



The Mine

Newsletter of Point Leo SLSC

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May 2023 Edition

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Editor: Ella Swaney

President's Report

The patrolling season has come to a close! However, for many of the committee there is still much to be done in the off season; awards, reviewing current policies, strategic and operational planning and so on. I thank all the committee for the ongoing work that they do.

We had a great turn up for Pride Patrol, which was held on 12th February. The Pride Patrol is supporting and advocating for the LGBTIQ+ community so it was wonderful to see such strong patrol attendance. Thank you to Romy for organising this event. On this same day, a rescue was performed by IRB driver and crew, Giselle Northcote and Zoe Warner. Suffice to say the

windsurfer who was rescued was extremely appreciative and impressed with the level of expertise, confidence, and skill with which the rescue was performed. Well done to all those involved, particularly Giselle and Zoe!

We had another spinal with the treacherous shore break on the 19th February thankfully with a positive outcome. Thanks to Chuck Warner and the WoodChuck patrol who effectively handled the rescue with calmness, confidence, and skill. A great team effort and great outcome. Well done WoodChucks!

The last patrol was held on Sunday 23rd April and now patrollers can rest up over winter. Huge thank you to our Club and Vice Club Captain Romy and Bridget. Thanks also to all the patrol captains, vice captains and to all those who turn up and patrol and keep our beaches safe and instill a welcoming environment to our special beach. Huge thanks also to Chris Oldham, who continues to put in much time and energy into fulfilling his role as IRB Coordinator, which was particularly challenging this season, as we're in need of more IRB drivers and crew to fulfill our obligations on patrol and at carnivals.

We had some great attendance at Carnivals over the season which will be detailed in the Annual Report. A few highlights include another win at The Masters State Carnival, which was held again in Lorne over the weekend of 12th and 13th February. Of note, Jon Ford has now won 8 consecutive Iron Man's in his Age Group. This is a phenomenal achievement. Andrew Gibson also deserves an honourable mention for his continued excellent racing, and a gold in Iron amongst his many medals. Again, well done to all the Masters for the overall win. It was a lot of fun and there was a clear strong connection within the team.

The Youth and Senior State LSV Carnivals were held at Ocean Grove. It was great to see so many there. There is a very strong Youth contingency, and this group are a fabulous bunch of club members, happy just to be there, participate and have fun, medals being a bonus! The Seniors and Boaties were also strongly represented. There were some great results and some disappointments building strength and resilience. There is such a strong sense of community amongst Point Leo attendees being competitors, officials and supporters. True Point Leo spirit!

From all reports, The Junior State Carnival at Warrnambool continued the Point Leo spirit. A great weekend of fun and results.

And last to note, several athletes attended Aussies in Scarborough. Amazing effort from all who attended and represented our Club with pride. And congratulations to the Masters Team of Frank Christian, Jon Ford and Tim Farrell for achieving a gold medal in the surf race. Incredible achievement.

On another note, huge congrats to Kylie Clark for being named as finalist of the VicSport Awards for Community Official the Year. This is an amazing achievement.

Finally, I wish you all a wonderful winter and thank you all for your continued dedication to our fantastic club. I look forward to next season where we can all connect and continue our commitment to our purpose.

Julia O'Shaughnessy

Australian Pool Lifesaving Championships

This year, three of our Leo athletes, Oscar Skehan, Milla Skehan and Milla Clark, formed part of the Victorian Development Team at the Australian Pool Lifesaving Championships. We hear from them about their experience and success:

Kylie Clark, on behalf of Milla Clark

The 2023 Australian Pool Surf Lifesaving Championships were held at Melbourne Sports and Aquatic Centre in January, and what a spectacle of racing we were treated to! Point Leo had three athletes representing Victoria - Oscar Skehan (U16) and Milla Clark and Milla

Skehan (both U14).



Pictured 1 - Milla Clark at the APLSC

The Australian Pool Lifesaving Championships are a true test of lifesaving ability and stamina, and are an exciting spectacle to watch, whereby athletes from all around Australia compete in several events, all of which replicate lifesaving skills.

Some key results from this event include:

- Oscar Skehan: Gold in the U16 25m manikin carry relay
- Milla Skehan: Bronze in the U12 line throw
- Milla Clark: Gold in the 100m manikin carry, Silver in the 50m manikin carry

Well done to all three.

The Pool Lifesaving season is a great way to hone your skills over winter - please ask either Milla or Oscar for further information.

Oscar Skehan

In January this year, I was lucky enough to be selected for U14/15 Development Team for the 2023

Australian Interstates Championships and the U16 State Team for the Australian Pool Lifesaving Championships.

Held in the same week, it was a great experience racing the best in the country in both pool lifesaving and surf lifesaving.

As part of my trip to Sydney for The Australian Interstates Championships, I competed in the Nipper Nationals, a junior version of Aussies held the day prior to Interstates as part of my race preparation. Having never raced in NSW before I learnt the hard way about getting stuck in a gutter in my iron race, an ocean condition we don't have in Victoria. A highlight of racing for the day was to place second overall (and win the composite team section) in the U14 board relay with my mates from Ocean Grove and Mentone.

At the Interstate Championships I experienced competitive racing against the best U14 & U15 surf athletes from around Australia in the individual swim race and iron which was a great eye opener to see how fast competitors are from other states. I also raced in the 6-person Aqua Cameron which placed 3rd.



Pictured 2 - The Victorian Development Team at the APLSC

Overall, the U14/15 Development

Team placed 4th, missing a podium place by just 4 points.

At the Royal Pool Lifesaving Championships, held in Melbourne, I competed as an U16 athlete, which meant that I was racing against kids much faster and older than me. Whilst I didn't place at the Championships, I did achieve some PBs, and was part of the 4-person relay team which won gold in the 25m manikin carry relay and 4th in all the other relays. It was a highlight to be part of the Victorian State Team which won the overall championships for the first time since 1997, a huge accomplishment to beat all the other states. The awards event was a huge celebration.

I would like to thank the senior coaches and athletes for their ongoing training and mentoring, Point Leo, and the Gary Tierney Foundation for supporting my goals.

Overall, both were a great experience to grow and prepare for Aussies this year.

Milla Skehan

My name is Milla Skehan and I am an U12 Point Leo athlete for Point Leo who competes in both Surf Lifesaving and Pool Lifesaving. I was excited to be selected for the U14 Victorian Development Team at the Australian Pool Lifesaving Championships.



Pictured 3 - Milla, Oscar and Milla at the APLSC

Day one of the competition was such a nerve-racking experience being one of the youngest competitors and having never raced at an Australian championship event before. I was proud of all my races and received a bronze medal in the U14 line throw event.

I feel much more confident having experienced the event and am looking forward to another year of training and racing to hopefully represent Victoria next year in the same age category.



Pictured 4 - Milla Clark and Milla Skehan carrying the Victorian flag at the APLSC

From the archives: Point Leo Olympians

In the 68-year history of Point Leo SLSC, a remarkable total of eleven members have represented Australia in the Olympic Games, ranging from the 1948 Olympics in London to the 2000 Sydney games.

John Marshall

Point Leo SLSC co-founders Dick Ellis and the late Alan Forster scored a major coup when they persuaded John Marshall to become a foundation member of the club in

1955. Born in 1930 and by now married with a young son, Marshall had represented Australia at two Olympics (London, 1948 and Helsinki, 1952) and was aiming to make the team for the forthcoming 1956 Melbourne Olympics. At the London Olympics, Marshall won a silver medal in the 1500m freestyle and a bronze in the 400m. Subsequently, while studying in the USA, he broke virtually every freestyle world record (in yards and metres) at distances up to one mile, but injury and illness later saw him swim well below his best in Helsinki.



Pictured 5 - Marshall shows early form at school in 1947

Marshall passed his bronze exam at Point Leo on 4th March, 1956. In a busy eight-day period to 2nd December, 1956 he finished second in the Interstate surf race at the Australian Surf Championships and third in the belt event, swam in a heat and placed fifth in the 200m Butterfly final at the Melbourne Olympics, and the following day he led the Australian Senior Surf Race before finishing wide of the flags to take second! His life was tragically cut short by a car accident in January, 1957. Marshall was one of Point Leo's most enthusiastic members and one can only wonder what great things he might have continued to achieve. In 1973 he was inducted into the International Swimming Hall of Fame.

Paul Nash

Paul Nash passed his bronze exam at Point Leo in 1975 and the following year swam in the 1500m selection trial for the Montreal Olympics. He finished third to Steve Holland and Max Metzger in the trial but had to endure an agonizing wait to see if the fact that he had been born in Great Britain ruled him ineligible for Australian selection. However, Nash had already bought some insurance by earlier winning the British 1500m title under their Olympic qualifying time. Relieved at last to be wearing the green and gold in Montreal, Nash finished second in heat three of the 1500m but his time (15:46.51) was not fast enough to make a remarkable final, in which the first three place getters swam under the world record. Nash's time was 11th fastest out of the 31 starters in the most grueling swimming event at the Olympics – a fine effort.

Prior to gaining his Bronze and competing at Montreal, Nash was already an experienced surf swimmer. At Victorian State level he won the 1973/74 Cadet Surf Race and in 1975/76 won both the Junior and Senior Surf Race events. He added an Australian title by winning the 1973/74 Cadet Surf Race. Nash later won bronze medals at the 1975/76 Australian titles in the Junior Surf Race, the Junior Surf Teams and the Senior Surf Teams – three medals in one day!

Bruce Featherston

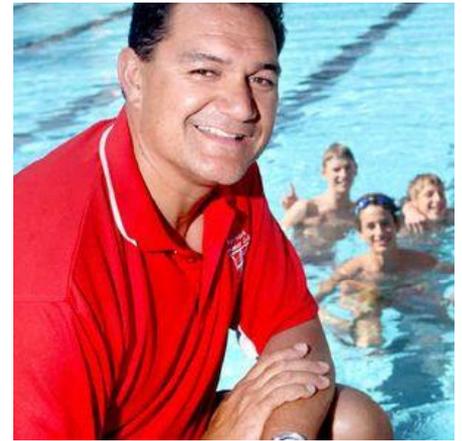
Born in 1952, Bruce Featherston gained his bronze qualification at Point Leo on 7 November, 1970. As one of Australia's top medley swimmers his focus was always on gaining selection for the 1972 Munich Olympics but when time allowed he did compete in some

R&R and surf events for Point Leo, finishing third in the 1970/71 Victorian Senior Belt race.

The swimming events at the Munich games were dominated by the US champion Mark Spitz, who won a then unprecedented seven golds. Featherston took on a big program comprising the 200m Backstroke, 200m Individual Medley, 400m Individual Medley, 4x100m Freestyle relay and 4x200m Freestyle relay but in the individual events his heat times were not fast enough to make the finals, although he did finish second in his 200m Individual Medley heat. In the 4x200m relay heat, the Australian team finished first to win a start in the final, where they finished fifth. Unfortunately, Featherston did not get to swim in that final as his place had been taken by another swimmer.

Greg Fasala

Born in 1965 and a proud member of Point Leo after passing his Bronze on 23 December, 1979, Fasala found fame as a member of Australia's "Mean Machine" sprint relay freestyle team, their trademark shaven heads eliminating the need for swim caps! At the 1984 Los Angeles Olympics, Fasala's 4x100m Freestyle relay team finished a close second in a time of 3:19.68 to the US team which won in 3:19.03. Earlier in the 1982 Commonwealth Games the Mean Machine, including Fasala, won gold. Fasala won more Commonwealth gold medals in the 1986 Edinburgh games in the 100m Freestyle and the 4x100m Freestyle relay.



Pictured 6 - Greg Fasala is now an accomplished swimming coach

As a member of Point Leo, Fasala swam in carnivals when his demanding pool training schedule allowed, picking up the 1982/83 Victorian Junior Belt Race title along the way.

Rob Woodhouse

Even before he gained his Bronze qualification on 2 January, 1982, Rob Woodhouse was already an accomplished surf lifesaving performer, with a silver medal in the Cadet Run-swim-run from the 1980/81 Australian titles. Over the ensuing decade he achieved the remarkable feat of combining top level surf and pool swimming, including medaling at the Olympics and Commonwealth games and selection for several Victorian surf teams, as well as the time-consuming role of Point Leo Club Captain for five years, and generally being one of the main movers and shakers in the club during the 1980s.

Born in 1966 and an imposing 1.90m tall, Woodhouse was Australia's best competitor in the grueling Individual Medley events (200m and 400m), and despite the distractions of gaining university degrees, getting married and his surf lifesaving commitments, he became the only Australian male to win a medal in

the 400m Individual Medley, a bronze at Los Angeles, 1984. Woodhouse also gained selection for the 1988 Seoul Olympics, where he was unplaced. He also medaled at the 1986 Edinburgh and 1990 Auckland Commonwealth Games, before retiring from pool swimming in 1990.



Pictured 7 - Rob Woodhouse was a supreme pool and surf all-rounder

From the 1980s to the mid-nineties Woodhouse was a regular member of Victorian state surf teams. He won several Open Surf race championships at Victorian titles and was highly placed in surf and belt races at the Nationals. In 1991 he joined the small and select group of Point Leo members to win a national title after his narrow victory in the Australian Over 24 Surf Race event. In 1992/93 he captained the state team and in 1994, his final year in serious competition, he was again a member of the state team after winning yet another state Open Surf race title. It is hard to think of any other Point Leo member who has sustained such a level of competitive excellence for so long.

And Rob, who now resides in Scotland, capped it off last year when he successfully completed a crossing of the English Channel.

David Wilson

David Wilson was born in 1966 and passed his bronze exam at Point Leo on 1st January, 1989, after having gained selection in the Australian

team for the 1988 Seoul Olympics as a butterfly swimmer. In the 100m butterfly in Seoul he produced a fine time of 55.54 seconds to win his heat but was unable to make the final of the event. In the 200m butterfly he also won his heat and finished an excellent sixth in the final in a time of 1:59.2.

Toby Haenen

Like Wilson, Toby Haenen passed his bronze exam at Point Leo on 1st January, 1989. He was born in Launceston on 8th October, 1973 and was a crack backstroke swimmer in the pool and a very useful surf swimmer as well. Haenen made his international debut in the Australian team for the 1992 Barcelona Olympics but was unable to make the finals in the 100m and 200m backstroke events. At the 1996 Atlanta Olympics Haenen swam the backstroke leg in the heats of the 4x100m medley relay, the team making the final in this event. In the final he was replaced in the team by another swimmer and the team finished third to teams from the USA and Russia. However, as a team member in the heats Haenen was also awarded a bronze medal.

Haenen also had a fine record in the surf. He won the 1989 Victorian Cadet Surf race title and finished second in the 1989 Australian U15 Run-swim-run event. The following year he won the Victorian Junior Surf race and at the 1991 State titles he won the Under 18 sprint Swim. In 1991/92 Haenen won the inaugural Point Leo Swim Classic over 1200m.

Jon Doak and Robert Doak

Born in 1957 and 1958 respectively, Jon and Robert Doak from Rosebud came to Point Leo from a kayak

paddling background. As kayak paddlers they were attracted to the Double Ski event at surf carnivals but kayak training took precedence.

As reported in the club's 50 year history, "A more awesome double ski combination this club has never seen! Those of us who saw them paddle 100 metres further than the hottest field ever assembled for a Double Ski State championship (in 1981/82), to avoid the carnage around the buoys, will never forget the sheer power and precision they showed paddling to a bronze medal that day." Bob Doak also won the B Grade Single Ski event.

The brothers made the Australian team for the 1984 Los Angeles Olympics in the Men's Kayak Fours (with Raymond Martin and Scott Wooden) where the quartet finished out of the medals in a very respectable seventh place.

Point Leo honours the 1984 Olympians

A special club dinner in November, 1984 attended by 110 people honoured the four members in the team for the Los Angeles Olympics – Jon Doak, Robert Doak, Rob Woodhouse and Greg Fasala.

Cameron McFadzean

Born in 1971 in Melbourne, rowing at Haileybury College exposed the future dual Olympian to water sports but it was ski paddling that mainly interested him.

According to Point Leo's 50-year history, "With no prior experience it was obvious that Cameron was a rare talent and he quickly became competitive in Open Ski competition. At the State Titles in 1995 he teamed with Clayton McDonald to win the B Grade

Double Ski state title. Half an hour later they lined up in the final of the Open Double Ski after winning their semi-final comfortably. The gun went off and the flurry of paddles was interrupted by a huge 'crack'. Cameron had snapped his paddle. Game over. After this came a yearning to race in a purer environment."

He switched to Kayak paddling and won a National title in the K1 1000m followed by a meritorious ninth place finish in the K-1500 event at the Atlanta Olympics in 1996. McFadzean also made the Sydney Olympics in the K-4 1000m crew which finished sixth in their heat and seventh in their semi-final.

David Culbert

At the time Australia's number one long jumper, David Culbert joined Point Leo at the urging of fellow Olympian Rob Woodhouse who had spotted Culbert's obvious potential as a beach sprinter.

Born in 1967 Culbert passed his bronze exam at Point Leo on 20 December, 1992 and a few weeks later duly won the State Beach sprint title "in a canter" according to a contemporary account.



Pictured 8 - Long jump ace Dave Culbert was also a handy beach sprinter

In an international long jump career that spanned 10 years, Culbert won two Commonwealth Games silver medals in 1990 and 1994. He gained Olympic selection for Seoul in 1988 but was unable to make the final of

the long jump but he made amends four years later in Barcelona, putting in a solid performance in the long jump final but finishing outside the medals.

Culbert has been a familiar media figure as an expert commentator on track and field events at the major games.

John Horwood and Dick Batchelor

Giselle and Zoe to the rescue!

Some may remember Saturday 4th February as the day it snowed at Arthur's Seat in the middle of summer. Others will forever have it in their minds as the day Giselle Northcote (17 years old) and Zoe Warner (17 years old) brilliantly executed a rescue in terrible rainy, windy conditions in front of quite a crowd (who watched from the tower). A gentleman had got himself stuck on the rocks at Suicide after hours in the water kitesurfing. The dynamic duo skillfully launched the IRB, swiftly ensured the patient and his kit were safely in the boat and successfully navigated the surf to return to shore. Giselle and Zoe's rescue efforts on the water were equally met by the patrol team's continued assistance on the beach with Layla Romari, guided by Bella Warner, the patrol captain, and Madi Clark, the vice-captain, who brilliantly organised their team. All the while donning rainbow zinc for Pride Patrol! The patrol team's efforts have been rewarded, not just with the exhilarating adrenaline and emotions, but with a donation from the patient as a thanks! Well done to everyone.

Romy Lipszyc, Club Captain

International Women's Day Breakfast

On Thursday 8th March, Kylie Clark, Iris Cassell and I attended the Life Saving Victoria International Women's Day breakfast. This breakfast is held annually at Life Saving Victoria to celebrate the women volunteers and staff who make up a such a critical part of the organisation. We heard from three inspiring speakers:

- Tal Karp - CEO of Y Australia. Tal spoke about her time as an Olympian and key player for the Matildas, as well as her time as Victorian Minister for Women and Prevention of Family Violence.
- Meena Singh - Commissioner of Aboriginal Children and Young People. Meena spoke about her incredible career as a lawyer, and imparted wisdom on the value of diversity, and how it allows her and her colleagues to serve a wider range of clients with their unique insights and upbringings.
- Catherine Greaves - CEO of Life Saving Victoria. Catherine spoke about not only her time at LSV, but also as interim CEO of the SES from 2020-2021, and the challenges of running an Emergency Services organisation made up of both staff and volunteers.

Towards the end of the breakfast, the Westpac helicopter made a surprise visit to LSV headquarters, which was a great way to wrap up the morning.



Pictured 9 - (from left to right) Ella, Iris and Kylie at the International Women's Day breakfast

Thank you so much to the Point Leo Committee for supporting Kylie and my attendance at the breakfast, it was a fantastic opportunity to learn, celebrate and reconnect with others!

Ella Swaney

Pride Weekend

This year, Sydney, Australia hosted WorldPride 2023, and we at Point Leo SLSC joined in promoting and celebrating the LGBTQIA+ community. Saturday 4th February saw our third Pride Patrol since its inauguration in 2021. This year, the Pride Patrol was spread even further



Pictured 10 - Our patrollers over pride weekend

than our club and the Mornington Peninsula, with the initiative taking place all across Victoria! Thank you to Lifesavers with Pride, Australia's alliance of same-sex attracted and gender diverse surf lifesavers, who provided clubs with a goodie bag full of rainbow flags, lanyards, zinc and posters for our clubhouse. On Sunday 5th February, patrolling members and staff from Lifesaving Victoria (LSV) paraded down Fitzroy Street alongside the Emergency Services in Saint Kilda's Pride March. It's estimated some 50,000 spectators lined the way for us to march – it was an incredible experience! There, of course, is still much to do at our club and in the surf lifesaving community as a whole to make members of the LGBTQIA+ community as safe, welcomed and celebrated as possible. I'm so pleased to see that the discussions in this space continue, and are progressing across the state. Please get into touch with me if you'd like to be involved.

Romy Lipszyc, Club Captain

As always, many thanks to our wonderful sponsors:

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