

LENNOX LONGBOARDERS CLUB

March-April 2012 Edition
Lennox Longboarders Inc
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Damian Shanahan

CLUB CAPTAIN
Darin Nobbs

COMP DIRECTOR
Grant Ryan

GEAR STEWARD
Terry Kay
Steve O'Neill

What's inside

- **PRESIDENT'S REPORT**
- **CLUB CAPTAIN'S REPORT**
- **SECRETARY'S REPORT**
- **CLUB ROUNDS Reports & Results**
- **CLASSIFIEDS & 4 SALE**
- **Stretching - Sally Petrie**
- **The Back Page Pics & Bits**



WEBSITE:

www.oldguysrule.com.au



Lennox Main, big day, perfect lefts, dreaming !!!!!



The February Crew 2012



The March Crew 2012

**Welcome to all NEW and FORMER members
To the Lennox Longboarders club in 2012.**

TRIPLE X WETSUITS

Don Munro- Triple X UV & Aquatic Clothing

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10% discount to club members

Club Captain's Report.

Hi Longboarders, it's so refreshing to see so many new members enjoying their long boarding. The conditions of the last two rounds have been trying to say the least. Two snapped boards at the March round re Gary & Forfar, it is very testing crossing the outer bank when it is breaking top to bottom. The conditions were much the same for the April round, hopefully the May round will bring a more forgiving Malibu style wave without the expensive destruction of boards. Food yummy food from Annabelle & Greg's kitchen has been a treat at each round well done chefs, keep up the good work. It is good to see everyone helping out with the setting up & pulling down each round thanks to all. The only problem we have encountered is in the format which includes two rounds, everybody surfs twice so please make sure you check the results board so you can be ready for your 2nd round surf. Don't be scared to judge, there will be people there to help you if you are unsure & need help.

Contests- It was good to see Scott Channon & Ben Dicken surfing well at recent contests, well done.

Don't forget about the Crescent Head comp from 24th to 26th May (entry forms available on line)

Yours in Surfing

Darin



Annabelle on duty at the kitchen



Gary A (president) & Forfar P, March round legacy

Secretary's Report

Well 2 really great rounds with numbers greater than 40. Welcome to all the new & old members that have signed up for 2012 . I'm writing this just before the April round scheduled for Sunday the 1st.

Conditions should improve out front at the Lennox main breaks as we move toward the colder months of the year. We did however have a great Feb round with very surfable waves for most of our sessions, March apparently brought it's share of board destruction, with Forfar P & el President Gary Alford snapping their respective boards in two pieces, This was Forfar's 2nd board snapped in 18 months, Thanks to the Lennox beachies & a straight sandbank.

This time of the year brings to head all the proposed & definite longboard comps on around the traps.

With the Byron Bay Mal Classic on in late April, Crescent Mal Classic late May, The Wrecks & Relics @ Noosa mid June. As the comps come in, entry forms will be posted in your directions for those interested, Check your emails.

As usual a crew from the club will make the pilgrimige south to the Crescent Malibu Classic @ Crescent, a annual journey for some, those new to the club should try to tag along to this event if there free when it's on, as it's a tremendous few days of longboarding & the club has sites organized annually to camp as a group. More info can be email regarding Crescent, just see me & I'll put it in your direction.

Just got back from a trip to Bali, Sanur, Nusa Lembongan & Bingin, Scoring most of my surfing at Lembongan, What changes have happened to all Bali, especially Lembongan with much more choices of accommodation & thus more hotels & resorts, but Lembongan still has a great feeling & vibe for surfing & that laid back Bali holiday, Below is a pic of the place we stayed at Nusa Lembongan, (Song Lambung Beach Huts) & It's awesome view from your room/ verandah..

Well see you at the April round in some decent ocean conditions. Maybe

In Surfing (Boothy) Club Secretary.....



View from the Song Lambung Beach Huts Nusa Lembongan across the surf breaks, Playgrounds, Lacerations, & Shipwrecks in the distance toward Bali & Mt Agung

Mi Thai

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CLUB ROUND REPORTS & RESULTS

To all, Firstly Welcome to all new members & existing members to Lennox Longboarders who signed up on our 1st sign-on day for 2012. Sunday the 12th Feb.

What a turn-up for the first club round for 2012, 45 surfing the first round.

We were met with a great sunny pristine summers day & meeting & surfing at Lennox Main, the tide at the beaches was low going onto high throughout the morning. With a 3 to 4ft swell, some really great longboarding was on display.

For particular note was the 1sts final, loaded with talent & some stylish moves were made as well as classic noserides (see results for some of the names). Surfing well in the 2nds final was junior Jack Shanahan, showing the older crew how to maneuver that style on waves he relished on.

We also Christened the new club marquee tent, the 6x3 with the club's name on the roof, a great way to keep the sun off on such a summers day

Firstly the first voucher winners for 2012, from Lennox Surf - Richard Ryan & from Liquid Glass - 2 Leg ropes to Gerry O'Dwyer & Damian Shanahan. Thanks to both Lennox Surf & Liquid Glass coming on board supporting the club for 2012.

Results-

1sts - 1. Scott Channon. 2. Aaron Coppersmith. 3. Ben Dickens. 4. Gary Burden. 5. Callum Gover. 6. Grant Ryan. 7. Gerry O'Dwyer.

2nds - 1. Jack Shanahan. 2. Forfar Petrie. 3. Jason Geggie. 4. John Steele. 5. Greg Gover. 6. Rob Rye.

3rds - 1. Angus Kay. 2. Scott Seymour. 3. Andrew Thomas. 4. Tim Hassey. 5. Barry Taylor. 6. Matt Durkin.

4ths - 1. Wayne Booth. 2. Sally Petrie. 3. Gary Alford. 4. Ron Crowther. 5. Wayne Sullivan. 6. Tom O'Dwyer.

5ths - 1. Dave Sullivan. 2. Terry Kay. 3. Kurt Hardy. 4. Gab Alford. 5. Tim Harrison.

SURFING the 1st round only, George Leslie, Liz Petterson, Jim Baker, Una Durkin, Joe Flemming, Neil Edmonds, Steve O'Neill. So to some it up a HUGE turnout for the first round of 2012.



New & former crew at the March round Judging....

The 2nd round for the Lennox Longboarders was on Sunday March 11th Surfing at Lennox

Main beach break.

Great role up once again for this round we had 43 surfers in total. 6 New Members signed up on the day welcome to the Club and hope you enjoyed the day. The day started with some light rain and a heavy 3-4 ft wave breaking hard on the back bank. The weather improved and as the tide rolled in, so did the waves. The conditions were trying to start, with 2 broken boards the result for the day. (Gary Alford & Forfar Petrie both looking for new sticks). The Gover family once again provide the food & refreshments that everyone enjoyed.

Results

1sts. 1. Gary Burden. 2. Jason Geggie. 3. Aaron Coopersmith. 4 Jack Shanahan. 5. Angus Kay. 6. Forfar Petrie

2nds. 1. Ben Dickens. 2. Callum Gover. 3. Matt Moyle. 4. Andrew Thomas. 5. Damian Shanahan. 6. Greg Gover.

3rds. 1. John Steele. 2. Matt Durkin. 3. Pete G. 4. Kurt Hardy. 5. Mark Preston. 6. Steve Fosterling.

4ths. 1. Jim Baker. 2. Tim Hassey. 3. Sally Petrie. 4. Dave Elliot. 5. Steve O'Neill. 6. Grant Ryan.

5ths. 1. Rob Rye. 2. Darren Nobbs. 3. Una Durkin. 4. Peter Regan. 5. Tracy Nobbs. 6. Gabe Alford.

6ths. 1. Richard Ryan. 2. Tom O'Dwyer. 3. David Peake. 4. Nathan Mackenzie. 5. Roz Mackenzie. 6. Zack Peake.

The April Round.

Surfed on Sunday April the 1st, The first Sunday of the month as the 2nd Sunday is Easter. 32 members turned up at Lennox Main with a oncoming low tide, a straight sandbank, metre plus freight train like waves, Weather, the sun didn't know if it wanted to be in or out, as rain squalls were part of the morning, but we did have favourable winds.

Standout surfers for the round were Aaron Coopersmith in his natural stance, with fast turns & speed showing us all how to master these freight train breaking beach breaks at Lennox. & Winning the round with Backhand speed was Greg Gover.

Only 16 completed round 2 as conditions did prove difficult on the long sandbank at times.

Results:

1sts. 1. Greg Gover. 2. Aaron Coopersmith. 3. Rob Rye. 4. Scott Channon. 5. Steve Fosterling.

2nds. 1. Grant Ryan. 2. John Eddy. 3. Callum Gover. 4. Andrew Thomas. 5. Forfar Petrie.

3rds. 1. Nathan Mackenzie. 2. Roz Mackenzie.

4ths. 1. Steve O'Neill. 2. Sally Petrie. 3. Dave McDonald. 4. Angus Gover.

Voucher Winners

Fishy Fishy Café Lennox - Gary Alford

Lennox Surf - Wayne Booth.

Marius Café - Forfar Petie.

Thanks to those local Establishments for their ongoing support....

NEXT UP & COMING CLUB ROUNDS

- **MAY, Sunday - 8th, 2nd Sunday**
- **JUNE Sunday - 5th, 1st Sunday**

CLASSIFIEDS



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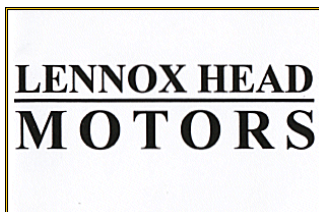
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Julie A. Rowling, J.P.
& Registered Celebrant
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CLASSIFIEDS

& 4 SALE

Bargains from George

- 1/. Full set of Maxum Spitfire right hand golf clubs inc putter, drivers and irons and golf bag. Great condition **\$80.00**
- 2/. Rip Curl XL 2mm Short Sleeve Steamer, last years model perfect condition **\$120.00**
- 3/. Rip Curl XXL 1.5mm Short Sleeve Black and blue Neojacket brand new worn once new \$199.00 sale @ **\$80.00**
- 4/. Swivel heavy duty 3 way wall bracket for TV to hold up to 25 Kg. **\$55.00**

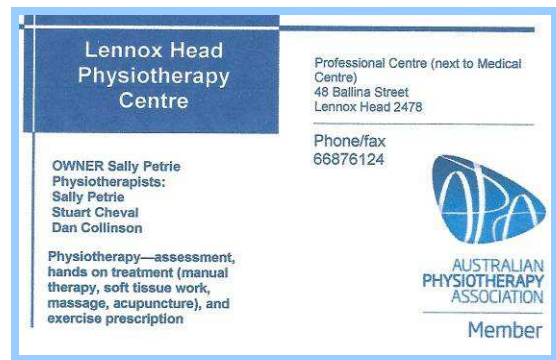
Contact George on 0414 935951 or 6687 4277

Triple X 2mm steamer, mens medium, top of the range ultra stretch titanium with back zip and fully sealed. Minimal use and in excellent condition. Suit someone from 5-8 to 5-11. Very warm, cost about \$350.00, sell \$150.00. Suit is a touch long for me and hence minimal use. Grab a bargain for this winter. **Scott S 66875071**

Surfboard, 6-5 x 20 3/8 x 2 13/16 retro short board with plenty of foam and good paddler. Shaped by Gary Burden, full colour and gloss coat with polish. As new, sell \$490.00. **Scott S 66875071**

Surfboard, 6-6 x 20 1/2 x 2 5/8 approx Pocket Rocket with full colour, gloss coat and polish. Shaped by Dick Van Straalen as new, sell \$650.00. **Scott S 66875071**

Contact : Scott Seymour on 66875071



Lennox Head
Physiotherapy
Centre

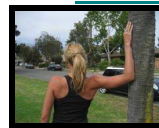
Professional Centre (next to Medical Centre)
48 Ballina Street
Lennox Head 2478

Phone/fax
66876124

OWNER Sally Petrie
Physiotherapists:
Sally Petrie
Stuart Cheval
Dan Collinson

Physiotherapy—assessment, hands on treatment (manual therapy, soft tissue work, massage, acupuncture), and exercise prescription

AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION
Member



Stretching PECTORALS and anterior capsule

Gently turn your body away from the arm

Do not raise the arm so high if any pain – start lower and work your way up- hold stretch for a nice slow 20 secs.



TRICEPS – see how far your fingers can reach down your spine. Gently assist with other hand

Do not force, and hold steady for 20 secs

Both of these stretches can be easily added into your daily routine to keep those paddling shoulders supple and pain free. These are only to be used as a guide. For individual attention, see your local Physiotherapist. **Cheers Sally Petrie**

The Back Pages (pics & bits)



The March Round

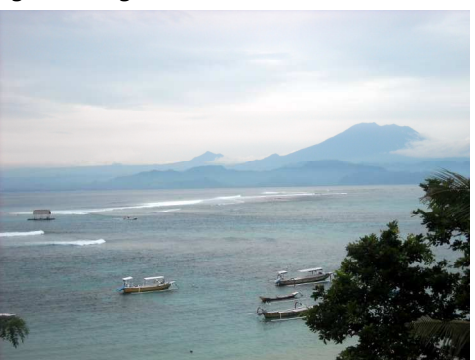


The April Round

Bali Sojourn Pics & Short Description 4 TO 17 March



Song Lambong Beach & Huts @ Nusa Lembongan



Views across the surf breaks of Nusa Lembongan Playgrounds, Lacerations & Shipwrecks & Nusa Lembongan's Main Beach.

Bali a changed Island paradise, Recommend Sanur on the mainland of Bali, Peace & quiet away from the madness of Kuta & Legion. Nusa Lembongan still has a magic surrounding it & it's awesome 3 main surfbreaks Accommodation on Lembongan has multiplied, plenty of quality options. The Scoot transfer jet boat between Sanur & Lembongan return (Value plus). Bingin & Uluwatu on the peninsular are built up, full of resorts & cafes, one after access to the ocean is hindered because of this multitude of accommodation built on the cliffs, Despite the traffic, the bikes, roads, the crowds & the pollution, sad that it is. It's still a awesome place to explore. **Cheers Boothy & Julie R**

THE BACK PAGES (PICS & BITS)

Proud new parents



Jason & Olivia with Noah, New proud Parents
Congrats from all in the club....

YOUR CLUB CALENDAR 2012 (For You New Members)

SURFING ROUNDS- Amended Rounds & Major Events (surfing)

FEBRUARY Club round - Sunday 12th Sign-on No 1

MARCH Club round - Sunday 11th Sign-on No 2

APRIL Club round- (amended) - Sunday 1st as (Sunday 8th Easter Sunday)

MAY Club round- Sunday 13th

JUNE Club round- (amended)- Sunday 3rd (1st Sunday)

JUNE, 2012 All Girl's Showdown- 9th , 10th & 11th (Queen's Birthday w'end)

JULY Club round - Sunday 8th

AUGUST- (1st Sat & Sun) Proposed 15th Lennox Longboard Classic 2012, 4th & 5th

AUGUST Club round - Sunday 12th

SEPTEMBER Club round - Sunday 9th

OCTOBER Club round - Sunday 14th

NOVEMBER Club round - Sunday 11th

Club Proposed Xmas/Club Presentation- Saturday (to be announced)

NOTE: All club rounds on the 2nd Sunday of the month

Except June & July Amended to 1st Sunday due to the Allgirls Surf Showdown
& Gromfest 2012 & club commitments to these contests.

Cheers (Boothy) Wayne Booth, 2012 Secretary Lennox Longboarders Club

Stop press.....Gromfest 2012 Set down for the July weekend 7-8-9.has gone into recess for 2012 according to their major Sponsor RUSTY, Their setups & pulldowns were a welcome money earner for the club.

SUPPORT YOUR CLUB SPONSORS

**-Lennox Hotel, Mi Thai Restaurant Lennox, Fishy Fishy Café, Lennox Head Surf, Liquid Glass
Cheers, The Ed, Booty**