	Run
506	Barneys Boys	4	Craig Hielbron	Ski
506	Barneys Boys	4	Wayne Marshall	Board
506	Barneys Boys	4	Brendon Prior	Swim
507	Bbc Digital	4	Mark Clough	Run
507	Bbc Digital	4	Craig Chapman	Swim
507	Bbc Digital	4	Rob Dorrough	Ski
507	Bbc Digital	4	David Orchard	Board
508	Broadie Battlers	3	Andre Slade	Swim
508	Broadie Battlers	3	Timothy Wilson	Board
508	Broadie Battlers	3	Johnathon Fife	Ski, Run
509	Cairncross & Associates	4	Stephen Locke	Run
509	Cairncross & Associates	4	Drew Cairncross	Board
509	Cairncross & Associates	4	David Locke	Swim
509	Cairncross & Associates	4	Michael Locke	Ski
510	Collaroy	4	Bart Louis	Run
510	Collaroy	4	Kendrick Louis	Swim
510	Collaroy	4	Jackson Doolan	Board
510	Collaroy	4	Mitchell Trim	Ski
511	Cooly Butthead	4	Mark Kenney	Board
511	Cooly Butthead	4	Ty Henrisson-Lopez	Run
511	Cooly Butthead	4	Russell Zahn	Ski
511	Cooly Butthead	4	Rick Van Kampen	Swim
512	Currumbin Masters	4	Steven Cahill	Board
512	Currumbin Masters	4	David Bowen	Run
512	Currumbin Masters	4	Len Cook	Ski
512	Currumbin Masters	4	John Bonning	Swim
513	Dee Why Anchors	4	James Stirling	Swim
513	Dee Why Anchors	4	Justin Sharkey	Board
513	Dee Why Anchors	4	Peter Hatfield	Ski
513	Dee Why Anchors	4	Grant Marshall	Swim

514	Dee Why Mens A Team	4	James Listberger	Run
514	Dee Why Mens A Team	4	Adriel Young	Ski
514	Dee Why Mens A Team	4	Harrison Selby	Board
514	Dee Why Mens A Team	4	Matthew Weisse	Swim
515	Dy Marigolds	4	Geoff Crittle	Ski
515	Dy Marigolds	4	Nathan Payne	Board
515	Dy Marigolds	4	Chris Morgan	Swim
515	Dy Marigolds	4	Vaughn Williams	Run
516	Energy	3	Rhys Bradley	Ski
516	Energy	3	Allan Perriam	Run
516	Energy	3	Matt Zoeller	Board
517	Everything Matters	4	Paul Matters	Ski
517	Everything Matters	4	Brendan Wenke	Run
517	Everything Matters	4	Tony Lemarsney	Board
517	Everything Matters	4	Jon Gemmell	Swim
518	Far North Bogans	4	Greg Parr	Ski
518	Far North Bogans	4	David Lep	Run
518	Far North Bogans	4	James Holmes	Swim
518	Far North Bogans	4	Michael Ryan	Board
519	Fmi	3	Wade Krieger	Ski
519	Fmi	3	Nicholas Boyce	Run
519	Fmi	3	Jason Harvey	Swim, Board
520	Hunter Westpac Rescue Helicopter/Coal Services	4	Brian Foster	Board
520	Hunter Westpac Rescue Helicopter/Coal Services	4	Michael Legge	Swim
520	Hunter Westpac Rescue Helicopter/Coal Services	4	Todd Mulville	Run
520	Hunter Westpac Rescue Helicopter/Coal Services	4	David Wells	Ski
521	Inverloch11	4	Jake Lurati	Swim
521	Inverloch11	4	Nathan Jowett	Run
521	Inverloch11	4	Thomas Mcmorrow	Board
521	Inverloch11	4	Travis Dodd	Ski
522	Jan Juc Tap Donk	4	David Morris	Ski
522	Jan Juc Tap Donk	4	Scott Prosser	Swim
522	Jan Juc Tap Donk	4	Andrew Harvey	Board
522	Jan Juc Tap Donk	4	David Ulbrick	Run
523	Lakeland Fitness	3	Sam Whitehouse	Swim
523	Lakeland Fitness	3	Luke O Garey	Board
523	Lakeland Fitness	3	John Lakeland	Ski, Run
524	Left Overs	4	Colin Braun	Swim
524	Left Overs	4	Ian Hornabrook	Run
524	Left Overs	4	Kurt Tutt	Ski
524	Left Overs	4	Micahel Saal	Board
525	Manly Masters 1	4	Michael Mcgrath	Ski
525	Manly Masters 1	4	Mark Houston	Swim
525	Manly Masters 1	4	Nick Edmonds	Board
525	Manly Masters 1	4	Mark Hill	Run
526	Mmlscs*	4	David Unwin	Swim
526	Mmlscs*	4	Nicholas Lynch	Run
526	Mmlscs*	4	Stephen Davies	Ski
526	Mmlscs*	4	Jason Bleasby	Board
527	Mona Vale Gold	4	Stephen Hart	Swim
527	Mona Vale Gold	4	Peter Lever	Board
527	Mona Vale Gold	4	Jim Morison	Ski
527	Mona Vale Gold	4	Sam Funch	Run
528	Mt Martha A	4	David Verlinden	Swim
528	Mt Martha A	4	Troy Cochrane	Ski
528	Mt Martha A	4	Matt Davis	Board
528	Mt Martha A	4	Grant Gibbs	Run
529	Northcliffe Nipper Dads	4	Adam Jones	Ski
529	Northcliffe Nipper Dads	4	Andrew Moore	Board

529	Northcliffe Nipper Dads	4	Nick Rosato	Swim
529	Northcliffe Nipper Dads	4	Shayne Boyd	Run
530	Number 2 & Dewey	2	Peter French	Ski
530	Number 2 & Dewey	2	Adam Dew	Board, Run
531	Queensie Bullets	4	Chris Allum	Swim
531	Queensie Bullets	4	Mick Atkinson	Run
531	Queensie Bullets	4	Ben Atkinson	Board
531	Queensie Bullets	4	Damien Daley	Ski
532	Queensie Dragons	4	David Slennett	Ski
532	Queensie Dragons	4	Jayden Russ	Run
532	Queensie Dragons	4	Lachlan Staples	Swim
532	Queensie Dragons	4	Liam Jackson	Board
533	The Foolies of Coolies	4	Tom Dowling	Swim
533	The Foolies of Coolies	4	Jacob Helson	Board
533	The Foolies of Coolies	4	Kenji Nener	Run
533	The Foolies of Coolies	4	Todd Brewer	Ski
534	Smartalex	4	Glenn Paice	Run
534	Smartalex	4	Neil Grimshaw	Board
534	Smartalex	4	Rob Elphinstone	Swim
534	Smartalex	4	Ross Mcswan	Ski
535	Smorts	4	Chris Parker	Swim
535	Smorts	4	Shane Knight	Run
535	Smorts	4	Scott Mccartney	Ski
535	Smorts	4	Daniel Pearce	Board
536	South Coast United	4	Rhett Russell	Board
536	South Coast United	4	Michael Fox	Run
536	South Coast United	4	Ali Day	Swim
536	South Coast United	4	Hayden White	Ski
537	Spacciatore Di Pappagallo	2	Benjamin Wearing	Run
537	Spacciatore Di Pappagallo	2	Jonathan Taylor	Ski
538	Squadron 360	4	Jason Tucker	Run
538	Squadron 360	4	Riley Fitzsimmons	Ski
538	Squadron 360	4	Kurtis Kavanagh	Swim
538	Squadron 360	4	Blake Arahill	Board
539	Surfers Old/New Boys	4	Taylor Hardy	Swim
539	Surfers Old/New Boys	4	Dane Sloss	Ski
539	Surfers Old/New Boys	4	Stephen Maddog	Run
539	Surfers Old/New Boys	4	Zachary Orchard	Board
540	Talle Termites	2	Anthony Rawlinson	Run
540	Talle Termites	2	Dylan Magee	Ski, Board
541	Team Leo	4	Haydn Tierney	Ski
541	Team Leo	4	Tom Mcfarlane	Board
541	Team Leo	4	Lachlan Pearse	Swim
541	Team Leo	4	Patrick Hough	Run
542	Team Sorrento (WA)	2	Dan Bowker	Ski, Run
542	Team Sorrento (WA)	2	Liam Ryan	Board
543	The Bribie Battlers	2	Wayne Martin	Swim, Run
543	The Bribie Battlers	2	Jason Lucas	Ski, Board
544	The Internationalists	4	Phil Copsey	Run
544	The Internationalists	4	Matt Smith	Run
544	The Internationalists	4	Terry Vandenbroek	Ski
544	The Internationalists	4	Graeme Frost	Board
545	The Natural And Real Athletes	4	Justin Mitchell	Board
545	The Natural And Real Athletes	4	Adrian Hondros	Run
545	The Natural And Real Athletes	4	Bradley Hartmann	Swim
545	The Natural And Real Athletes	4	David Pourre	Ski
546	The Wedges	4	Jacob Hough	Run
546	The Wedges	4	Oscar Charles Bradley	Board
546	The Wedges	4	Sean White	Ski
546	The Wedges	4	Mitchell Fagersstrom	Swim
547	Tridads	3	Anthony Easson	Run
547	Tridads	3	Martin Tunstead	Swim
547	Tridads	3	John Copps	Ski, Board

Open Female Teams



601	Alex Angels	4	Janelle Pallister	Board
601	Alex Angels	4	Nicola Harper	Run
601	Alex Angels	4	Amanda Massie	Ski
601	Alex Angels	4	Diana Saville	Swim
602	Alex M&Ms	4	Monique Selvage	Run
602	Alex M&Ms	4	Marie Hasemann	Swim
602	Alex M&Ms	4	Bernadette Nolan	Ski
602	Alex M&Ms	4	Fiona Pelly	Board
603	Alex Nuffettes	4	Katelin Mayfield	Run
603	Alex Nuffettes	4	Sue Perkins	Swim
603	Alex Nuffettes	4	Alison Lingard	Ski
603	Alex Nuffettes	4	Tamiel Benjamin	Board
604	Alex-G-Sixers	4	Kellie Nichols	Board
604	Alex-G-Sixers	4	Bronwyn Champness	Swim
604	Alex-G-Sixers	4	Brodie Cambourne	Ski
604	Alex-G-Sixers	4	Jillian Toye	Run
605	Collaroy Girls	4	Kelly Trim	Run
605	Collaroy Girls	4	Ashley Edwards	Swim
605	Collaroy Girls	4	Jodie Trim	Ski
605	Collaroy Girls	4	Robyn Hill	Board
606	Dee Why Black Swans	4	Madison Quinn	Board
606	Dee Why Black Swans	4	Aleksi Kohonen	Run
606	Dee Why Black Swans	4	Belinda O'sullivan	Ski
606	Dee Why Black Swans	4	Emma Jeffcoat	Swim
607	Dee Why Diamonds	4	Jennifer Listberger	Ski
607	Dee Why Diamonds	4	Rebecca Djuric	Swim
607	Dee Why Diamonds	4	Madison Wyllie	Board
607	Dee Why Diamonds	4	Lindsey Bridges	Run
608	Freshie	4	Rachel Crerar	Board
608	Freshie	4	Kim Low	Ski
608	Freshie	4	Reegan Ellis	Run
608	Freshie	4	Lauren Hall	Swim
609	Kozii	4	Alana MCGoldrick	Board
609	Kozii	4	Nadine Canning	Swim
609	Kozii	4	Ellie Leaver	Ski
609	Kozii	4	Paige Single	Run
610	Lanky Funks And The Bean Pole	4	Maddy Dunn	Swim
610	Lanky Funks And The Bean Pole	4	Aimee Berridge	Ski
610	Lanky Funks And The Bean Pole	4	Allira Richardson	Board
610	Lanky Funks And The Bean Pole	4	Carrie Lester	Run
611	Manly A	4	Candice Falzon	Board
611	Manly A	3	Naomi Flood	Ski
611	Manly A	3	Devon Halligan	Swim
611	Manly A	3	Ruth Kelly	Run
612	Manly B	4	Sarah Knapman	Ski
612	Manly B	4	Polly Williams	Swim
612	Manly B	4	Fiona Knapman	Run
612	Manly B	4	Mieke Kassulke	Board
613	Maroochydore Swans	4	Erica Ricketts	Run

613	Maroochydore Swans	4	Phoebe Tessmann	Board
613	Maroochydore Swans	4	Miranda Bell	Swim
613	Maroochydore Swans	4	Alyce Burnett	Ski
614	Noosa Enduros	4	Alison Olander	Ski
614	Noosa Enduros	4	Gina Lynch	Run
614	Noosa Enduros	4	Phoebe Mccubbery	Board
614	Noosa Enduros	4	Alison Pegg	Swim
615	North Bondi Calendar Girls	4	Nicola Davidson	Swim
615	North Bondi Calendar Girls	4	Clare O'brien	Ski
615	North Bondi Calendar Girls	4	Katy Anderson	Run
615	North Bondi Calendar Girls	4	Sarah Davis	Board
616	Nurse Nasty And The Alex White Pointers			
		4	Jessica Baird	Run
616	Nurse Nasty And The Alex White Pointers			
		4	Carmel Larkin	Swim
616	Nurse Nasty And The Alex White Pointers			
		4	Maxine Mitchell	Ski
616	Nurse Nasty And The Alex White Pointers			
		4	Tinker Barbara	Board
617	Pocket Rockets	4	Meg Helson	Run
617	Pocket Rockets	4	Zoe Elkerton	Swim
617	Pocket Rockets	4	Penny Locke	Ski
617	Pocket Rockets	4	Kirsty Philpott	Board
618	Princess Briony And The Fairy Coalition			
		4	Briony Mcswan	Board
618	Princess Briony And The Fairy Coalition			
		4	Nicole Tippet	Ski
618	Princess Briony And The Fairy Coalition			
		4	Melissa Crothers	Run
618	Princess Briony And The Fairy Coalition			
		4	Tracy Buhk	Swim
619	Queensie Devils	4	Melissa Martinuzzo	Run
619	Queensie Devils	4	Arielle Bird	Board
619	Queensie Devils	4	Carly Brewer	Swim
619	Queensie Devils	4	Annabel Nelson	Run
620	Shut The Door	4	Karen Giles	Board
620	Shut The Door	4	Samantha Williams	Ski
620	Shut The Door	4	Catherine Thiele	Run
620	Shut The Door	4	Olivia Bredhauer	Swim
621	Withdrawn			
621	Withdrawn			
621	Withdrawn			
621	Withdrawn			
622	Storm	2	Josie Pike	Swim Board
622	Storm	2	Carla Dreyer	Ski Run
623	Team Cronulla	4	Emily Pickworth	Swim
623	Team Cronulla	4	Danielle Polson	Ski
623	Team Cronulla	4	Lucy Ford	Run
623	Team Cronulla	4	Kayla Moore	Board
624	The Northcliffe Girls	4	Dorine Pantacchini	Board
624	The Northcliffe Girls	4	Ashlea Bradfield	Run
624	The Northcliffe Girls	4	Courtney Pierce	Swim
624	The Northcliffe Girls	4	Remi Francis	Ski
625	Warilla	4	Maddison Prior	Ski
625	Warilla	4	Jordan White	Board
625	Warilla	4	Kirra Jones	Run
625	Warilla	4	Lara Pecchiari	Swim

U19 Female Teams



626	Freshie Girls	4	Deandra Godoy	Ski
626	Freshie Girls	4	Laura Crerar	Board
626	Freshie Girls	4	Tahnee Devine	Run
626	Freshie Girls	4	Nicola Stirton	Swim
627	Maroochydore Cygnets	4	Rebecca Pegg	Swim
627	Maroochydore Cygnets	4	Coco Howcroft	Ski
627	Maroochydore Cygnets	4	Maddison Allen	Run
627	Maroochydore Cygnets	4	Isabella Davis	Board
628	MBAR	4	Bronte Hartland	Board
628	MBAR	4	Jordy-Lee Jones	Ski
628	MBAR	4	Amberlie Hammond	Run
628	MBAR	4	Sarah Kime	Swim
629	Queensie Chicks	4	Jessica Duncan	Ski
629	Queensie Chicks	4	Bella Boyce	Board
629	Queensie Chicks	4	Gemma Sammut	Swim
629	Queensie Chicks	4	Simone Shearsby	Run
630	R.A.H	3	Hannah Kirby	Ski
630	R.A.H	3	Ashlea De'Cent	Swim, Board
630	R.A.H	3	Rachel Crothers	Run
631	Ripper of a North Burleigh Nipper	4	Gabby Keid	Board
631	Ripper of a North Burleigh Nipper	4	Darcy Tuite	Ski
631	Ripper of a North Burleigh Nipper	4	Emma Hanrahan	Run
631	Ripper of a North Burleigh Nipper	4	Hayley Lemarseny	Swim
632	Team Shark Bait	4	Rachel Barker	Board
632	Team Shark Bait	4	Jordan Cook	Swim
632	Team Shark Bait	4	Molly Walker	Ski
632	Team Shark Bait	4	Kelly Thacker	Run
633	The Fattys	4	Sophie Thomson	Board
633	The Fattys	4	Emma Burgess	Ski
633	The Fattys	4	Bella Raymond	Swim
633	The Fattys	4	Lilli Smyth	Run

U19 Male Teams



901	M&MS	3	Ryan Paroz	Ski
901	M&MS	3	Hayden Williams	Run
901	M&MS	3	Joseph Lindsay	Swim, Board
902	Maroochydore Try Hards	4	Peter Elford	Ski
902	Maroochydore Try Hards	4	Rhys Burrows	Board
902	Maroochydore Try Hards	4	Scott Pegg	Swim
902	Maroochydore Try Hards	4	Hayden Murphy	Run
903	Queensie Saints	4	Joshua Hayes	Board

903	Queensie Saints	4	Ben McLean	Ski
903	Queensie Saints	4	Adrian Paris	Swim
903	Queensie Saints	4	Toby Hardiman	Run
904	Queensie Wave Riders	4	Harry Hayes	Board
904	Queensie Wave Riders	4	Matt Jepson	Swim
904	Queensie Wave Riders	4	Luke Gosling	Ski
904	Queensie Wave Riders	4	Simon Metcalf	Run
905	Team Juc	4	Broderic Jewson	Ski
905	Team Juc	4	Tanner Redden	Run
905	Team Juc	4	Jacob Reed	Swim
905	Team Juc	4	Steven Russell	Board
906	Team South	4	Mitchell Rofe	Board
906	Team South	4	Lachlan O'Grady	Ski
906	Team South	4	Ryan Markey	Swim
906	Team South	4	Tyler May	Run
907	WACKY WAVING INFLATABLE ARM FLAILING TUBE MEN			
		4	Jamo Porter	Ski
907	WACKY WAVING INFLATABLE ARM FLAILING TUBE MEN			
		4	Campbell McDonald	Board
907	WACKY WAVING INFLATABLE ARM FLAILING TUBE MEN			
		4	Adam Heatley	Run
907	WACKY WAVING INFLATABLE ARM FLAILING TUBE MEN			
		4	Joel Simondson	Swim

Open Mixed Teams



801	Benchwarmers	4	Guy Hannan	Run
801	Benchwarmers	4	Scott Mellor	Board
801	Benchwarmers	4	Ashleigh Adams	Swim
801	Benchwarmers	4	Liam Drake	Ski
802	Cooly Beavis	4	Carly Flood	Swim
802	Cooly Beavis	4	Garry Doyle	Run
802	Cooly Beavis	4	Nicholas Bell	Board
802	Cooly Beavis	4	Stephen Alexander	Ski
803	Dew Beaters	2	Michelle Downs	Swim, Run
803	Dew Beaters	2	Robert Harney	Ski, Board
804	Drifters	4	Ben Lynch	Board
804	Drifters	4	Mathew Tiller	Swim
804	Drifters	4	Alison Hunt	Run
804	Drifters	4	Martyn Newby	Ski

TOUGH TASK: Competitors head south to Coolangatta and the 23km ski leg



805	M&M Hall	2	Megan Hall	Swim, Run
805	M&M Hall	2	Malcolm Hall	Ski, Board
806	Manly Masters Two	4	Joseph Badaoui	Run
806	Manly Masters Two	4	John Diggin	Ski
806	Manly Masters Two	4	Rebecca Crawford	Board
806	Manly Masters Two	4	John Platt	Swim
807	Manly Ripped & Immature	4	Ian Kennedy	Run
807	Manly Ripped & Immature	4	Christie Krenkels	Swim
807	Manly Ripped & Immature	4	Liam Kelly	Board
807	Manly Ripped & Immature	4	Steven Coulter	Ski
808	Mona Vale Black	4	Wesley Dose	Run
808	Mona Vale Black	4	Mark Bee	Swim
808	Mona Vale Black	4	Bryce Munro	Ski
808	Mona Vale Black	4	Robyn Moore	Board
809	Ocean Beach Honeymooners	4	Richard Grimmond	Ski
809	Ocean Beach Honeymooners	4	Aaron Camp	Board
809	Ocean Beach Honeymooners	4	Katie Dixon	Run
809	Ocean Beach Honeymooners	4	Mark Davis	Swim
810	Petersons Proteges	3	Kylie Watson	Run
810	Petersons Proteges	3	Stephen Mawby	Ski
810	Petersons Proteges	3	Tim Mandeville	Swim, Board
811	Team Ob	3	Hannah O'brien	Board
811	Team Ob	3	Olivia O'brien	Swim
811	Team Ob	3	Gerard O'brien	Ski, Run
812	Three And A Half Men	4	Kerri Morley	Swim
812	Three And A Half Men	4	Colin Cosgrove	Run
812	Three And A Half Men	4	Troy Hunt	Board
812	Three And A Half Men	4	Adam Morley	Ski

U19 Mixed Teams



813	Team Moses	4	Luke Moses	Ski
813	Team Moses	4	Jake Moses	Swim
813	Team Moses	4	Lara Moses	Run
813	Team Moses	4	Beau Wheeler	Board

FRESHIE FIGHTER CHICKS: Rachael Crerar, Devon Halligan, Regan Ellis and Kim Low – Women's Team's winners in 2010

