

Silver Salties Ambassador

Laura Thurtell

Laura Thurtell is a well-respected member of the lifesaving community across New South Wales and Australia.

She is known for her passionate service as a volunteer lifesaver, coach and community education advocate at Forster SLSC and Bondi SLSC including her role as Nipper Competition Coach at Bondi SBLSC (2018-2020) and as a Level 2 SLSA Surf Sport Coach. Laura has always loved the challenge and mental stimulation of passing on her skills and knowledge to all club members from Nippers to older club and community members.

Laura also boasts an impressive track record as a surf lifesaving competitor achieving many accolades at state, national and international levels including NSW Masters Competitor of the Year (2018), NSW Masters Surf Life Saving Champion - Surf Swim, Tube Race and Ironperson (2019), Female Ironwoman Australian Surf Lifesaving Masters Championship (2018), and Current World Masters Champion - Ironperson, Surf Swim, Various Teams and Pool Rescue Events.

Surf Life Saving Australia welcomes Laura as one of the Silver Salties Ambassadors and knows clubs and older Australians will see Laura as a fantastic role model for being active, connecting with others, keeping safe and having fun on our beaches.

Laura has contributed her knowledge and insights to help the SLSA team develop the Silver Salties initiative to ensure older Australians have safe, fun and rewarding opportunities to get active and connect socially at their local surf lifesaving clubs.

“I love the ocean and how good it makes you feel, whether you’re immersed in it, catching a wave, or just being around it. Combine that with being around people who are fun, adventurous and healthy makes it the strongest ‘feel good/anti-depressant’ vibe there is. This is what Silver Salties is all about!”

Laura Thurtell, 2020

Laura is also available to provide advice and guidance to clubs looking to set up Silver Salties programs. For more information please contact: silversalties@slsa.asn.au.

