



RIP TIDE

WE'RE THE KINGS OF STATE AFTER STOCKTON BATTLE



DREAM COACHING DEBUT FOR CHRIS

Chris Allum is hopeful that it's the start of a "long and successful partnership" with Sydney Northern Beaches as their head coach.

Allum couldn't have wished for a better start to his representative coaching career with Sydney Northern Beaches regaining NSW Inter Branch supremacy at Stockton Beach over the weekend. Sydney Northern Beaches finished on 1220 points, 44 points ahead of defending champions Sydney Branch, with Hunter Branch third.

Allum, who has been coaching at Queenscliff SLSC for a while now, was very keen to put one over his former Branch.

But his main goal was to build a Sydney Northern Beaches team for the future.

"It was a good weekend away and good to see the trophy back to the Sydney Northern Beaches," he said.

"The kids really raced their hardest and did it for each other. A really good group of boys and girls.

"They were led very well by the captains Max Brooks and Laura Shorter and the opens Jay

Furniss, Blake Drysdale, Taylor Puskaric, Lara Moses and Naomi Scott.

"They were just absolutely outstanding ambassadors and team members. It made our jobs (coaching staff) really easy."

SNB have Allum for as long as they want.

"I love it. As I said before, it's time for me to give back. This is the start of what I hope is a long and successful partnership," he said.

Allum couldn't help but heap praise on Mitchell Morris and Max Brooks.

"Mitch was outstanding all weekend. He won three from three (individual events) and was involved in three from three wins in team events.

"Max is the ultimate professional. He was just all over it all weekend, iron, ski races and he just led by example on and off the pitch. I am very proud of him.

"Also young Conner (Maggs) was outstanding in the under 12s for his first time in the Branch team. Kimberley Doyle was awesome in the under 13 girls.

"There were some huge performances by our athletes all weekend."

Pictures: Top: Now here's a happy group of Sydney Northern Beaches athletes; right: Captain Max Brooks was inspirational.



NOW HERE'S SIX OF THE VERY BEST BEACH SPRINTERS



Beach coach Michael Gedz can't recall the last time Sydney Northern Beaches sprinters had so much success at the NSW Inter Branch Championships.

"I had a chat with Bob (Langbein) and he's sure that our sprint results at Stockton Beach over the weekend were our best ever," Gedz said.

Sydney Northern Beaches had six sprint winners, starting with Artie Leiper and Nina van der Ryden in the under 12s. Both were making their debut.

Josh Gedz was just too big and strong for competitors in the under 13s.

Likewise, Aiden Helu was convincing in the under 15s, as was Madeleine Wallace in the under 15 female final.

And to round it off, Laura Shorter won the open female event.

Josh Gedz and Madeleine Wallace grabbed doubles by also taking out the beach flags.

The other flags winner was the Aussie champion Blake Drysdale.

"We also won the junior relay. We dropped the baton in the opens and ended up coming fourth," Gedz said.

"The results showed with the juniors as they prepared well but we didn't have much time with the

seniors."

Gedz made special mention of Dylan Calderon, who made his debut in the under 14s.

"He came second in his sprint. It was an awesome performance," Gedz said.

"Stefanie Fejes got second in the under 13 female sprint which was a very good run.

"It was very pleasing to see Zoe Couzens get second in the under 14 flags and also Bailee Radford come second in the under 17 flags.

"If the young ones keep on going then we are set for a while."

Co-captain Laura Shorter said she felt for the juniors in the flags.

"The track was average. The juniors copped it the worst. They had to flag pretty much vertically up a hill. Not ideal conditions but they lifted," Laura said.

"Our juniors set us up for an awesome day."

Laura remains undecided whether she will call it quits as far as the Branch team goes.

"I am definitely going to have a crack at Aussies," she said.

"I'd like it to be my last but I would also like to finish on a good run. The last two Aussies I have not been able to put it together in the final. If I can put together a good final regardless of the result then



I'd be happy to retire."

Pictures: Top: Sprint winners Artie Leiper (left), Madeleine Wallace, Josh Gedz, Aiden Helu, Laura Shorter and Nina van der Ryden; right: Artie Leiper running in the Cameron relay.

MAX IS READY FOR NUTRI GRAIN SHOW



Max Brooks is primed and ready to go in the third round of the Nutri Grain ironman series at North Wollongong this weekend.

The Sydney Northern Beaches Branch captain had the ideal workout at the NSW Inter Branch Championships at Stockton Beach last weekend and was one of the stars in the open male events. He won the ironman, won the ski and played a big part in the SNB open men's Taplin relay victory- the last event on the program.

"We knew we had the point score wrapped up but it was good to finish on that kind of note," Brooks said.

"I think it was the little things that won it for us.

"Dan (Collins) got a little way in front in the swim but Jay (Furniss) managed to go from fourth to second just in the run up the beach and then Isaac (Smith) did the same after the board leg. He ran and touched me first with a 10m to 15m lead.

"I was lucky enough to have a really good get on in the ski and those three things really kind of gapped it from the rest of the field.

"I was happy with my individual results, especially the iron and the ski. The board was a bit off but I am feeling good and fit and just looking forward to next week I guess."

Brooks said he was elated with the way some of the younger competitors, especially the 12s and 13s



went. "There are a few new names and you are not sure how they will go against the state but they really held their own and showed us how to do it," he said.

"The Morris boys (Mitch, Jake and Zach) are pretty trustworthy. It's good to have people like them in

the team.

"Conner Maggs was great. He killed that Iron. He really gave it to them."

Pictures: Top: Open Taplin winners: Jay Furniss (left), Isaac Smith and Max Brooks; Below: Blake Drysdale is tagged by Brooks and finishes off the Taplin win.



EMILY GIVES SKI THE THUMBS UP

Emily Doyle rated her ski paddle in the youth mixed ski relay at the Inter Branch Championships on Sunday as one of her best. Emily partnered Taylor Gabb in the event and they came out winners.

She paid Taylor a huge compliment. "He had a really good race. I don't think I have ever seen him so close to the Sydney (Branch) paddler," Emily said.

"Like, he was telling me before the race that there was no chance 'I would beat him'. He went so close."

Emily felt she got a lucky break on the ski.

"It was pretty tough actually, that whole transition. The run leg was so long before we got on our skis," she said.

"By the time I got there I was so tired. I just wanted to power through that break and get in front of the Sydney girl. She was bit unlucky and I got in front and kept going. I worked hard on the way in and managed to get a little wave."

Emily had another outstanding ski paddle in the Youth Female Taplin when she teamed up with swimmer Jami Prowse, board paddler Madison Louw and runner Zoe Couzens.

As for her individual events, Emily said: "I got a



bit unlucky in some, like getting hit by waves and getting jagged on. But that happens and you have to go on from there.

"It was a really good carnival, back on the team and in that team environment. It's just so good.

"You get up and go again and everyone is so supportive."

Emily's younger sister Kimberley certainly didn't let

nerves get to her in her debut for the Branch. Kimberley showed her class to win the under 13 female iron.

Kimberley also featured in Cameron relay and board relay victories.

Pictures: Emily Doyle (left), Zoe Couzens, Jami Prowse and Maddie Louw after their victory in the Female Youth Taplin; Below: Emily and Taylor Gabb after the Youth Mixed ski relay.



THREE BROTHERS ON SURF MISSION

The Morris brothers just live for the surf. Both Sydney Northern Beaches coach Chris Allum and captain Max Brooks can't speak highly enough about the twins Mitchell and Jake and their older brother Zach.

"It was a pleasure to have the three boys in the team. They are such great listeners and learners," Allum said.

"Mitch was just outstanding at the Inter Branch Championships."

Brooks said: "They are the types of guys you want in a team. They never let you down."

If there had been an award for athlete of the carnival, Mitch Morris would certainly have gone mighty close to taking it out.

He won his three individual events – the under 13 ironman, board and swim.

He was involved in three more wins in team events on the second day when Sydney Northern Beaches clinched the point score and regained the trophy. Jake was second in the board and ironman and third in the swim but he did get a win in the Board Rescue relay with his twin brother Mitch, Joel Piper and Isaac Crews and Conner Maggs and Braden Crichton Browne.

In his individual races, Zach won the youth (under



17) board, was third in the ironman and fourth in the swim.

Zach has also been racing extremely well in the

Summer of Surf series.

Pictures: Top: Twins Mitch (left) and Jake Morris; Below: Older brother Zach.



CONNER HEADS IN RIGHT DIRECTION

Conner Maggs has his heart set on becoming a Nutri Grain ironman one day. Being in camp with the Sydney Northern Beaches Branch team and with current Nutri Grain ironmen Max Brooks and Jay Furniss made his time very special.

"It's pretty good to be around them. I look up to the Nutri Grain people. That's what I want to do eventually," Conner said.

"It has been a great experience being in camp. Competing with the best of the best in our age group and being friends with the older age group is quite an experience. Most people won't get to do this."

The only other time Conner had been in a camp was at the SLSNSW Development camp at Narrabeen. "That's where I met most people in my age group who are now some of my friends," he said.

Conner certainly won't forget his debut for the Branch team.

On the opening day he won the under 12 ironman and board race and came second in the swim.

"The board probably gave me the most satisfaction," he said.

"Just sneaking out through that wave made my day and I just didn't stop paddling after that."

Conner got to experience team events on the



Sunday and featured in Cameron relay and Board Rescue relay wins.

Conner's Manly clubmate Kimberley Doyle was another shining light on her debut for the Branch. She won her iron event in the under 13 age group

and was also in the winning Cameron relay team and board relay with Mitch Morris.

Pictures: Top: Conner Maggs is a star of the future; Kimberley Doyle is all smiles after her iron win and is interviewed by Kurt Hanson.





PATRIOTS DAY AT DEE WHY

Unless something catastrophic happens, it is hard to see anyone stopping the Palm Beach Patriots from winning back to back Ocean Thunder titles.

Peter Spence's female crew didn't have the perfect day as they did in the first round but still won six of their races and had two very close seconds in the second round of competition at Dee Why last Saturday.

Palmy were leading in both the two races they came second only to be touched out on the run to the finish.

Come the final, this time a double race, the Palmy girls were just too strong for the other finalists – Collaroy, Currumbin, Bondi, North Narrabeen and the younger Palm Beach crew, swept by Stephen Cox.

"We probably won by about six to seven lengths, a big win," Spence said.

"We got out through the break with North Narrabeen and Currumbin, then rowed away from both of them out to sea, turned first, got some great runs and on to a wave on our own to be well in front after the first leg.

"We then headed out through the break in the second leg well in front, got 'checked' by a wave and took on water, emptied the boat and pulled further in front.

"The girls were just incredible."

Spence said it was a great result for the Collaroy girls, who finished second.

"They got a wave from way out. They actually pulled a lot of waves all day that got them some strong results," he said.

The Collaroy men's crew bounced back after a disappointing first round to finish third behind winners Avoca and Batemans Bay in the final.

"Collaroy led early but just couldn't get a wave that Avoca and Batemans Bay got," Spence said.

"South Curl Curl had a strong day and finished fourth."

North Cronulla and Fairhaven made the final.

Defending champions Bulli were disqualified in their quarter-final for missing the turning can.

Pictures: Top: The brilliant Palmy girls in action;

Below left: North Narrabeen hit the beach; and one of Collaroy crews. (PHOTOS: PAUL LEMLIN)





Photographer PAUL LEMLIN catches some of the Ocean Thunder action at Dee Why last Saturday. Top: The Collaroy men's crew bounced back to form and finished third in the final behind Avoca and Batemans Bay. Below left: The South Curl Curl crew made the final for the first time and finished fourth; Bottom right: The Bilgola crew.

