



Cnr Garfield Tce and Thornton St Surfers Paradise
P O Box 980 Surfers Paradise Qld 4217
Phone 07 5539 8091 Fax 07 5531 7071

Email info@northcliffesurfclub.com.au
www.northcliffesurfclub.com.au

21 August 2009

Pat O'Keeffe Director of Coaching
Northcliffe Surf Club
PO Box 997
Southport Qld 4215

To: Intelligent Inventions Limited
Re: Intelligent Ice Report

Our iron men and women athletes and life savers undergo an intensive training program which can cause them to be prone to muscle soreness strains and injuries. We are always looking at new medical technologies that could help our athletes recover, and we had heard exciting reports about the benefits of the new intelligent ice product.

We have been using the intelligent ice product, with brilliant results. The quick recovery period from an injury is outstanding, and it is exceptional for cooling our athletes' bodies after extreme exercise and training.

The intelligent ice is a real breakthrough as it stays cold for long periods of time without freeze burning; I have never experienced a product like it. The fact we have to travel to many events our athletes are able to leave this product on whilst travelling or can leave it on all day and night which they have found fantastic as they recover so much faster enabling them to continue training and competing.

I have been coaching professional champion athletes for 30 years, and I have personally used the intelligent ice and recommend this brilliant product with the highest regard it is a real life saver.

Sincerely,

Pat O'Keeffe

Director of Coaching 150 Iron Man and Iron Woman
Coaching results and achievements:

DIRECTOR OF COACHING - Pat O'Keeffe is the most successful surf sports coach in the history of Surf Life Saving. His results over his coaching career are outstanding. Pat has coached the BMD Northcliffe Surf Club to six Australian Point score Championships and three World Ocean Point score Championships. He has coached nine Australian Ironwoman Champions and six Australian Ironman Champions and Olympic silver medallist Grant Davies. In the professional Ironman/Ironwoman series (Uncle Tobys & Kellogg's) he has coached 13 female overall series champions and 11 male overall series champions.



**Best Surf Life Saving
Supporters Club**



**Best Large
Club Bistro**

Australian Champion Club
2004 | 2005 | 2006 | 2007 | 2008