



FEBRUARY 2025

FRESHIE SLSC

All the latest news from your favourite club.




 WWW.FRESHWATERSLSC.COM

WHAT'S ON IN FEBRUARY & MARCH



SAT 22 FEB
SENIOR CLUB
CHAMPS 8AM



FRI 28TH FEB
FRESHIE ON
FRIDAYS



28 Feb - 16 Mar
State championships
Freshie and
Queenscliff



SUN 16 MAR
Last Sunday
Nippers for the
season



FRI 28TH MAR
FRESHIE ON
FRIDAYS

— CLUB NEWS

FRESHWATER SLSC OPEN CARNIVAL

The 2025 Freshwater Australia Day Open Carnival was held on Sunday 19th January – it was once again publicised as being part of “Perfect Australia Day Weekend” of surf events along with Manly LSC. Again attempting to increase the profile of this surf lifesaving weekend on the Northern Beaches against competition from Queensland club events.

Unfortunately the surf conditions that had been forecast all week to make conditions for the event tricky and unlikely eventuated – the decision was made 24 hours in advance to relocate the Freshwater Carnival to Manly beach – renamed for the day as “South Freshwater”. It wasn’t an easy decision to make by those involved but the important factor was that the event was held for the many competitors who had travelled from inter-state and elsewhere in NSW. This decision was very much appreciated by the competitors.

The weather for the day was about perfect, however surf and swell conditions required regular monitoring to ensure events could be run safely. Three(3) Water Areas were “set up” for the commencement of the day with a 7.30am start being achieved and the last Water areas closing around 3.30pm. The conditions were “classic” for the events, the best seen for many years and relished (maybe apprehensively) by the competitors. A big “shout out” to the IRB and jetski personnel who well and truly deserved our thanks for the day.

Entry numbers were around 700 competitors, about the same as the 2024 carnival.

This year saw the continuation of the extended focus on Board events as part of the “Tim Kirkby Memorial Races” which continues to promote greater interest in the Freshwater event. Prize winners for the events came from Burleigh Heads/Mowbray Park and Northcliffe for example and the winner of the Open Female Board, Georgia Singleton, was an ex Freshwater U6 nipper !



I would like to make specific mention of;

1) James Crittenden as the Emergency Services Officers (ESO) for the Carnival who ensured the appropriate safety protocols were in place and were adjusted as necessary during the running of the day;

2) Kimberley Dales and the Sponsorship team who arranging the sponsorship, the presentations to the winners of the prizes and prize packs, the promotion of the events (prior, on and post the day itself) and the formal photographers (Veronika Bush and Neil Thompson Rees);



3)Michael Kirkby for arranging the prize money sponsors for the Open Board events

Finally to members across the breadth of the club who contribute to making the day the success it was:-

- Carla Thornton as Surf Club Administrator or managing a large number of the logistics for the day;
- Dave Inches for running the Club Bar for the post-event function back at Freshwater;
- The IRB drivers & crews (under David Price and James Coates) for setting up the courses and providing water safety on the day;
- Gaven Needham and the Masters competitors for the set up;
- Lindsay Davis for the planning and preparation of the catering for the officials and carnival workforce;
- Emily Lemlin and her group of club members who provided first aid coverage;
- Shanny and Liv Dyer for managing the radios;
- Tim Cuthbert (President) and Manly LSC for supporting the carnival with the use of their equipment and facilities.



— Club Improvements

Come and check out the courtyard.

All members welcome to use this space. Thank you to Michael Kirkby, Jamie, Batey Oscar and Harry, for clearing out the bins , adding new pots and plants to the area.

These improvements have created another lovely space to catch up with other members and enjoy the facilities of the Club.

All club members please advise of anything you see around the club that could be improved or anything that is not working as they expect it to be. Please contact the office or talk to Michael Kirkby.



MOBILITY CHAIR AT FRESHWATER



We are pleased to announce that Freshwater now has a dedicated Mobility Chair, available for bookings through NB Council. When a booking is made, Council will notify the Freshwater Lifeguards and assist the users to access the Chair. There are clear instructions on what to do in the room where the chair is stored (the room next to the patrol room). Please let your local community know about the chair. It is suitable for people of all ages with mobility issues.

— *INTERNATIONAL WOMEN'S DAY*

Despite the inception of Surf Lifesaving in 1907, women were not officially included in active lifesaving duties until 1980. This International Women's Day, Freshwater SLSC is proud to acknowledge and pay tribute to all female members across the country who volunteer their time and contribute significantly to keeping Australian beaches safe.

On Saturday the 8th of March, Freshwater will be celebrating 45 years of women in lifesaving with its first 'Pink Patrol'. All members are welcome to join the patrol on the day, even if it's only for a couple of hours.

What: Pink Patrol consists of active female patrolling members and male champions, celebrating the contribution of girls and women to lifesaving through a designated patrol.

***When: Saturday 8th of March,
between 9am to 5pm.***

The Pink Patrol aims to highlight the abundance of talent and leadership present within our community. We hope you can join us in celebrating the contributions of Freshwater's female lifesavers.



PINK PATROL - SATURDAY 8TH MARCH 2025



International Women's Day - Pink Patrol

Freshwater SLSC is proud to pay tribute to our female members since their inclusion in 1980.

What: **Pink Patrol** consists of active female and male patrolling members who would like to celebrate the contribution of women in lifesaving.

When: Saturday 8th of March, between 9am to 5pm.



— *NIPPERS NEWS*

CLUB CHAMPS

On Sunday 2 February, we held the Club Championships for our Under 8, 9 and 10 age groups. A big thanks to the Officials and Water Safety team that made the event so inclusive, fun and efficient for parents and Nippers alike. With great fanfare, medals were presented for Gold, Silver and Bronze positions in each event.

We will present the overall Club Champion and Iron Person trophies at the Awards Presentation in March.

A big thanks to the Boaties who ran a fantastic barbecue for the Nippers and to the Under 14s for running the cake stall!



Flags Results

Gold	Silver	Bronze
Emilia H (U8) Leo (U8) Harry T (U9) Evie B (U9) Alex (U10) Ayla P (U10)	Lucia LP (U8) Finn R (U8) Felix W (U9) Bobbi M (U9) Max S (U10) Juliette B (U10)	Zoe B (U8) Lucas D (U8) Ziggy R (U9) Rosie M (U9) Ruaidhri N (U10) Matilda B (U10)

Sprints Results

Gold	Silver	Bronze
Chloe T (U8) Cooper S (U8) Evie B (U9) Harry T (U9) Alex M (U10) Ayla P (U10)	Emilia H (U8) Louis Q (U8) India H (U9) Ilya P (U9) Max S (U10) Tilda B (U10)	Zoe B (U8) Luca D (U8) Rosie M (U9) Felix W (U9) Alex W (U10) Abbey Rose Y (U10)

Board Results

Gold	Silver	Bronze
Rosie M (U9) Harry T (U9) Koby C (U10) Ayla P (U10)	India H (U9) Rory C (U9) Ruaidhri N (U10) Luna S (U10)	Edie M (U9) Lachlan T (U9) Oscar M (U10) Abbey-Rose Y (U10)

Surf Swim Results

Gold	Silver	Bronze
Iyla C (U9) Harry T (U9A) Max L (U9B) Ayla P (U10) Koby C (U10)	Rosie M (U9) Harry Little (U9A) Ilya P (U9B) Abbey Rose Y (U10) James S (U10)	Edie M (U9) Lachlan T (U9A) Ollie W (U9B) Georgie H (U10) Max C (U10)

Wade Results (Under 8)

Gold	Silver	Bronze
Evie H	Matilda S	Chloe T
Leo P	Cooper S	Jude W

— EDUCATION

Freshie ran an intensive 4 day course in early January 2025 with the assessment at Collaroy on day 5. We welcome 12 new Bronze and 1 new SRC member from that course. The majority of the new Bronze members also completed their First Aid Certificate. Thanks to Lindsay and Steve Davis and Michiel Tops for your assistance during this course.



The Freshwater Education team hosted an introduction to CPR evening sponsored by Community Bank Freshwater at Freshwater SLSC on Wednesday 22 January 2025 as part of a community initiative to raise awareness of CPR. Freshwater, South Curl Curl and North Curl Curl Surf Live Saving Clubs are all holding an education evening where members of the public can attend for free and learn the basics of CPR.

Kelly Dobrow

— *SURF SPORTS NEWS*

HIGHLY SUCESSFUL FRESHWATER OPEN CARNIVAL

The Freshwater / Manly Summer of Surf weekend was a huge success, attracting clubs from across Australia to our shores, delivering an incredible competition.

Highlights for the Freshie Sunday event held this year at Manly in perfect challenging conditions are

- A typically incredible effort across all of Freshwater club members who setup, officiated, catered, coached, cajoled, consoled, cheered, sponsored, first-aided, rescued, administered and competed to host one of the best ever events. The club appreciates and thanks you
- A true showcase of our ocean sport – the best competitors in great conditions
- Freshwater club's largest representation in years with brave and creditable efforts by Brad, Bree, Fionn, Hamish, Harry, Jade, Josh, Liam, Lucas, Mika, Millie and Sammy. Congratulations to this emerging generation
- Thrilling big wave action peaking in the Tim Kirkby Memorial Board Race Finals
- Just rewards from our dedicated swim/board/ski coaching team of Tom, James, Ben and Michael



The overall Sponsorship support of the board events and ocean swim played a key role in the success of the day, the highlight being the Tim Kirkby Open Board – Men’s & Women races, a special moment to honour our late member Tim Kirkby. In this meaningful tradition, all board competitors stand holding their race boards vertically toward the sky for a minute of silence, reflecting on Tim’s legacy, his passion, and his unwavering commitment to board racing, the sport Tim loved and a sport that other board competitors share & respect.

We would like to extend our deepest thanks to all our naming race sponsors:

- Tim Kirkby Open Male Board Race – Matt Lemon & Cunninghams Real Estate
- Tim Kirkby Open Female Board Race – APG
- Open Male Board Relay – Matt Lemon & Cunninghams Real Estate
- Open Female Board Relay – Prime Constructions
- Open Male Ocean Surf Swim – Aqua Culture
- Open Female Ocean Surf Swim – Aqua Culture
- Bolle Sunglasses for their in kind contribution

The competitors were thrilled to win such amazing prizes and prize money. Please find the winners linked here [The Perfect Weekend Wrap – Shaw and Partners World Ocean Series | Shaw and Partners World Ocean Series](#)

Our professional photographers Veronika Bush and Neil Thompson Rees have provided us with their amazing shots perfectly captured on the day in its glory. You can access copies via the links below.

Veronika Bush - <https://veronikabush.pixieset.com/opencarnivalfreshwaterslsc/>

Veronikabush.com

@itsveronikabush

Veronika.e.bush@gmail.com

Ph: 0448 599 459

Neil Thompson Rees:

www.neilthompsonrees.myportfolio.com

+61410 521 439

neiljt@gmail.com

We also thank our major sponsors: Harbord Hotel, Titan Ford, Supamart IGA, UPSTATE, Community Bank Freshwater & Harbord Diggers / Mounties Group and Titan Ford for their annual commitment to the Freshwater Surf Lifesaving club which enables us to provide

- attractive Freshie events on the surf lifesaving calendar
- education and programs which benefit our FSLSC members
- a well used community facility for programs and events
- water safety & rescue equipment which helps us maintain a safe beach and ‘no lives are lost during patrol’.

COLE CLASSIC

Freshwater swimmers had great success in the Cole Classic ocean swims on Sunday February 2 with Millie Hosie’s 1st place in the prestigious Open Female 5k event, coach James ‘Fingerbone’ Coates winning his 5k age category and Simon ‘Trooper’ Phin 2nd in the 1k ‘dash’ in blistering times. John ‘Zin Zan’ Landells placed 4th in the 5k and Shanny Dyer, Annabel Murphy and Andrew Murphy put in solid performances.



FRESHWATER CLUB CHAMPIONSHIPS - Saturday 22 February from 8:30am

The Freshwater Club Championships for Opens, Youth and Masters will be held at the above time. New competitors are welcome to come and try their hand in beach and water events.

LIFESAVING

Training across all Lifesaving events including Patrol competition with a 'Fresh' (pun intended) lot of recruits competing in their first outing at this week's Branch Championships. Many of our Open and Youth competitors represent the club in this arena as well as in water events. New faces are welcome as always as well as 'not so new Masters' faces. Remember this is the core of what we do.

R & R

The crack Freshwater R & R section enjoyed 1st places in the 6 man and the 5 person mixed events and Hugo Weston 2nd in the 'dash for cash' belt swim at the recent Collaroy carnival. They are gearing up to uphold their status as 'one of Australia's elite clubs' in this field. They continue to welcome interest from members who want to join and be trained in their unique discipline.

BOATS

We currently have 2 male and 1 female crews who are building good momentum under sweeps Nathan Perry, Scott Morrison and Alex Welsh.

The Freshwater U23 girls boat crew were draughted to row for the Sth Coast branch at the interbranch over the weekend.

The girls did really well, very competitive in the relays and Won their individual race in the U23's.

South coast was 3rd over all in the points and were doing really well in the point score until the final relay which was double points.

This is the first time in many years that our boat crews have been drafted.. a great honour for the FW club..

— *INFORMATION from Surf Sports*

THE “HOME RUN” TO CHAMPIONSHIP GLORY

All competitive disciplines are truly ramping up for the major championship carnivals looming including

SLSNB Branch Championships from Wednesday February 5 to Saturday March 1 as below.

When	What	Where
Wednesday Feb 5	Champ Lifesaver Theory/Resusc	Warriewood Branch Office
Thursday Feb 6	Champ Lifesaver Theory/Resusc	Warriewood Branch Office
Saturday Feb 8	Champ Lifesaver Water Champ Patrol Water/Scenarios Beach events: Opens, Masters, March Past, R & R	Newport SLSC
Sunday Feb 9	Beach events Juniors	Newport SLSC
Saturday Feb 15	Water events-Opens, Masters First Aid	Newport SLSC
Sunday Feb 16	Water events-Juniors	Newport SLSC
Saturday Mar 1	Surf Boats	Palm Beach SLSC

NSW State Championships – Friday February 28 to Sunday March 17 at Freshwater & Queenscliff beaches.

‘Aussies’ Australian Surf Lifesaving Championships – Saturday March 29 to Sunday April 6 at North Kirra, Bilinga and Tugun SLSCs.

Link to 2025 AUSSIES <https://sls.com.au/aussies/>

We note how diligently all areas have been preparing and wish all competitors well in meeting your goals.



OFFER FROM SPONSOR BENNETT'S SURF CO.

Bennett Surf Co. currently have a selection of superior PVC foam sandwich construction (Robustlite technique) EVO - R 10'6" Race Mals at a reduced price of \$1,895.00 (vs the RRP of \$2,295). These slightly overweight boards are perfect for training, recreation and master competitors. They have 60kg, 70kg, 80kg, 90kg and 100kg Mals in a range of designs.

REVIEW OF CLUB CRAFT STORAGE

The club is currently reviewing the stock of club and member owned craft stored in the building with a view to reducing storage pressure. If you own a craft you haven't used for some time you may be contacted to discuss its future. Feel free to contact me at sport@freshwaterslsc.com if you would like to initiate the conversation.

Paul Stormon

Director of Surf Sports



THE BARNEY

A beautiful Sunday morning greeted the beach for the 38th running of the Barney Mullins Ocean Swim. We had 441 entries which was up about 20% on 2024 and this year we ran the event in early February as opposed to a March date. The date did compete with the North Bondi swim but the organisers will review through the feedback and determine a date for 2026.

The water conditions were relatively flat but the positioning of the "flagged area" for the public lead to a few decisions being made on the start and finish line to suit the small rip in the course itself. The course ended up varying from the traditional course and was more an "out and back" down the northern end of the beach.

Freshwater competitors fared well with

-Fionn 3rd overall males (00:20:22) Laim

Lehane 4th (00:20:22)

James Coates 5th (00:20:36)

- Millie 3rd overall females (00:21:37) Bree

Coates 4th (00:24:18)

THANK YOU TO OUR SPONSORS

Supamart IGA, Freshwater – Major Naming Sponsor

Community Bank Freshwater (Bendigo Bank) – Major Naming Sponsor

A special thank you to our incredible Community Partners:

The Barney Mullins Swim Classic wouldn't be possible without the generous support of our amazing Freshwater SLSC Community Partners. Their Commitment and in-kind donations help make this event exciting for all involved.

A heartfelt thank you to the donations received from: Supamart IGA, Harbord Hotel, Rigs Brookvale, White Glo, Pharmacare, Premax, Harbord Diggers, Okanui, Bolle', Grill'd Balgowlah for their incredible contributions. Your generosity fuels our event and strengthens our community spirit!



THE BARNEY RESULTS

Male 13 to 17 Yrs

1st Fionn Lehane
2nd Archie Lawry
3rd Hamilton Ward

Male 18 to 29 Yrs

1st Lachlan Warrener
2nd Liam Lehane
3rd Austen Rebecchi

Male 30 to 39 Yrs

1st Daniel Phillpot
2nd Thomas Bloomfield
3rd Greg Vinden

Female 13 to 17 Yrs

1st Mika Stockdale
2nd Emma Smith
3rd Emma Senior

Female 18 to 29 Yrs

1st Millie Hosie
2nd Bree Coates
3rd Lara Jones

Female 30 to 39 Yrs

1st Kara Brits
2nd Hannah Fitzpatrick
3rd Anneliese Scenna

Male 40 TO 49 Yrs

1st Sean McBean
2nd Daniel Mitchell
3rd Gavin Peacock

Male 50 to 59 Yrs

1st Sean Davis
2nd James Coates
3rd Ashley Brown

Male 60Yrs Plus

1st Tony Moore
2nd Christopher Flanagan
3rd Trevor McMahon

Female 40 TO 49 Yrs

1st Katie Davis
2nd Alanna Hale
3rd Jane Hinton

Female 50 to 59 Yrs

1st Helen Ludgate
2nd Jacinta Wall
3rd Jo Barton

Female 60 Yrs Plus

1st Christie Krenkels
2nd Anne Jenkins
3rd Ros Bluett

Thank
you!



Community Bank
Freshwater



HARBORD HOTEL



AQUA CULTURE IM



— *Annual Club Service – Award Nominations*

As the second half of the season is now well underway, now is the time to start thinking about who you want to nominate for the various club service awards which are handed out each year at our annual awards and presentation event.

A list of the various awards and the qualification requirements are set out in the attached document.

The Club's Awards Panel has the responsibility for the receipt and assessment of nominations and for making recommendations to the Executive Committee in relation to all of the awards, with the exception of the Distinguished Service Award. Recommending the recipient(s) of this award remains the responsibility of the club Honours Panel.

All members are encouraged to get involved in the process by putting forward nominations for the awards. If appropriate, the same reasons can be relied on to nominate people for more than one of the awards which appears on the list.

Nominations can be sent to the Executive Officer C/-
executiveofficer@freshwaterslsc.com or admin@freshwaterslsc.com

All nominations should be forwarded soon as possible to allow sufficient time for their assessment by the panels and referral to the Executive Committee for approval.

[Click here for Annual Club Service Awards Criteria](#)



SUNDAY SURF RACES

Every Sunday, 11AM on the beach

CAROLINE'S DYNAMIC
TAI CHI
Classes at Freshwater SLSC

*Tai Chi is a form of mindfulness exercise.
All movement begins in the inner stillness of our minds.
The core of Tai Chi training is the unison of mind and body.*

Teacher: Caroline Wang Noble
Mobile: 0400480713
Website: www.carolinestaichi.com

CLASSES AT FRESHWATER SLSC
Tuesdays at 6.00 – 7.00pm starting 7th January 2025
Wednesdays at 6 – 7pm starting 12th February 2025



BUYER ENQUIRY PEAKS DURING THE SUMMER HOLIDAY PERIOD

COMPARISONS	DECEMBER	JANUARY	FEBRUARY	MARCH
Views per listing	1,532	2,419	1,971	1,892
Enquiries per listing	10.55	24	19	16.92
Properties for sale	654	678	1,010	944

List your property with Upstate this Summer to take full advantage of this prime selling period. Our expert team is here to support you every step of the way – from financing options to styling advice, plus a tailored marketing strategy, designed to maximise your sale price.



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HARBORD HOTEL

What's on at your local



ROAD TO ARCTIC

All February long

Help us raise funds for elite athlete Aaron Crook, as he takes on the Arctic Ultra 6633 this February—a gruelling 610km trek across the Arctic Circle in Canada.

We've partnered with travla beer to bring you a schnitty & travla deal, as well as an Arctic Ultra 6633 cocktail special. We'll be donating profits from both back to Aaron's charities.



SUPER BOWL

Monday 10 February | 10:30am

Join us for all the live-action, crazy halftime antics, merch giveaways and a special menu of tasty American-inspired food and beer deals. We've got buckets of Budweiser for \$20 and \$1 wings 'til first point is scored! How good.

Book a table on our app or website.

HARBORD HOTEL

What's on at your local



VALENTINE'S DAY

Friday 14 February

We've got a V'day fiesta in our Harbord Dining Room. Treat your loved one to an exclusive four-course menu alongside pink beer, Paloma specials & a touch of Mexican flair. There's even a chance you'll catch a mariachi band in full swing.

Book a table on our app or website.

DON'T FORGET TO SHOW YOUR CLUB CARD

Show your Club Card on the Harbord App and receive:

- **15% OFF SELECTED HOUSE BEVERAGES 7 DAYS A WEEK**
- **15% OFF FOOD MONDAY - FRIDAY**
- **SPENDS FROM CLUB MEMBERS GO TOWARDS CLUB REBATES**

CLARKE & HUMMEL

*Realise the full potential of
your home with Mike Dunn*

YOUR FRESHWATER PROPERTY EXPERT



*Thank you for trusting us in 2024. We look
forward to seeing you this year.*

If your own trajectory for 2025 involves a new direction and you're thinking of selling, we'd love to get you moving and help you to take advantage of the strong prices currently unfolding in your area. Get in touch with me using the details below, or scan the QR code for a confidential chat or to find out more about the movements in your market.

20

FRESHWATER PROPERTIES SOLD IN 2024

\$70m+

TOTAL SALES VALUE IN FRESHWATER IN 2024

Mike Dunn

SCAN TO LEARN MORE OR BOOK AN
OBLIGATION FREE MARKET APPRAISAL



Mike Dunn
LREA & Partner
0409 317 335 | mike.dunn@clarkeandhumel.com.au



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