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THRILLS AND SPILLS IN BIG SEA:

The state surf championships at Freshwater Sydney bring seas so rough that many major events have to be postponed. But the boat races go on despite a surf that's one of the season's most treacherous. Crews strain at their oars between breakers trying for those extra few yards that will allow them to weather the swirling cross-currents as each big wave breaks. And what waves they are. On the way out it's a neck and neck struggle but on the way back there are thrill's galore and more than one crew has to abandon ship.

This isn't sheer bravado. To save lives they have to be ready to go out in seas like these. And these volunteers have an enviable record of rescues. It's a tribute to their courage that they'll go out at all - risking injury from flying oars, from the boat itself as they're flung out in the swirling breakers. Every sea drama produces a Captain Stayput. In the senior boat race one boat is damaged almost beyond repair and four of the crew are injured. Take your hat off to these boys taking incredible risks in the name of sport. Guardians of the beaches pitting their strength and endurance against the season's toughest surf.

LENGTH: 130'
