

Media Release – Ladies Lead the Way at Shellharbour!

Shellharbour Surf Life Saving Club has returned from two weeks at the NSW State Surf Life Saving Titles at Blacksmiths Beach, Swansea Belmont, having proved that the public is in safe hands, particularly if the beach is being patrolled by the ladies of the club.

Jo Helson, Kerry Perretta and Dana Richards achieved Silver medals in the Veterans Women's Board Relay and Taplin Relay races and Bronze medals in the Women's Single Ski Relay and Women's Surf Teams.

Jo managed to win Gold in the 50-54 years Women's Rescue Tube Race and 50-54 years Women's Surf Race, while Kerry and Jo both placed third in their respective Iron woman races. Kerry also won a Silver medal in the 45-49 years Women's Board Race. Kerry and Jo also achieved a Silver medal in the Women's 45-49 Board Rescue.

On the beach, Sharon Rose achieved a Silver medal in the 40-45 Women's Beach Flags, while Karri Ryan won Silver in the Under 17 Women's 2km beach run. In the Nippers, Under 13 member Keeleigh McCauley achieved back to back Gold medals with a win in the Beach Flags.

The men worked hard to match the achievements of the ladies, with Veterans putting in some great performances. Top of the list was a Gold medal to Bruce Kejda in the 50-54 Men's Beach Sprint and a Gold to the 140 year minimum Men's Beach Relay team. Peter Stacey and Robert Ryan both achieved Silver medals in their category of the Men's 2km Beach run. Dean Boyton also finished third, behind Stacey in the same event. In addition, our oldest veteran competitors managed a swag of medals, with Darryl Glover winning a silver in the 60-64 Men's Rescue Tube Race and Bronze in the 60-64 Men's Surf Race. He also partnered with Dave Parton to achieve a Bronze in the 60-64 Men's Board Rescue and Parton went on to place third in the Men's 60-64 1km Beach Run.

Overall, Shellharbour Veterans managed to finish 6th in the overall Master's points tally, due in large part to the ladies efforts.

Senior members of the club have now turned their focus to the upcoming Australian Titles, being held on the Gold Coast later this month.

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