

# The Bondi Surfer - 04 May 2010

## The Bondi Surfer



### Upcoming events

#### **CRAFT ROOM CLEAR OUT**

The craft room is being cleared out this Sunday at 9 am, any boards, surf boards, craft or anything else that is not on the list for the surf boards and the allocation list will be removed from the craft room, this includes boogie boards and miscellaneous equipment.

#### **End of Season Combined party -**

Norths, Tama, Bondi and Bronte celebrating together! May 22nd at the Beach rd hotel, tickets will be on sale from the office. The minimum age limit is 18

#### **2009/2010 Presentation Night – Saturday 6 June**

Following the success of the Presentation Night last season, we have decided to hold a similar function at the Club on 6 June. For those of you who don't remember or weren't around, this is a fully catered dinner in the main hall with drinks included for only \$30 per head. Please remember that last year's event sold out extremely quickly, so make sure you get your table organised quickly. The dinner is strictly limited to 14 tables of 10, and it's first in best dressed. Bookings are being taken by the office from next Monday morning.

#### **North Bondi End of Season Party and Iron Man**

- What: End of Season Party
- When: Sat 8<sup>th</sup> of May from 6pm
- Where: North Bondi Surfclub
- Theme: "Around the World" – Simply come dressed in your best impression of a country's stereotype or national dress
- Band: "Shark Alarms"
- Cost: \$15 (Over 18's only)

We are also staging the famous "End of Season Ironman" race on the same day. This is a handicapped event so anyone and everyone can compete no matter what your age/skill level. Once again everyone is welcome so come down and have a go. You can choose to complete the race as an individual or form a team of up to 4. And don't worry if you are a member short we will be able to provide people to make up numbers (especially ski paddlers).

The race will consist of 3 regular ironman courses. So for the professionals or those who are just keen to get in some last minute secret sessions the order will be SKI, BOARD, SWIM, RUN!!! There are great prizes from SKINS, Bayview Boulevard Sydney, Slipstream & Live Your Live for the Mens/Womens/Team categories. We will also be holding a raffle on the day, along with a BBQ and Harris Farms have jumped on board to supply fresh fruit for all the competitors on the day

- What: End of Season Ironman
- When: Sat 8<sup>th</sup> May, registration opens at 12pm, Race starts at 3:10pm
- Where: North Bondi
- Cost: \$15/person or \$25 if you are also attending the party afterwards.

**Surf Patrol!** - Surf Patrol Series will be back in 2010 8.00 pm Wednesdays, Channel 7 from 5<sup>th</sup> May to 9<sup>th</sup> June.

**Lifesaving** - [lifesaving@bondisurfclub.com](mailto:lifesaving@bondisurfclub.com)

**Competition** - [surfsports@bondisurfclub.com](mailto:surfsports@bondisurfclub.com)

### Competition boards and skis

All boards and skis are allocated to competitors with some being owned individually by members. DO NOT take a racing board or surf ski out unless you have been allocated one to use by either the board captain Ben Sutherland or Ski Captain Greg Byrnes

**Education** - [education@bondisurfclub.com](mailto:education@bondisurfclub.com)

### Higher Award Courses

For those wanting to do higher awards, please see the SLSA Sydney listing of awards.

<http://www.surflifesavingsydney.com.au/Lifesaving-and-Education/Training-Courses/>

To register please email your contact details together with the course description to [admin@bondisurfclub.com](mailto:admin@bondisurfclub.com)

## **General Club News**

### Social

**Celebrate the End Season with your mates from Bondi, North Bondi and Tamarama**

at the Combined End of Season Party  
Beach Road Hotel, Beach Road, Bondi, 1<sup>st</sup> Floor Bar  
Saturday 22 May 2010  
@ 7.00 pm  
DJ music and finger food available

### R&R reunion photos





**TRAINING:**

| May 2010       | Time  | Session   | Venue         |
|----------------|-------|-----------|---------------|
| Monday 10th    | 16h00 | Bondi     | Club          |
|                | 17h15 | Ski       | Club          |
| Tuesday 11th   | 5h45  | Run/Swim  | Club          |
|                | 17h15 | Run       | Waverley Oval |
| Wednesday 12th | 16h30 | Gym       | Club          |
|                |       |           |               |
| Thursday 13th  | 5h45  | Run/Swim  | Club          |
|                | 16h30 | Ski       | Club          |
| Friday 14th    | 5h45  | Board     | Club          |
|                | 16h30 | Gym       | Club          |
| Saturday 15th  | 7h45  | Ski/Board | Harbour       |
|                | 14h30 | Ironman   | North Bondi   |

Under 15,17 and 19 coaching is with Matt Colquhoun. He can be contacted on 0404234452

Winter training will be advertised as soon as a program has been drawn up. We will be training with the guys who will be doing the Coolangatta Gold as we are looking to put together some relay teams. Teams comprise of a runner, swimmer, board and ski paddler. If you are interested in participating contact Grant Veckranges on [surfsports@bondisurfclub.com](mailto:surfsports@bondisurfclub.com)

Related Files: [Rose Bay Challenge flyer hire low res.pdf](#)