



# RIP TIDE

## SNB INTERBRANCH TEAM

### Under 12 Male

Samuel Higgs North Curl Curl  
Keaton Ronge-Smith Dee Why  
Cooper Elkins Queenscliff

### Under 13 Male

Joshua Kerr Newport  
Conner Maggs Newport  
Artie Leiper Freshwater

### Under 14 Male

Jake Morris Newport  
Mitchell Morris Newport  
Joshua Gedz Freshwater

### Under 15 Male

Isaac Crews North Curl Curl  
Joel Piper Newport  
Dylan Calderon Manly

### Under 17 Male

Harrison Crowley Manly  
Daniel Gabb Newport  
Zach Morris Newport  
Aiden Helu Manly

### Under 19 & Open Male

Hugh McAlpine Newport  
Max Brooks Newport  
Jackson Borg Newport  
Josh Tyrrell Newport

**Team Captains** Max Brooks & Maddie Spencer

### Team Manager

Karen Heaton

### Head Coach

Chris Allum

### Under 12 Female

Olivia Clues North Curl Curl  
Dominique Melbourn North Curl Curl  
Leela Scott Freshwater

### Under 13 Female

Georgie Prowse North Curl Curl  
Ashleigh Windsham Manly  
Nina van der Ryden Manly

### Under 14 Female

Kimberley Doyle Newport  
Katelynn Doyle Newport  
Stefanie Fejes Freshwater

### Under 15 Female

Jodie Louw Newport  
Charlotte Ward Manly  
Mila McGettigan Freshwater

### Under 17 Female

Piper Harrison Manly  
Madison Louw Newport  
Sascha Taurins Newport  
Madeleine Wallace North Curl Curl

### Under 19 & Open Female

Emily Doyle Newport  
Taylar Puskaric Manly  
Maddie Spencer Newport  
Sophie McGovern North Curl Curl  
(Branch of Origin)

### Assistant Coaches

Sean Davis Michael Gedz



## BROTHERS, SISTERS FLAVOUR IN SNB BRANCH TEAM

There's the three Morris brothers, three Doyle sisters and two Louw sisters.

Zach Morris and his twin brothers Mitch and Jake, Emily Doyle and her twin sisters Kimberly and Katelynn and Madison Louw and younger sister Jodie are part of the make up of the 40-member Sydney Northern Beach Branch team.

The Newport eight are off to Black Head Beach next month to help SNB Branch defend the NSW Interbranch title.

It's great to see Nutri Grain ironmen Max Brooks and Jackson Borg make themselves available for the Branch.

Brooks will be the male captain and Maddie Spencer will be the female captain.

Making their representative debut will be six under 12 athletes, Dom Melbourne, Olivia Clues and Sam Higgs from North Curl Curl, Keaton Ronge Smith (Dee Why), Cooper Elkins (Queenscliff) and Leela Scott (Freshwater).

With open beach sprinter Laura Shorter unavailable, selectors have selected Sophie McGovern as the Branch of Origin open runner. Sophie still lives on the northern beaches but is competing for Coogee.

She won the Aussie under 19 sprint at Trigg Island earlier this year. Unfortunately, Shorter's soon to be husband and Australian open beach flags champion Blake Drysdale is also unavailable as he is now working in the mines.

Josh Tyrrell will be the open beach specialist. A familiar face in the opens is Manly's allrounder Taylar Puskaric.

**LEFT: Top: Maddie Spencer (left) and Taylar Puskaric competing at last season's Branch Championship; TOP: Emily Doyle.**







## IRONMAN MAX IS HOT FOR COOLUM

Newport ironman Max Brooks hopes his good results at Coolum continue when the second round of the Nutri Grain series is held there this weekend.

"It was a good little hit out today," Brooks said after winning the ironman at the Newport carnival last Saturday.

"I felt good. That young kid from North Bondi (Charlie Verco) was testing me on the board.

"I knew he would be sitting on me going out so I tried to work it coming home and I was lucky to get over that little wave at the end."

Brooks finished ahead of Verco and club mate Jayke Rees, while another Newport competitor and Nutri Grain ironman Jackson Borg finished fourth.

"Jacko was a bit unlucky. He was leading the swim but we all got a wave on him," Brooks said.

"Still, I felt strong throughout. It was a really long course and you just kind of had to build into it."

While Brooks didn't make the final eliminator race in the first round of Ocean6 at Queenscliff, he said he was happy how he raced.

"I raced really well," he said.

"I felt I was a bit unlucky in the second race. I was coming third and felt I should have got through.

"Some of my best results have been at Coolum – fifth in my first year and second last year. I am looking forward to it, definitely."

*Pictures: Jackson Borg and Max Brooks in a different role. Both are qualified IRB drivers and were on duty at the Newport junior carnival last Saturday morning; Max Brooks winning the ironman on his home beach.*









# MITCH BACK TO SURFBOATS BUT WITH NEW CLUB

## NEWPORT BOYS EYE OCEAN THUNDER

**M**itch Foran has made a comeback to surfboats as a sweep but not with his beloved Bilgola.

Mitch has joined the Newport Hellfish crew who were in action in the first round of the Sydney Northern Beaches surfboat premiership at Bilgola last Saturday.

The Newport boys made the final but didn't get the best of starts and were unplaced.

The strong Avoca crew took out the final, from Coogee and Elouera Wilko.

The Newport crew of Hugh Pender, Alex Brown, Lucas Wilson, Jake Butcher and Foran will be back in action this weekend, racing in the opening round of Ocean Thunder at Dee Why.

"The boys are a bit underdone," said Mitch. "I have only had them for two weeks."

But Foran certainly knows what Ocean Thunder racing is all about.

He's won a series with the Bilgola men's crew and also swept the Bilgola women's crew to a series victory.

Mitch, who has also represented Australia with a Bilgola men's crew, quit surfboats three years ago to concentrate on CrossFit.

"I am still doing it," he said.

"But I was thinking of rowing again this season, just not sure how my back would stand up to a full season. 'Billy' didn't have a crew and then I got a call from the Newport boys to see if I would sweep them.

"I knew a couple of the boys when they rowed at Bilgola. It does feel a bit odd. It was never my intention to leave Bilgola. I'll definitely be back there one day.

"But I am fully committed to Newport now. We are all committed and our goal is to peak at end of the season at Kurrawa.

"At the moment we know we have plenty of work to do."

*Pictures: Top: Mitch Foran back in action as sweep of the Newport Hellfish; Bottom: the Newport boys: Hugh Pender (right), Alex Brown, Lucas Wilson, Jake Butcher and Mitch Foran.*



## SURFBOAT PREMIERSHIP - ROUND 1 @ BILGOLA

**Open Men:** Avoca A, Coogee, Elouera Wilko, Queenscliff Swarthy, Palm Beach Popeyes, Newport Hellfish.

**Reserve Men:** North Narrabeen Bench Warmers, Avalon Beach Towballs, Queenscliff Troughies, Bilgola Reggies, Bronte A, South Curl Curl Squeaky Nuts.

**Under 23 Men:** Palm Beach Peppers, South Curl Curl Squeaky Nuts, Queenscliff Steaks, Long Reef Lords, Mona Vale Mambas, Newport Mackerel.

**Open Female:** Elouera Wilko, Avalon Beach Bandits.

**Reserve Female:** North Narrabeen Lean Beans, Palm Beach Peaches, Coogee, Avalon Beach DB's, Warriewood Rustys.

**Under 23 Female:** Newport Thunder, Bilgola Rippers, Coogee 11000, Warriewood Angels, North Narrabeen Chickpeas.

**Under 19 Men:** Avalon Beach Hueys, Queenscliff Wsers, South Curl Curl Underdogs, North Curl Curl Donkeys.

**Under 19 Female:** Queenscliff Rockets, Avalon Beach Chanel's, South Curl Curl Bumps and Humps.





## PASTA ORDER FOR NORTH NARRA BOYS

It's all happening rather quickly for a surfboat crew from North Narrabeen.

Last year they found themselves rowing in the open male division and now they are set for even a bigger challenge.

Come this Saturday at Dee Why Beach, the North Narrabeen crew, swept by the veteran Don McManus, will have their first taste of Ocean Thunder.

"This is our first year coming up and it's a big step up," said John Beaumont.

"Also in the crew is Billy Maxwell, Matt Fox and Ed Blackwell."

David Fealy was filling in for Ed at the Bilgola carnival on Saturday.

"We're happy with how things are going. We found a sponsor. That was the hardest thing but we now have City Tatts. They are looking to expand their presence out onto the beaches. It's really good to have them on board," Beaumont said.

John said he and his mates have watched Ocean Thunder for quite a number of years now.

"I suppose we have been watching for the best part of a decade," John said.

"We just turn up to watch and see how it is done. North Narrabeen is starting to get it together now. We've got sponsors coming on board and more rowers.



"As for racing at Thunder, we know Dee Why can be very challenging but we have one of the greatest sweeps.

"He (Don McManus) turned 75 at the weekend. Three-quarters of a century so he knows what he's doing in the surf.

"We are really looking forward to the competition. It seems the guys who go well at Aussies are rowing

OT (Ocean Thunder). If you are not rowing OT you are always behind the eight ball."

The boys plan a big pasta meal at Livoti's at Dee Why the night before.

*Pictures: The North Narrabeen boys tune up for Ocean Thunder.*



# DOM IS REWARDED WITH BRANCH TEAM CALL UP

## NORTH CURLY GIRLS TURN ON A SHOW

**N**orth Curl Curl's Dom Melbourn said at the Newport carnival last Saturday that it would be "absolutely awesome" to represent Sydney Northern Beaches at the NSW Interbranch Championships at Black Head Beach, near Forster next month.

Well, her dream has come true.

The Branch selectors certainly couldn't ignore her results and the form she has shown since under 10s.

And she really turned it on in front of the selectors at Newport.

She won the under 12 iron, the swim and was second in the board to her clubmate Olivia Clues, who has also been chosen in the Branch team for the first time.

"I knew about that one," Dom said, referring to the Branch selectors studying the form of competitors at the Newport carnival.

After winning the iron race, Dom said: "I have nominated for the Branch team and really hope to get in but anything can happen and it is their choice."

"It would be absolutely awesome to make it and to have Olivia there also would be very special. If I make it I know I'll definitely take a lot out of it." Before she competed at the Newport carnival, Dom had a valuable hit out at Forster. "I did the Professionals Weekend of Surf. It was lot of fun," she said.

Asked if she had a win, Dom replied: "Yes."

But she really enjoyed herself at Newport. "The course was very long today. But I like it," she said. Dom led after the swim leg in the iron and did establish a handy lead on the board. "I did worry on the board. I said to myself, 'Get your head down. You can win this'. I wasn't sure where Olivia was in the race but she has been doing really well recently."

Unfortunately for Olivia, she was overtaken in the swim when a wave bobbed up for some other competitors but she fought back well to finish third behind Cronulla's Mikayla Bird.

North Curl Curl females had a field day at Newport. Jaya Lilienthal and Georgie Prowse also took out iron races.

Jaya won the under 11 iron from Manly's Elisha Cuthbert and clubmate Zara Kasprovicz, while Georgie won the under 13 iron.

Commenting on her race, Jaya said: "I think the swim was harder. I really like the event but prefer the board. I do quite a lot of training."

Jaya praised her coaches Sean Davis and Michael Clues. "They have really helped me a lot," she said.



*Photos: Top: Dom Melbourn (left), Mikalya Bird and Olivia Clues; Bottom: Jaya Lilienthal (right), Elisha Cuthbert (middle) and Zara Kasprovicz. (PICTURES: KEMBLE COWAN).*









Photographer Kemble Cowan captures the action at the Newport carnival.

The Branch selectors cast their eyes over the talent on show.



# IT WILL CERTAINLY BE A TRUE PROTEIN CHALLENGE



**T**he 3 Points Challenge is always a very popular event on the North Curl Curl calendar but it's even more exciting this year.

Organisers have revamped the event to be held on Saturday, December 1.

Major changes to this event this season, with the addition of a short swim option and wait for this – a paddle/run challenge that will truly challenge anyone from top level iron persons down to your rank and file honest doers.

As well as the flagship 3 Points biathlon, there is now a quarter mile swim to add to the existing swim, which will be adjusted and rebadged the 'True Mile'.

As well, the paddle challenge will offer paddlers of surf skis, boards and SUPs a 4km paddle, followed by a 2km beach run, then another 4km paddle to sort themselves out.

Not only that, the 3 Points Challenge is being adjusted to avoid the problems offered by South Curl Curl in even the best of conditions.

South Curl Curl is renowned for having one of the trickiest breaks in Sydney.

Also on the program is the True Mile ocean swim (1600m), Cure Brain Cancer ¼ mile splash (400m), Invitational Dash for Cash and Nippers Hydrothon. This offers two course options, either 2km or 4km, of a swim, paddle and run.

There will be two new partners this year True Protein (naming rights sponsor) and a new charity beneficiary (Cure Brain Cancer).

There is more than \$10,000 in prizes to be won, the 3 Points Challenge winner in the elite category receiving \$1000.





# GEAR UP FOR THE PITTWATER OCEAN SWIMS SERIES



## BILGOLA MOVE THEIR EVENT

**F**or all those ocean swimmers, there's certainly plenty happening in January.

In fact, it's jam-packed with a swim on every weekend.

This has now come about because Bilgola SLSC have moved their event.

Bilgola's event director David Madew said: "After frustrating, recurring cancellations of the annual "Billy" swim in early December, due to bad weather or dangerous surf, we have now changed the date.

"Our swim will now be on January 13, taking over the day that was set aside for Avalon Beach."

The Avalon Beach swim has moved to a later date, April 14, 2019.

Avalon Beach SLSC member Volker Klemm explained: "We found a great interest when we introduced our 'Around-the-bends' swim from Newport to Avalon in April, 2018.

"This is a true open water challenge of 2.5km along our beautiful coastline. The club also decided to hold the annual 800m and 1.5km at Avalon on the same day. This ensures the large number of volunteers needed for the starts and finishes along with plenty of qualified lifesavers for water duty."

These two ocean swims are part of the Pittwater Ocean Swims Series.

Newport will stage the first event on January 6, followed by Bilgola (January 13), Mona Vale (January 20), then the Big Swim from Palm Beach to Whale Beach on January 27.

There is a choice of distances to cater for all levels of swimming abilities.



There is certainly an incentive for swimmers who compete in three of the five longer distance events. In the offering by virtue of a lucky draw is a trip for two

with luxury accommodation and entry in the Byron Bay Classic next May. Entry for all these events are, of course, on oceanswims.com