

# LENNOX LONGBOARDERS CLUB Inc.

## NEWSLETTER

### Xmas Edition 2009

Lennox Longboarders Inc  
Po Box 152  
Lennox Head NSW 2478  
[www.lennoxlongboarders.org](http://www.lennoxlongboarders.org)  
email-  
[club@lennoxlongboarders.org](mailto:club@lennoxlongboarders.org)

#### PRESIDENT

Peter Regan  
02 66876696

#### SECRETARY

George Leslie  
(02) 6687 4277

[club@lennoxlongboarders.org](mailto:club@lennoxlongboarders.org)

#### TREASURER

Peter Stephens

#### CLUB CAPTAIN

Darrin Nobbs

#### COMP DIRECTORS

Greg Gover  
Paul Hicks  
Dario Scopesi

#### GEAR STEWARD

Terry Kay

#### FEATURES

PRESIDENT'S REPORT

STRETCHES FOR SURFING

SECRETARY'S REPORT

UP & COMING EVENTS

CLUB ROUND RESULTS

CLASSIFIEDS/4 SALE



### MAJOR SPONSOR

## LENNOX POINT HOTEL

17 Pacific Pde Lennox Head ph- 02 66 877312  
<http://www.lennoxpub.com.au>



### CLUB ROUNDS

Meet@ Lennox Main 7.30am.  
Restart 2010 Sunday February 14th



Lennox Longboarders at the Oct 2009 club round



**MERRY XMAS & A SAFE FESTIVE SEASON**  
with some great waves.

# TRIPLE X WETSUITS

**Don Munro**- Triple X UV & Aquatic Clothing

Email- [don@triple-x.com.au](mailto:don@triple-x.com.au)

**Showroom**- @ 10 Piper Drive

Southern Cross Industrial Estate. Ballina.

Ph- 6686 3939

10% discount to club members

## President's Report.

Well 2009 is almost done and dusted for the Lennox Longboarders. I have really enjoyed my year as President of our club. I think the club is in pretty good shape but as I've said all year we are the sum total of all our parts and when we all make a contribution then we can do some good things. Although the conduct of our annual event "The Classic" is major and required a big effort from so many, it's the general business that keeps our club going. To everyone who put their hand up and made things happen I would like to say a very special thank you.

On a personal note I would like to say thank you to the 'committee' members. The work you did made my job so much easier. In particular George Leslie and Peter Stephens. Both of you did so much to keep the club running this year. George keeps an eye on everything and has proven, once again to be a real asset to the club. I would also like to thank Greg Gover, Sally and Forfar Petrie, Terry Kay and Wayne Booth for all your hard work. Last but not least I would like to say thank you to all the club members who turned up and surfed in the right spirit and made a contribution.

To the new President Jim Baker I would like to wish you all the best. You have a good team and remember if you are ever get stuck just ask George! Let's all do it again next year and if we need a motto for 2010 I would like to propose that all members should invite someone to join us at a club round, young or old. New members bring new ideas and help revitalise to the club. That's all folks, thanks again and a Merry Christmas and a happy new year to all the crew at Lennox Longboarders.

Retiring Pres ..... Peter Regan

## Where does some of our money go ????????



### Group photo Charities Donation Day

On Saturday the 28<sup>th</sup> November the Lennox Longboarders Club brought together 6 recipients' that were mainly local to present cheques totaling \$2800.00 to, after fundraising throughout 2009 through club functions & the Annual Lennox Longboard Classic we run in early August.

The recipients' were, **The Westpac Life Saver Rescue Helicopter**, **The Disabled Surfing Assoc.**, **The Cancer Council of NSW**, **The Ballina Volunteer Coastguard**, **The Lennox Surf Lifesaving Club** & our club member, **Sam Petterson**, a disabled athlete in his quest for Para-Olympics. The Cheques were presented by Peter Regan, Club President.



**Sam Petterson getting his support from the club**

**MERRY XMAS**

**and a Safe Festive Period**

**Cheers Boothy**

# Lennox Head

## PHYSIOTHERAPY

PH 02 66 876124  
SALLY PETRIE . MAREE BOWERS .  
STUART CHEVAL.

### STRETCHES FOR SURFING

Provided by Sally from the Lennox Head Physiotherapy Centre

Hi everyone,

I thought that for the final stretches for 09 that I'd concentrate on the neck as so many surfers suffer from neck pains due to a range of stress including hyperextension when paddling.

The neck, and muscles that attach from the neck to the shoulder girdle, get a big work out when surfing. From loading the surfboard onto the car, carrying down to the beach, paddling, turning to look at the oncoming waves, checking out the other surfers... to help keep these muscles free from tension here are a few simple stretches."



These stretches are only to be used as a guide. For specific problems please consult your Physiotherapist or you can call me at Lennox Head Physiotherapy Centre



Fluid Foils- Lot 42 Clark Street Ballina- Tel-6686 7858  
See- Phil Way- [Email-fluidfoils@yahoo.com.au](mailto:fluidfoils@yahoo.com.au)  
[Web-www.fluidfoils.com.au](http://www.fluidfoils.com.au)

## Secretaries Report

Well I reckon we've had a great year, lots of fun, full number of club rounds, and even a few with some quality waves.

I'd like to thank the committee of 09 for their assistance in keeping the club rolling along and am sure that the 2010 crew will do the job, are they are

President	Jim Baker
Secretary	George Leslie
Treasurer	Peter Stephens
Club Cpt.	Neil Edmonds
Jnr. Club Cpt.	Toby Ryan
Contest Dir.	Greg Gover
Publicity Off.	Wayne Booth
Social Dir.	Steve & Chris O'Neil
Gear Steward	Terry Kay
Public Off.	Greg Gover

All contact to the club should be made thru either PO Box 152 Lennox head NSW 2478 or by email at [club@lennoxlongboarders.org](mailto:club@lennoxlongboarders.org)

The dates for this year's 'Classic' are August 7<sup>th</sup> & 8<sup>th</sup> and work will be underway very soon on sponsorship and planning.

Regards ..... George Leslie

Mi Thai

LENNOX HEAD

Dine in—Takeaway—BYO

(02) 6687 5820

2/76 Ballina Street Lennox Head 2478  
www.mithai.com.au

## UP & COMING EVENTS.

### CLUB ROUNDS.

Recommence 2<sup>nd</sup> Sunday February 2010

### CLUB ROUND RESULTS.

#### October 2009 club round

The club had their October round on Sunday the 18th, a deferred round from the previous Sunday & we surfed at Lennox Main beach. 17 members surfed, a sunny spring day, a small swell, 2 to 3 ft, but fairly clean with light southwest winds prevailing for most of the morning turning southeast towards the end of the round.

Standout for the round was Scott Channon scoring some high scoring rides with numerous nose-rides. His dad Geoff surfing well considering a long layoff from surfing rounds this year. It reflected in the placing, first & second. The swell being small was a challenge for the big guys

**Firsts** 1. Scott Channon. 2. Geoff Channon. 3. Forfar Petrie. 4. Scott Seymour.

**Seconds** 1. Callum Gover. 2. Greg Gover. 3. Peter Regan. 4. Grant Ryan.

**Thirds** 1. Gary Alford. 2. Wayne Booth. 3. Neil Edmonds. 4. Col Rodrick.

**Fourths** 1. Terry Kay. 2. Toby Ryan. 3. Tim Harrison. 4. Liz Petterson

Surfed one round only- George Leslie

Winner of the voucher from Mi Thai restaurant, Lennox Head- George Leslie

### November 2009 Club Round Report & Results

The club round deferred in November was held on Sunday the 15th in mushy north east conditions with waves struggling to reach the 0.5m mark. But the day was full of sunshine. Only a small contingent surfed totaling 15. Outstanding surfing was again displayed by Scott Channon extracting nose rides and carving manoeuvres from the small weak waves.

This was the last round of competition before the Annual General Meeting/Club 2009 Presentation & Christmas Party to be held on the 5th December 2009 at Lake Ainsworth Recreation Centre from 3pm.

Next year's competition and sign on will start at 7.30am on the second Sunday of February 2010, meeting in front of the pub at Lennox Beach. Any new members are most welcome (men's, ladies, juniors all very welcome). INFO regarding the club can be accessed on the Club's website, [www.lennoxlongboarders.org](http://www.lennoxlongboarders.org).

### Results November Round

**Firsts** 1. Scott Channon 2. Scott Seymour 3. Terry Kay 4. Darin Nobbs

**Seconds** 1. Callum Gover 2. Jim Baker 3. Col Roderick 4. Tim Harrison 5. Wayne Booth

**Thirds** 1. Ainslie Gover 2. Greg Gover 3. Neil Edmonds 4. Tracey Nobbs

Didn't surf the second round: Tim Hassey, Wayne Sullivan

Winner of the monthly voucher from the Mi Thai restaurant Lennox Head was Tim Hassey.

## 2009 Club Xmas & Presentation

Clubbers, Our Club 2009 Xmas/ AGM/ Presentation was on Saturday afternoon the 5th Dec, Started at 3pm. A crew of about 40 & Kids enjoyed some good food, Entertainment a soloist Guitarist Named Birdie, he was good. Santa this year was Tim Harrison Thanks Tim, Thanks to our club 2009 catering committee Forfar & Sally Petrie as I said great food, a good venue. By the way Jim Baker is our new Club \Preso for 2010, Congratulations....



2009 Joint Club Champions- Forfar Petrie, Greg Gover



2009 Club person of the year, Terry Kay



2009 Rookie Award, Gary Alford

## The Club's 2009 Xmas & Presentation Awards- RESULTS.

**Junior Encouragement Award:** Toby Ryan

**Ladies Encouragement Award:** Ainslie Gover

**Ladies Most improved:** Tracey Nobbs

**Encouragement Award Men's:** Jim Wilkinson

**Rookie of the Year:** Gary Alford

**Club Contribution Award:** Peter Stephens

**Most Consistent** Scott Seymour

**Nose riding Award** Scott Channon

**Best and Fairest:** Terry Kay

**Ladies Champion:** Sally Petrie

**Senior Men's second overall and highest junior point score:** Callum Gover

**Club Champion:** tie between Forfar Petrie and Greg Gover

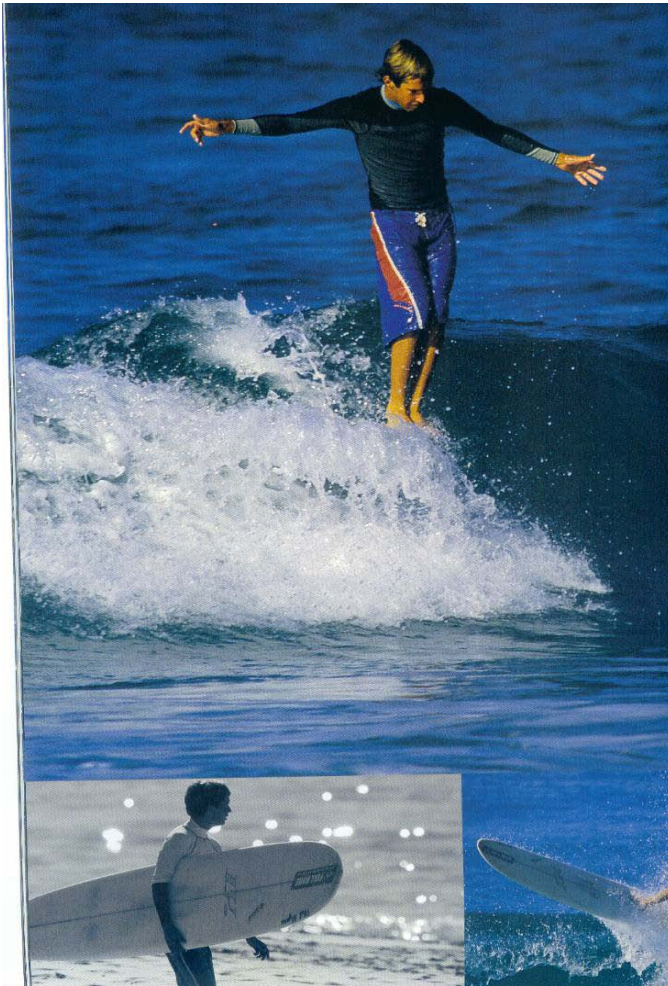
**Club person of the Year:** Terry Kay



Club Treasurer Peter Stephens in the O/60's final at the 25<sup>th</sup> Annual Yallingup Classic on December 6<sup>th</sup>. Peter placed 4<sup>th</sup>, well done mate. Go Peter.

## Nose riding

The classic art and style behind it, portrayed beautifully by Scott Channon at one of our last club rounds.



Some photos of Scott in 2004



## Classifieds



FOR ENQUIRIES  
Gary Burden 042827734

New to the Classifieds



**Great repairs, great service**