SURF LIFE SAVING
surf sports mag
Issue 64 | March 2023
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Cover photo: Nutri-Grain Iron Man and IronWoman Series Winners Matt Bevilacqua & Georgia Miller.
Photo: Kate Czerny.

This page: "The Carbonator" Ben Carberry.
Photo: Kate Czerny.

ikon
the heart of the image

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editorial

Above: *Winners are grinners ... Georgia Miller & Matt Bevilacqua*

Finally a full summer of Surf Sport's Action and great to welcome you all to the "AUSSIES" edition of Surf Sports Mag with coverage of an exciting season's racing.

Aussies this year sees us heading west to sensational Scarborough Beach. The HARVPIX team just love the great light in the west to help capture the World's best surf athletes in action.

There are sure to be some great conditions and the beach events in "The Cauldron" will certainly be a drawcard as always.

The Nutri-Grain Iron Man and IronWoman Series was again in top gear and it was great to enjoy the best of our Iron athletes racing.

So exciting to watch the Nutri-Grain Next Gen racing, these amazing young athletes certainly served notice for the future of the sport!

SLSA Ocean Thunder Professional Surf Boat Racing was once again hosted at the perfect arena, Dee Why Beach, with every round producing close competition as always.

Again will not have magazines for sale at the event this year so all surf sports fans please make sure you download your FREE digital version of Surf Sports Mag and the Official Program from www.harvpix.com.

Can't wait to see you in the West gang at "THE AUSSIES", and when you see the HARVPIX team, don't forget to smile!

Harvie Allison, Editor/Publisher

2022/23 Nutri Grain Finals Overview

Story by **Allie Britton**
Photos by **Harvie Allison, Kate Czerny. John Veage, Beth Smith**

With the Overall Series Champions yet to be decided, Kurrawa Beach delivered a nervous energy as excited athletes lined up to take out Round 6, and fight to secure the overall title for the 2022/23 Nutri Grain Ironman and Ironwoman Series.

As the starting gun sounded, all athletes powered through the surf, giving every ounce of effort to avoid the Survival formats elimination consequence once more.

A year to the day of his first ever series round win, the men's event saw Finn Askew take the honors ahead of Cory Taylor and Matt Bevilacqua.

Mere meters separated the 2022/23 Nutri Grain Ironman Series Champion Matt Bevilacqua from eventual runner-up Ben Carberry.

Heading into Round 6 the pair were tied with the Survival format ahead of them. With both athletes going toe-to-toe around the set of cans, surviving race 1 and race 2, race 3 delivered one of the closest series deciders the sport has seen.

Charging down the same ski wave, the pair hit the sand within arm's reach of one another before clenching their teeth and powering for the finish ▷

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arch with Bevilacqua edging just in front of Carberry to claim his second Nutri Grain Ironman Series Title.

For Bevilacqua the win was a deserved reward for his efforts these past few years since winning his first Series Title.

"I really wanted to reward the last 5 years of work that I've done since winning my first Nutri Grain Series in 2017/18.

"I haven't taken my foot off the pedal and I feel that I am 10x the Ironman I was back then, so it was good to have something to show for what I have been doing lately."

Although the competition was tight, Bevilacqua says there was no pressure, just enjoyment.

"All year I haven't been overly nervous or felt the pressure... One thing I have always had since I began in the sport is just a huge passion for what I do," he said. "No matter what's on the line or where I am, I'm always so grateful to be enjoying all the things that come with this sport."

Joining Bevilacqua and Carberry on the podium was rising star, Joe Collins. ▷

"No matter what's on the line or where I am, I'm always so grateful to be enjoying all the things that come with this sport."

Ben Carberry

Joe Collins

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> **You've got to go through the tough times to be able to enjoy the good times. I'm definitely going to enjoy this ...**

The Northcliffe women proved too strong in Round 6, with Naomi Scott securing her first-round win alongside runner-up Harriet Brown and Danielle McKenzie.

In the women's final, Georgia Miller was crowned the 2022/23 Nutri Grain Ironwoman Series Champion. Securing 4 consecutive round wins prior to Round 6, Miller had to survive just race 1 of Sunday's Survival format before she was able to claim her second Series Title.

Finding herself in the third and final race of the day, Miller's dominant series performance allowed her to finish the 2022/23 Series off with a feeling none-other than a dream come true.

"It's just incredible – it is something that dreams are made of," said Miller. ▷

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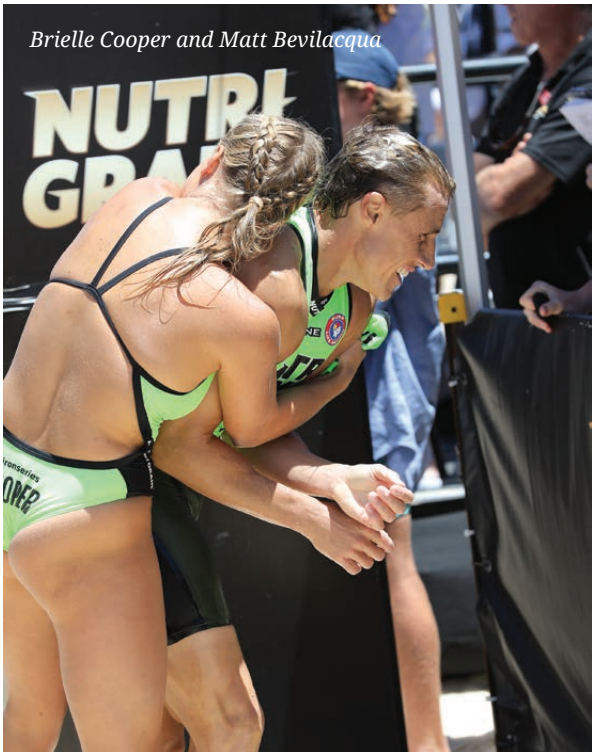
Lizzie Welborn



Brielle Cooper and Matt Bevilacqua

"I'm going to get emotional because I've been hanging in there the last two days. I've been very nervous, and I just wanted to come out there today and have some fun with it and try to enjoy it."

Having overcome health related complications, and opening round 1 with a hamstring tear, Miller says this Series is one she will cherish forever. ▷

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"You've got to go through the tough times to be able to enjoy the good times. I'm definitely going to enjoy this; I'm going to cherish this forever."

Miller finished 10 points ahead of Series Runner-Up Lizzie Welborn, with Northcliffe training partner Danielle McKenzie taking home third. ■

Naomi Scott

Zach Morris

Now that's a wave!

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2
#1 MILLER
#1 BEVILACQUA
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feature

Story by **Allie Britton**

Photos by **Harvie Allison, Kate Czerny. Beth Smith**

2022/23 Nutri Grain *Next Gen Series*

Taking the overall honours in the Nutri-Grain Next Gen Series, Northcliffe duo Mitch Morris and Ruby Meehan have secured themselves an automatic qualifying placement in the 2023/24 Nutri Grain Ironman and Ironwoman Series.

Racing over three consecutive days on Queensland's Kurrawa Beach, the pair were amongst the Nation's best junior Ironmen and Ironwomen aspiring for a spot in the professional series.

Former Sydney Northern Beaches turned Gold Coast Ironman Mitch Morris, was unstoppable across the three days, claiming three consecutive wins. ▷

Mitch Morris

He edged out his twin brother Jake who finished in second place, and now is hoping to line up alongside his older brother Zach in the professional Series next year.

Morris was elated to be the first Ironman through to next year's Nutri-Grain IronMan Series.

"It feels pretty special, it has always been my number one goal to make the Series and I am so happy that I did. It was tough racing over the three days to qualify. I just made sure that I did lots of recovery in between races, drank lots of water and tried to rest and recover. ... It is pretty exciting to know that I will likely be racing with my brother Zach in the Series next year and hopefully Jake can qualify, so all three of us could be in the Series, that would be really special," he said. ▷

Ruby Meehan

"I feels pretty special, it has always been my number one goal to make the Series and I am so happy that I did."

Gold Coast local Ruby Meehan won two of the three rounds, taking out a silver in the opening round.

She finished ten points ahead of the pack with a total of 59 points. Second and third places were hotly contested between Kalani Ives ▷

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(Northcliffe) and Charlize Menefy (Burleigh Heads Mowbray Park).

"It's surreal - I'm just so glad all my hard work has finally paid off. I just had to focus on the process and take it one race at a time. ... I just wanted to try my best. I knew I could get up ▷

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Charlize Menefy

there in each race and I did that, I'm so happy. As soon as I started Nippers, I looked up to all the other girls [Nutri-Grain IronWomen] and now I train with a bunch of them and they are all so inspirational. I'm so glad I'm finally there [in the Series]," she said.

All these amazing young athletes are, of course, looking forward to lining up and contesting next season's Kellogg's Nutri-Grain Trial racing, hoping to be a qualifier for the series. ■

> **"As soon as I started Nippers, I looked up to all the other girls [Nutri-Grain IronWomen] and now I train with a bunch of them and they are all so inspirational."**

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Story byPeta Fairlie
Photos by Malcolm Trees

SLSA Ocean THUNDER Surf Boat Series

Firstly a huge to congratulations to Solar Set Currumbin Men's and Hardie & Co Plumbing South Curl Curl Women's for winning the 2022/23 season.

It was a great season in terms of point score. Each round brought forth different levels of challenges in terms of conditions and surf size, which gave us a variety of results.

Event 1 gave us amazing surf conditions, that was spectacular for both competitors and spectators. All crews ▷

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took their turn having a crash or tumble that day and Mooloolaba's Sponsor, Campbell Construction co, got their money's worth with that epic tomb stone picture. Our winners that day being Sydney Beach Homes South Curl Curl Men and Richardson and Wrench Coolum Women.

Event 2 brought another day of amazing surf. Richard Brierty was in heaven as it was just the conditions for the Riverina Fresh Avoca Womens crew, who took the charge and won the day. In our Mens division we had NSW Ports Port Kembla ride the wave of success.

Event 3 was a day of all sorts of conditions. We made the big move to Collaroy to ▷

> **"It was a great season in terms of point score. Each round brought forth different levels of challenges in terms of conditions and surf size, which gave us a variety of results."**

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ensure everyone's safety. During the morning we had the edge to contend with and by the afternoon the surf had smoothed out which provided awesome conditions to see some actual racing. Before You Dig Australia Bulli, were back to their usual fine form and won the Men's and Before You Dig Australia Port Kembla showed us their years of experience is like a bottle of fine wine and won the Women's.

Event 4, this event was the pinnacle of it all with many crews in contention to take out the major title. Another day of tough racing with no clear crew on top, which is a true testament to how amazing all our crews truly are. Before You Dig Australia Bulli, again showed us they are ready for the business end of the season and ▷

won the Mens. Hardie & Co Plumbing South Curl Curl women were back again at the top of the podium to cement their lead in the overall point score.

Great to acknowledge the amount of interstate and rural crews we had this season, the time and effort it took each and every one of you to get to Sydney once a month did not go unnoticed and it was awesome having such a variety in clubs from all across Australia involved. We truly hope that you'll be back next season!

A HUGE thank you to Before You Dig Australia for their years of sponsorship. You have been our biggest supporters for so long now and we truly couldn't do it without you. Also, a big thanks to SLSA for all their ▷

help again this year, we look forward to building Ocean Thunder bigger and better with you in the future. Once again, thanks to Riverina Fresh for their years of support and for all our dairy needs and of course, we would like to thank all our crew sponsors. ▷

Lastly, but certainly not least, a huge thank you to all of our officials and volunteers. Without you this event wouldn't be what it is today and the tireless work you put in each week is above and beyond anything I personally have ever experienced. ■

Story by **SLSA Media**

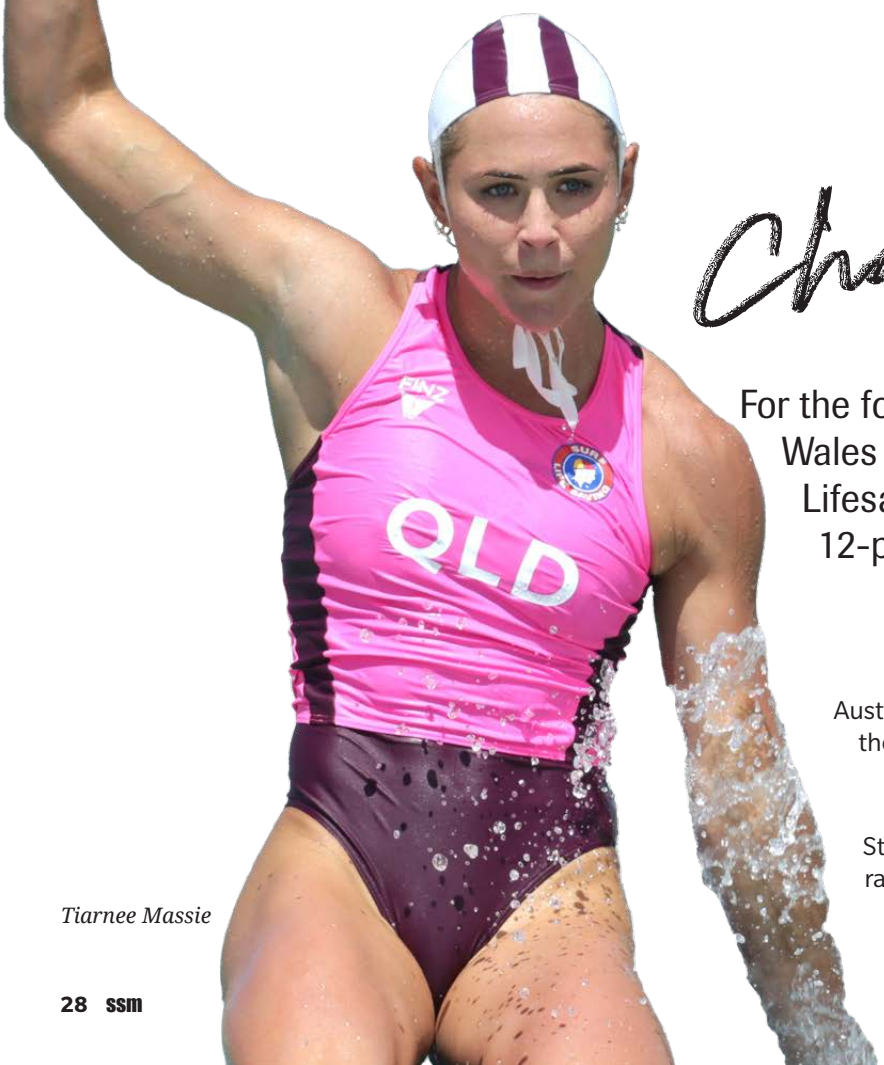
Photos by **John Veage**

Interstate Championships

For the fourth consecutive time, New South Wales has been crowned Australian Surf Lifesaving Interstate Champions, with a 12-point buffer over rivals Queensland at Maroubra Beach, NSW.

Teams from NSW, Queensland, Victoria, Western Australia, South Australia and Tasmania all lined up for the first Interstates Championships since before the COVID-19 pandemic in January 2020.

The Australian Interstate Championships saw the States' best battle it out in Ironman and Ironwoman racing, surf swimming races, board races, ski races, beach flags, beach sprint and relay events, with State pride on the line. ▷



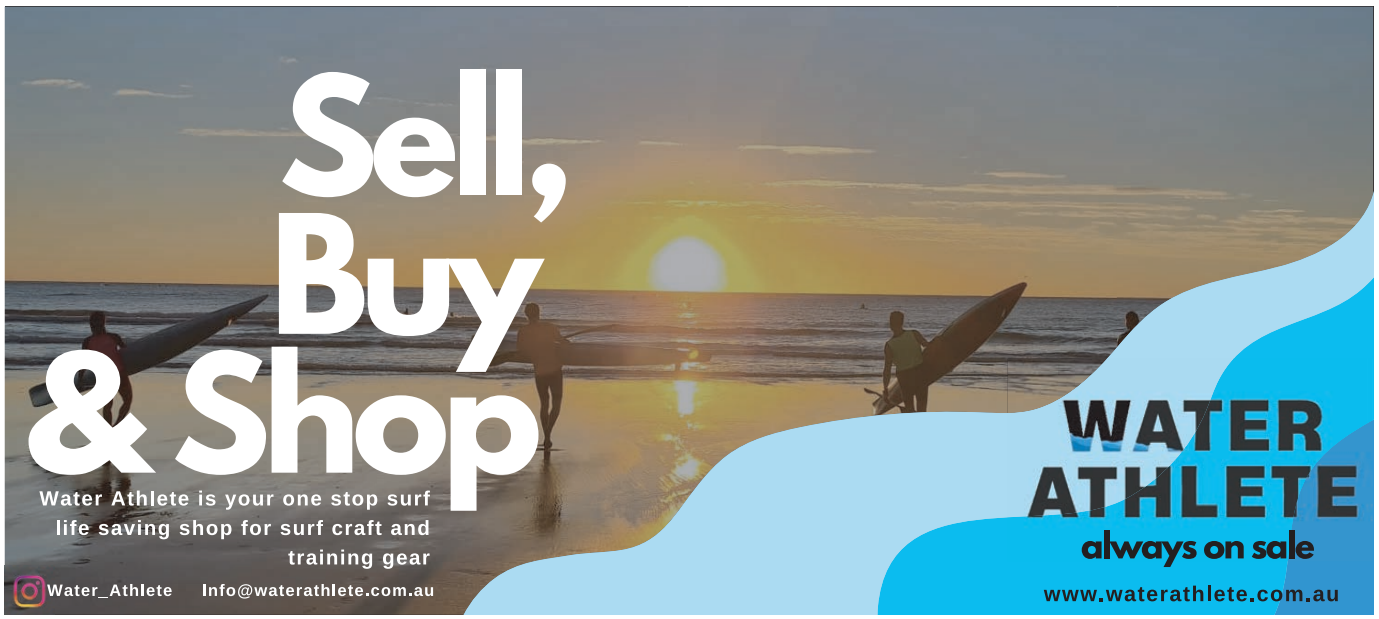
Tiarnee Massie

Encountering the choppy wave conditions and strong winds of Sydney's Eastern Suburbs across Pathways (U14-15), Youth (U17) and Open age divisions, NSW were named Overall Champions, holding onto the trophy they've kept since 2018.

NSW's Noah Steiner won the Men's Open Ironman event, with Nutri Grain Ironmen Jackson Borg (Newport, NSW) and Cooper Williams (Alexandra Headland, QLD) in second and third respectively, competing for the third straight day after round three and four of the Nutri Grain series over the weekend.

Steiner said it was great to work with his NSW teammate in the event, which is a change of scenery from the individual Ironman battles he's used to.

"I was prepared for it to hurt a little bit, but it was good to go into the swim and the ski leg with Borgy [Jackson Borg] and we worked off each other, it's good competition here," said Steiner, who was also a member of the winning Open Mixed Surf Team ▷



and Open Mixed Taplin, and placed second in the Men's Open Surf Race, Board Race and Open Mixed Board Relay.

The Maggs brothers made it a NSW triple across the other Men's Ironman events, with 17-year-old Nutri Grain Ironman Connor Maggs (Newport) winning the Youth event, and his younger brother Noah (Newport) winning the Pathways event. As well as finishing second in the Ironman, Borg won the Open Men's Surf Ski, placed third in the Open Men's Surf Race and picked up two firsts and a second place alongside his NSW teammates in relay events.Following the weekend's Nutri Grain series, Borg said it's really important to him to represent the state that gave him his start in the sport.

> **"It's super important to me to be able to represent my state. NSW Surf Life Saving has given so much to me, and I want to try and let the young kids know that you can stay in NSW and compete in the Iron series." Borg said after his Ski victory.**

NSW's biggest rivals from north of the border pushed the home state the entire day. While NSW won the Overall Title and the Youth Championships, it was QLD that were the top placed state in the Open and Pathways events.

Resulting from her impressive fourth and eighth placing in the Nutri Grain Iron Series outcomes ▷

over the weekend, Ironwoman Tiarnee Massie (Maroochydore) competed in seven Interstate events, winning the Open Ironwoman, Female Board Race, Open Mixed Board Relay and Open Mixed Surf Relay. Massie said she was stoked to open her Interstate's campaign with a win in the Board Race and to be supporting her state as QLD Co-Captain, alongside Jett Kenny.

Following on from three days of intense competition in the Super Surf Teams League, Kenny had an incredible day for QLD, finishing first in the Male Board, Open Mixed Board Relay, Open Mixed Beach Relay and Open Mixed Ski Relay, plus second in the Open Mixed Taplin and third in the Men's Open Ski. He said that it's been a tough few days of racing, but it's a great experience leading into Aussies in March.

"Team racing is the one everyone wants to do, representing not only my branch on the Sunny Coast but also my state, Queensland." ▷

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Making her debut for the QLD Pathways team, Britt Ackerley (Maroochydore) was thrilled with her victory in the Women's Pathway Board Race, which ended in a sprint finish alongside her teammate Bianca Rayward.

"I've been in the Queensland team for the past two years, but we've never had a chance to race [due to COVD], so to have a win in my first-year competing is so great!" she said.

For the first time, the 2023 Australian Interstate Championships included the three teams and categories: Open, Youth and Pathways, with medals awarded for each category, as well as the overall winners. ■

When the whole world seems set against you, how you keep the negative voice out of your head?

CANDICE WARNER knows all about the damaging consequences of living life in front of the cameras and has learned a lot about how to insulate from the worst of public life - for herself, as a wife and partner, and as a mother. Growing up with, competing in and living among some of the most abrasive environments, Candice has had her integrity attacked, her worth questioned, and her decisions, body and mind judged. But she has never been stronger or more determined to forge the space she and her family need to be safe, and to live a life filled with love, purpose, ambition and optimism.

Candid, raw and uplifting, Candice tells it straight - about the ugly, bruising pivotal moments that almost broke her, to the extraordinary turning points that buoyed her ... and the saving grace of the transformative, regenerative power of running.

From her beginnings as Australia's youngest Ironwoman and the joys and heartbreak of elite sport, to being publicly shamed as a woman, and her crucial role in Australia's most successful and highest profile partnership, Running Strong is Candice's story - about climbing back from rock bottom, the power of creating precious sanctuary for yourself and protecting the people closest to you.

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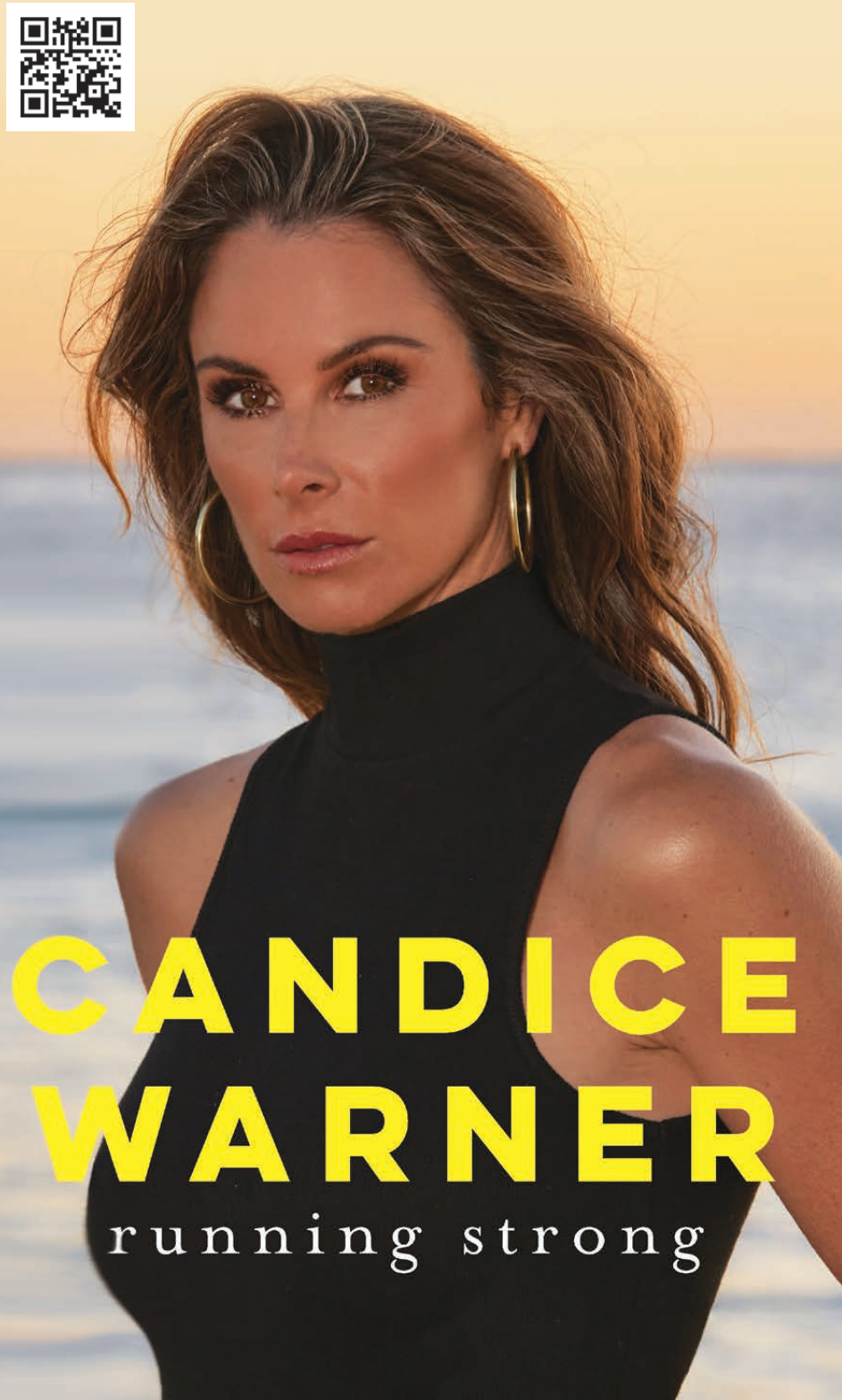

By Nick Marshall
Surf Life Physio - www.surflifephysio.com.au
Photos by **Harvie Allison**

Not all warm ups are created equal.

As you sit under the tent, staring out at the chaos of boards, skis, parents, athletes, managers and officials, wondering whether you should get up out of the chair to do a warm up. There are some things to consider to help you make that choice.

Why do I warm up?

When do I warm up?

What do I do to warm up?

Why do I warm up?

The purpose of a warm-up or pre-activation routine is to get the body ready for the demands of racing. In a number of ways that does relate to the physical demands and therefore is about preparing the tendons, muscles and tissues so they can stretch, strain and contract at the length and speed that you need them too. But there is also a large component that we don't always discuss and that's the mental preparation to perform a task.

Physically an easy way to display the effectiveness of a warm-up, is doing an exercise I've done with literally thousands of athletes over the last 20 years across multiple teams and multiple sports.

Simply, first thing in the morning when you get out of bed measure how far you can jump forward. One standing leap. Record that distance and then have a light jog and do some jump practise for 5-10min, come back and re-measure. The improvement in some athletes is incredible and really highlights the enormous physical benefits of being ready and warmed up to go.

But all too often there is a mental or psychological component required to be at your physical best as well. It's the warm up process that allows your body from a psychological perspective to feel like it's race time and time to perform. The familiarity of a warm up routine is what can get the body in the right space for performance.

So in essence you warm up to prepare the mind and body for performance.

When do I warm up ?

A warm-up or pre-activation routine should be performed about 20-30 minutes prior to competition. This gives enough time for the muscles to warm up and for the heart rate to increase. ▷

Warmup wave

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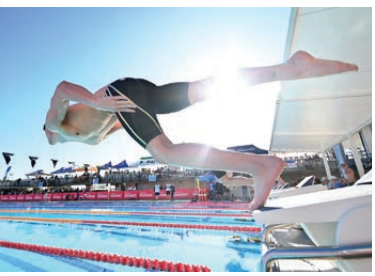

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It's important to plan your warm-up or pre-activation routine in advance and give yourself enough time to complete it before the start of competition. Avoid rushing through the routine or skipping any important steps.

Remember that the goal of a warm-up or pre-activation routine is to prepare the body for the physical and mental demands of the sport and reduce the risk of injury. It's better to be safe than sorry, so allow yourself enough time to complete a proper warm-up or pre-activation routine before competition. The chaotic nature of surf carnivals makes planning hard. But knowing that you need a warm up 20-30

Mins before you race makes you realize that if you've been sitting under the tent for hours then you probably need to get up and do another "re-activation" so the body is ready to go.

What do I do to warm up ?

The following is a sample pre-activation /warm up routine:

1. *Dynamic Stretching:* Dynamic stretching involves moving your body through a range of motion while stretching. This type of stretching increases blood flow, improves flexibility, and helps activate the muscles that will be used during your sport.
2. *Sport-Specific Drills:* Sport-specific drills can help activate the muscles and movements used in your sport. If you're a swimmer you will want to swim but it's also important that you practise some wading and dolphin dives. As every race is going to start and finish with this skill.
3. *Plyometrics:* Plyometrics are explosive exercises that help increase power and speed. They can be added to a pre-activation routine for sports that require explosive movements. For example, if you are a ski paddler you will want to be paddling but also not forget that the race starts with an explosive jump start, so it's worth doing some of these as a part of your plyometric warm up as well.
4. *Resistance Band Exercises:* Resistance band exercises can help activate the muscles and improve strength. Choose exercises that mimic the movements used in your sport.
5. *Activation Drills:* Activation drills are exercises designed to activate specific muscle groups. For example, a glute activation drill may involve holding a squat while contracting the glutes.
6. *Sport-Specific Warm-Up:* A sport-specific warm-up should be tailored to your sport and the specific movements and muscles used. For example, a board paddler will need to paddle but also practise the skill of popping waves and catching waves.

Aim for a pre-activation routine that lasts anywhere between 5-20 minutes and includes a combination of dynamic stretching, sport-specific drills, plyometrics, resistance band exercises, activation drills, and sport-specific warm-up. This routine should prepare your body for the physical demands of your sport and reduce the risk of injury. Remember to listen to your body and adjust the routine accordingly.

In my day to day job working with the Australian Swimming team that are based here in Queensland we spend a large amount of time working out each swimmers specific pre race routine. From what to eat, sleep and what constitutes their pre- activation/warm up plan. Rather than base this simply on chance. The Physio team screens the athletes for their individual differences and spends time with the coaches and biomechanics team to look at areas they need to be better at when racing. This warm-up/pre-activation then forms part of their everyday practise so that their addressing their deficits regularly as well as preparing their bodies to train at peak performance levels.

The consistency and familiarity creates comfort in doing this routine. So much so that when they arrive at a competition where there can be a number of factors outside of their control, the familiarity of their routine allows them to reduce their anxiety and have something they can control and take ownership of, which improves their psychological well being.

Finally, something is always better than nothing. So if you don't have the time to be specific and tailored to your individual deficits, then the very simple nature of increasing the heart rate and feeling a little looser is better than sitting under the tent doing nothing.

Best of luck over Aussies. ■

surf life physio
MIAMI, GOLD COAST

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