

## Media Release - Age Proves No Barrier to Surf Life Saving Success!

Shellharbour Surf Life Saving Club has returned from the NSW Country Surf Life Saving Titles at South West Rocks with a reputation as a club where age is no barrier to success. New recruits in their first year as patrolling lifesavers, at an age when many have retired, have bagged a swag of medals at their first Country titles.

Last year Daryl Glover and Dave Parton were best known for slogging up and down the black line at the Beverley Whitfield Pool as members of the Shellharbour Dolphins Swimmers. After a little encouragement from surf club regulars at the pool, the two completed their Surf Bronze Medallion and now patrol regularly at Shellharbour North Beach. Both in their 60's, they have proved that age is no barrier to taking on a new challenge.

At the NSW Country Titles over the 15<sup>th</sup> – 17<sup>th</sup> January 2010 Daryl secured Silver in the 60+ beach Sprint, Beach Flags and Surf Race and Board events, and Dave (“Dolly”) gained Bronze in the 60+ Beach Sprint and Beach Flags. Shellharbour also struck gold in the 60+ Tube Rescue event and medalled in the Board Rescue.

Shellharbour Veterans between 30 and 60 also impressed with a large number of medals in team events.

Some of the standout individual performances included

- Shellharbour taking 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> in the Male 30-39 Beach Sprint (1. Steve Ballard, 2. Peter Stacey, edging out fellow South Coast competitor Travis Bonetig (3<sup>rd</sup>) of Warilla-Barrack Point, 4. Kyle Glazier);
- Dana Richards (Female 30-39)– 1<sup>st</sup> in the Surf Race, 2<sup>nd</sup> in the Board, 3<sup>rd</sup> in the Women’s Single Ski, 5<sup>th</sup> in the 30+ Ironwoman;
- Kerry Perretta (Female 40-49) in her first Country Carnival for Shellharbour – 2<sup>nd</sup> in 30+ Ironwoman, 2<sup>nd</sup> in the Board, 3<sup>rd</sup> in the Surf Race, 4<sup>th</sup> in the Women’s Single Ski
- Jo Helson (Female 50-59) 1<sup>st</sup> in the Surf Race & 50-59 Rescue Tube, 2<sup>nd</sup> in the Board, 4<sup>th</sup> in the Women’s Single Ski
- Kyle Glazier (Male 30-39)– 1<sup>st</sup> in Beach Flags
- Steve Ballard (Male 30–39) – 1<sup>st</sup> in the 2km Beach Run (and 2<sup>nd</sup> in the Open section of the same event), 4<sup>th</sup> in the Open Male Beach Sprint and 30-39 Surf Race
- Rob Ryan (Male 40-49) – 2<sup>nd</sup> in the Male 30+ 2km Beach Run and 4<sup>th</sup> in the Open section of the same event
- Sharon Rose (Female 40-49) – 2<sup>nd</sup> in Beach Flags, 3<sup>rd</sup> Beach Sprint, 5<sup>th</sup> in the Open and 30+ 2km Beach Run & Open Beach Sprint
- Evan Westlake (Male 40-49) – 2<sup>nd</sup> in Beach Flags and Beach Sprint.

Of course the younger club members also shined with Individual gold to Zoe Elkerton (Under 17 Surf Race, U17 Ironwoman, also 3<sup>rd</sup> in the Board); Karri Ryan (under 17 2km Beach Run); Alex Bell (under 15 Female Beach Flags); Luke McKay (U19 Male Beach Sprint and 2<sup>nd</sup> in the Open Beach Sprint & Open Flags and 3<sup>rd</sup> in the U19 Flags). Alex Westlake achieved Silver in the U17 Female Beach Sprint and Bronze in the U17 Flags; Ella Ryan also medalled in the U15 2km Beach Run and Matt Jones achieved a Bronze in the U15 Male Surf Race. Once again Shellharbour was successful in a host of team events.

With the help of the Nippers results (previously reported) the Shellharbour Club finished 5<sup>th</sup> in the Overall pointscore at the Championships out of a total of 36 clubs.

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