

MEDIA RELEASE



FREEMASONS
ON THE CENTRAL COAST

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District 21 - Central Coast

SLSCC 'Awards of Excellence' Presentations 2020



Freemasons on the Central Coast have supported Surf Life Saving Central Coast (SLSCC) since 2012 and it was with great pride that we presented our awards (virtually) to two very deserving athletes.



Freemasons on the Central Coast 'Young Athlete of the Year'

Congratulations to **Lachlan Braddish** from Umina Surf Life Saving Club. Joining Umina SLS Club at the age of 13, Lachlan rose to become the 2020 State Champion Surf Life Saver of the Year. Not only did he achieve that small feat, he received a silver medal in the U19 Belt Race.

Promoting Freemasonry on the Central Coast through community action, charitable relief and the advancement of education.

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In addition, he managed to take 13 medals at NSW Pool Rescue Championships. All this, while studying for his HSCs.

This year, being an 'elder statesman' of the Umina Squad, Lachlan volunteered his time to coach and support the Nipper Pool rescue function. Passing on his expert knowledge and advice to many local budding athletes.

It is said, by many of Lachlan's competitors, that he is the ultimate athlete – he will always give his best!

He knows that giving his best is all he can do and this doesn't just apply to competitions, Lachlan will always put his hand up for whatever his team needs. He will smile at the end of each race regardless of the outcome as he knows surf is surf, and you live with the result, shake hands with your fellow competitors and move to the next race.



Lachlan Braddish, Umina SLSC

Freemasons on the Central Coast 'Master Athlete of the Year'

The 10th consecutive year, **Paul Lemmon** from Terrigal Surf Life Saving Club is the Master Athlete of the Year.

Paul has been a member of the Terrigal SLS Club since 1980 and is clearly an outstanding Master's athlete however he continues to go above and beyond for all club members. This year, Paul has taken on a significant role within Terrigal SLSC as a Ski Coach where he leads the ski program and provides technique and skills sessions for all competitors within the Club. Previously he has led the Pool Rescue Coaching, Iron Person and Board sessions.

Paul is currently involved with Inheritors Program (engaging youth members at the club), he co-ordinates the Master's teams and their training, and assists with the junior skills days.

With all his knowledge, skills and experience, Paul is an invaluable asset to have at the club.



Paul Lemmon, Terrigal SLSC

Contact media@FreemasonsCC.org for more information and for hi-resolution images associated with this Media Release.

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Previous Recipients of the Freemasons on the Central Coast Awards

Young Athlete of the Year

| | |
|-------------------|------------------|
| 2013/14 | Brad Woodward |
| 2014/15 – 2017/18 | Jemma Smith |
| 2018/19 | Bailey Johns |
| 2019/20 | Lachlan Braddish |

Master Athlete of the Year

| | |
|-------------------|-------------|
| 2012/13 – 2019/20 | Paul Lemmon |
|-------------------|-------------|

Surf Life Saving Central Coast this year produced a video to highlight the Awards, as the current COVID-19 pandemic meant the normal ceremony couldn't be attended. The SLSCC Awards video can be viewed on their YouTube channel [HERE](#).



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Hi-resolution versions of all photographs shown in this Media Release can be downloaded by following the link below:

- [4Jul20_SLSCC_Awards](#)

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