

Between the Groynes

Edition 24 11th August 2014



FROM THE PRESIDENT'S PEN

It is a pleasure to witness the enthusiasm and comradery that is on display around the club.

The paragraph written below by our Club Services Director Leanne Lewis is testament to this. I reiterate Leanne's comments and *Sincerely Thank* all that were involved in the swift process of refurbishing the gym.

I have recently sat in on committee meetings conducted by our Junior, Beach and Competition committee's and knowing the group that Leanne has assembled for our Food / Beverage and Social committees, I can assure all members that we are in for an exciting and vibrant season across ALL area's of our club.

In closing, congratulations to our competitors who represented Sorrento in the State Surf Board Riding Championships and thanks to Pete Farmer for his in depth analysis of this year's Avon Descent.

A CLUB AS ONE; IS A CLUB OF STRENGTH!

Yours sincerely,
Rob Doherty - Club President.

CLUB SERVICES – Leanne Lewis

The gym has had a make over and looks amazing! Thankyou to Muz Genneff who made space in the boat shed for all the equipment. Also thanks go to Richard Elderfield and his band of muscle men that cleared the gym, and then reassemble it again.

A mighty humongous thank you to Neil Yates for painting the gym, with help from Mike Wren, Earl Franklin and Kerry, who gave up her day off from the office to pitch in. It is volunteers that make this club what it is and we are blessed to have a wonderful group who help out frequently.

Our change rooms also got a deep clean this week, by a lovely man, Gary, related to Board member Ron Clarke. Gary donated his time and service to help improve our facilities. *Thank you very much.*

Sincere appreciation
Leanne Lewis
Club Service Director



EVENTS

August 2014:

24/08 : SunSmart Board and Ski Series R1
31/08 : 2014 City to Surf

September 2014:

06/09 : SunSmart Board & Ski Series R2
07/09 : NutriGrain Ironman and Ironwoman Trials
09/08 : Surf Board Event @ Secret Harbour
13&14/09 : Level 1 Coaches Course
21/09 : SunSmart Board & Ski Series R3
29/09 : Public Holiday Queens Birthday

CLUB DETAILS

Email: admin@sorrentoslsc.org.au
Website: www.soslsc.com
Tel: 9448 1431
Mobile: 0413568155 (AH)

OFFICE HOURS:

Mon & Tues - Thur & Frid : 9:30am – 2:30pm
Wednesday : Closed

This Wednesday's SO CAFÉ Menu **Dinner from 6:00 – 7:30pm**

There will be two sittings for all members and guests, not just athletes, at 630pm and 730pm.

Garlic Bread
Penne Bolognese
Bowtie Chicken Boscaiola
Caesar Salad
Garden Salad



BOOKINGS APPRECIATED Krystal 0405492850
Book and Pay by Tuesday August 12 for \$10 per person, otherwise \$12 per person if purchased on the night.

NEW MEMBER REGISTRATION.

Sunday, 14th September 2014 10-2pm
LET ALL YOUR FAMILY & FRIENDS KNOW.
Join us for a Sausage Sizzle and Drink afterwards.

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COMPETITION NEWS – Claire Rafferty



BOARD RIDING CHAMPIONSHIPS:

Once again our athletes have produced some amazing results in the short board riding championships. Overall in Seniors we came 1st and 3rd in the Masters Competition. A great effort by:

- Troy Morgan: 1st Open Male / 1st 40-49 Male
- Paul Morgan: 3rd Open Male/3rd 40-49 Male
- Jack Merson: 1st U17 Male
- Austin Sheard: 3rd U17 Male
- Cooper Gibson: 5th U17 Male
- Ryan Watkins: 2nd U19 Male
- Tara Smith: 5th Open Female

TRAINING SESSIONS:

Please remember training has started for all disciplines. For more information on training sessions check the club web site. The Sun Smart Pre-Season cup runs from August through to November, culminating in the 2014 Sun Smart Pre Season Grand Final at Trigg Beach on Sunday 23 November 2014. All information is now available on the SLSWA Web site. Round 1 is the beginning of the Board & Ski Series on the 24/8/14.

WESTERN SUNS STATE TEAM:

Nominations are now open for the Western Suns State Team. Nomination forms can be downloaded from Club Website and must be sent in by 15th August 2014.

AUSSIE TITLES:

Please make sure if you are going to compete at the Aussie titles this year, you need to secure your accommodation as soon as possible. We have only booked a number of 1 and 2 bedroom apartments. Once these have been taken it will be up to individuals to find their own accommodation. As we are going as a team it would be great to all stay together. So please check the Sorrento website to download touring team details. Please hand in to the office your downloaded information sheets as soon as possible, especially if you require accommodation.

BOARD & SKI ALLOCATION FORMS:

Board and Ski allocations are now up for renewal and you can download a form from the Club Website and hand it into the office. You have until 13th August to get your forms in. All competitors you can now find information on the Athletes Facebook Site/ Club Newsletter/ Sorrento Website or the Competition Board in the Boat Shed.

COMPETITION MEETING:

There will be a meeting for all Senior Athletes U15 to Masters on Wednesday 13th August at 6.30pm in the hall, to discuss the upcoming season. If you are thinking of competing this year please attend this meeting!!

Our lovely cook Krystal has put together a set menu for dinner. If you pre book it will only cost you \$10, but it will be \$12 without a booking. Ring Krystal direct or you can call the office on 9448 1431.

GYM RENOVATION:

Our Gym has been under renovation and it is looking fantastic. Please make sure you treat the Gym kindly as we are lucky to have these facilities. If something is broken and in need of repair please contact the office! I would like to send a huge **Thank you** to the wonderful members who came down to help take out and put back the equipment. Your hard work has not gone unnoticed!! (I am always watching!!!) A special thank you to Richard, Peta and Neil for your coordination and handy work!!!

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There will be a Busy Bee on Saturday 23rd August: Below is a memo from our Board Captain.

In the coming weeks we will be allocating board and ski racks to those who have applied. In addition to this we would like to hold a busy bee after applications have closed on the 23rd August to sort out new racks. If you would like the opportunity to decide where your board/ski is placed, it is mandatory for you to attend this day.

However, final decisions will be made on the racks by; Ash Booker, Josh Drummond and I based on height and attendance. On the busy bee day we will also be cleaning all belt reels etc. So please get down to the club and help. Many hands make for light work!!!!

Cheers

Callan

Claire Rafferty
Competition Director



SORRENTO CHALLENGE 18th OCTOBER 2014

Event Volunteers: The Sorrento Challenge requires volunteers to ensure a safe and efficient event. The event date is Saturday 18th October with a start time of 8:30am. This is a club event in which all revenue goes directly back to the club to support programs and equipment maintenance and purchase. So if you're not competing please keep that date open and come on down and help out for few hours. If you can volunteer please let the office know by sending them an email with the subject heading Sorrento Challenge Volunteer at: admin@sorrentoslc.org.au.

Early Bird Entry: We hope to have our online entry open on Tuesday, 12th August. Our early bird entry will offer the opportunity to have you name put in for a draw prize. The early bird entry will close Friday midnight September 5.

For more information visit the official Sorrento Challenge website: <http://sorrentochallenge.com.au/>

Sorrento Challenge

Date:	Saturday 18 October 2014
Location:	Sorrento Beach, Western Australia
Race Format:	Senior 1.2km ocean swim, 7km ocean paddle, 7.5km beach/trail run Under 17 600m ocean swim, 3.5km board paddle, 2.5km run
Event times:	Registration: 7.00am Briefing: 8.15am Race Start: 8:30am Expected first finishers: 10.15am Presentations: 11.30am Sausage Sizzler : 12.00pm

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YOUTH DEVELOPMENT U/15 – U/18 : Peter Watkins U/19 Officer

Hi to all our u/15s to u/18s. Along with Ron Clarke (Club Development Director) myself Peter Watkins (Watto - Junior Development Officer) we shall try very hard to keep everyone in this age category informed and up to date with what is going on in our age group for the upcoming season. We have met this season to work out a schedule as to what I would like to do on a weekly basis in terms of offering our Youth Members a structured program.

We will be having a get together with this group before the season starts so we can go through the outline and structure with our members and Parents. Watch this space ... Date and Time TBC. We're thinking of organising a Pizza Night and a Breakfast morning to be held on an orientation day. If anyone has any ideas on what they would like to do during the season just drop me an email -:prrwat@bigpond.com

Regards
Peter (Watto).

AVON DESCENT 2014



The Avon Descent was upon use once again. Plentiful rain leading up the event promised good water levels, plenty of action and drama. The weekend arrived and the weather was perfect for spectators and competitors alike.

SoSLSC was, as ever, well represented. Legends of the river Russell Wright (double ski team) and Ron Clarke (single ski solo) were fronting up once again for their umpteenth thousandth descent (we've lost count) . No stranger to the river, but hampered in his training by having to travel away for work, Guy Burnett was about to tackle his first solo descent. And with supreme confidence too, as we had assured him that bananas and sharks are not native to the Avon or upper Swan Rivers. Tim Kelly and El Presidente, Rob Doherty, had both returned for another crack at the whole 124 Km.

Good mates Troy Baird and Paul Brierley once again selected to challenge the Avon boldly, in a k2 (2 man) kayak - a fast craft option but potentially a riskier choice when the rivers teeth are bared. They had legitimate claims on a podium finish in the doubles category, so nothing less would suffice. Kylie Broad and Jaimee Martin were also doubling down, but on a rather Frankenstein-ish looking plastic ski. Plastics are more resilient than the composite K2's and double skis for rebounding off rocks, but would it hold the pair together for the entire journey?

The two man teams were all looking to duel it out for bragging rights back at the SoSLSC bar, and the teams were even enough that a bit of luck or lack of same, could swing the advantage to any of them. Lachlan Farmer had returned from Uni duties in Kalgoorlie with just enough time to sharpen up his rapid riding skills. Would it be another virtual solo, or could his old man somehow manage to fudge his way through 4 legs this time?

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Photographer: Jake Beazley

With some good money up for grabs in the mixed team of two, both Brenton Rose & Nic Jahn, and Mark & Leanne Lewis were eyeing off the victors spoils.

Team Ski Gul (Meg, Amanda, Sylvia and Aimee) were ready to rock and roll down the river, having carved up the Valley in the choice training conditions available in the weeks prior to the event. With last year's race experience under their belt the girls looked relaxed and jovial. It may have been the rising sun but they seemed to have a glint in their eyes that said "take no prisoners" .

The stage was set. The carnage at Northam Weir (3.5 minutes into the race and the shallow concrete raceway is only 4 or 5 boats wide) kept the punters entertained until all 17 grids (of 16 competitors each) were away. No damage to any SoSLSC boats - Guy Burnett looked particularly focused on his barnstorming descent of the weir. Amanda just looked stylish and had time to smile for the camera!

The upper reaches of the Avon are narrow and meandering at low water levels, but the water had risen to swallow the channels and the dark brown water is not conducive to channel spotting. Off channel, a ski or kayak could easily run out of deep enough water, especially for large bulky paddlers or double ski's. Paddling in shallow water is like paddling in molasses. 'Nuff said.

Day one was bright, sunny and eventually quite hot. The occasional soaking at the hands of the white water on Glenn Avon Rapid or a tumble whilst dodging a low hanging branch in the ti-trees was really quite refreshing.

Extracts Weir midway through the race and the final 10 k's of ti-tree lined channels proved the biggest challenge for the inexperienced. Many competitors portaged around Extracts, but the Sorrento crew all took on the rocky weir, with varying degrees of style, energy output and elapsed time. Lachlan Farmer showed the field how it should be done, and got a cheer from the crowd for his efforts. Pity that the announcer proclaimed the feat of daring-do to be the work of his old man ...

By the time paddlers reached the day one finish the tails of grinding through the shallows were numerous and heartfelt. All Sorrenteans made it home in good time, with Ronnie Clark leading the solo's (and everyone else!) home. Brenton Rose and Nicole Jahn were the first team home for SoSLSC and also had a clear lead in the Mixed team category.

Day two dawned cold and murky - heavy fog filled the river valley for the first hour of the race. This lead to many more mistakes in lining up approaches to rapids, paddling over / into rocks lurking just above or below the surface, and not having enough time to avoid obstacles looming out of the gloom.

The river claimed its due and many poor souls never paddled out the valley, left to wait forlornly on the river side waiting for the sad wagon to come and collect their boat/submarine. Some were able to jury rig repairs and soldier on, Troy and Paul amongst them. They still finished ahead of all our teams and individuals except for the indomitable Ron Clarke, and a credible 5th in category.

Even some of the top line paddlers found ways to cripple their craft, including Brenton and Russell Wright's team - the Avon was indiscriminating as it doled out its random punishments. For those lived to see the sun peeking

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through the thinning mist it was a different ball game. We continued to court with disaster and disintegration, but once safely passing it by, carried on merrily down the river into the bright daylight. Some of us went swimming, or tried to descend backwards and sideways but the river seemed less anxious to claim a victim.

By the time we hit the final big rapids (Championships, Sids, Bells), our biggest enemy was loss of concentration brought on by fatigue. Another warm day kept hypothermia away. Then there was just the small matter of 30K's of flat water paddling to reach the finish in Bayswater. Everyone looked well and truly drained as they hit the landing beach. But the grins of delight were immediate and the enthusiastically shared stories of our 2014 Descent were quick to follow.

<u>Id</u>	<u>Name</u>	<u>Day 1 Time</u>	<u>Total Time</u>	<u>O'all</u>	<u>Class</u>
<u>Single Ski Solo</u>					
394	Ron Clarke	04:32:48	10:55:22	26	2
397	Rob Doherty	04:46:34	11:22:31	41	4
399	Tim Kelly	05:03:55	12:07:57	69	23
532	Guy Burnett	05:37:55	13:32:55	156	62
<u>Double Ski Solo</u>					
418	Troy Baird Paul Brierley	04:41:28	11:35:19	47	5
439	Kylie Broad Jaimee Martin	05:01:42	11:53:05	55	1
<u>Single Ski Team of 2</u>					
463	Darryl Khng Ross Lewin	04:52:26	11:24:33	43	8
484	Peter Farmer Lachlan Farmer	04:59:32	11:41:05	49	9
480	Leanne Lewis Mark Lewis	05:12:53	12:29:45	93	1
476	Brenton Rose Nic Jahn	04:48:04	DNF		
<u>Double Ski Team</u>					
507	Russell Wright & Steve Coda, Les Goodliffe & Kevin Kelly	04:57:10	DNF		
<u>Single Ski Team of 4</u>					
504	Meg O'Leary, Amanda Bowman, Aimee Christie, Sylvia Haile	05:25:43	12:54:10	121	1

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All hail the class of 2014. Congratulations to those who finished . Commiserations to those who had the choice taken away from them by the whims of Mother Nature. Heartfelt thanks to all those who supported the competitors in their endeavours, especially the long suffering WoAD (Wives of Avon Descenders) , Gail Wright and Penny Farmer.



Photographer: Jake Beazley



Photo



Photographer: Cassidi Young



Photographer: Jake Beazley

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