April 2018

snowy hydro NEWS

Moving ahead with Snowy 2.0...

CEO Paul Broad

Read inside for more...

In this edition:

Tantangara Reservoir, 2018.

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ISSUE 40


Talbingo Reservoir

Moving ahead with Snowy 2.0

CEO Paul Broad gives the community an update on Snowy 2.0, our shareholders and includes some frequently asked questions about the project recently published in the Australian Energy Review...

To say it's a busy time at Snowy Hydro at the moment would be an understatement. The amount of work that has been done on our Snowy 2.0 pumped hydro expansion project to date, and will continue to be done in 2018, is tremendous - all while we continue to successfully manage our business as usual activities.

We were very pleased to release the feasibility study back in December, which confirmed that our Snowy 2.0 project is both technically and financially feasible. We spent over eight months completing robust economic modelling and analysis, as well as cutting edge design and engineering. The comprehensive study had significant input from leading experts in economics, engineering and geology and provides a base case design and a strong investment case that exceeds our stringent investment hurdles.

We're currently progressing the project towards a final investment decision in late 2018. The work underway includes:

- continuing the geotechnical drilling program to further refine the project's design;
- contracting for the civil works and electrical and mechanical equipment supply;
- undertaking a rigorous and well established environmental approval process; and
- finalising funding options for the project.

When it comes to funding the project, Snowy Hydro will use ordinary corporate funding options (a mix of profit and debt funding) to pay for Snowy 2.0. Snowy Hydro is like any other company that operates in a competitive market. Over the past 15 years, we've funded well over a billion dollars worth of projects and acquisitions on our balance sheet.

Completing the feasibility study was a significant and exciting milestone for us but it's just the beginning. The sheer size of Snowy 2.0 makes it a complex and significant project that will put the Snowy Mountains back in the global spotlight.

Earlier this month, Snowy 2.0 was also declared Critical State Significant Infrastructure (CSSI) by the New South Wales Government. This declaration reflects the critical role that the Snowy 2.0 project, together with the upgrades to the NSW transmission network, will play in providing reliable energy and large-scale storage to NSW as we transition to a low emissions economy.

The CSSI declaration is not the final approval for the project. It is a framework that sets out the robust environmental assessment and approval process that is required for the project.

We are currently preparing a comprehensive Environmental Impact Statement which includes a range of scientific, technical and economic studies. We have the greatest respect for the Kosciuszko National Park - our backyard - and will do everything we can to minimise impact. We have called the Snowy Mountains home for almost 70 years and have a proven track record of operating responsibly across the region.

On a final note, Prime Minister Malcolm Turnbull recently confirmed that the Federal Government will become the sole shareholder of Snowy Hydro Limited by purchasing the New South Wales and Victorian Governments' shares in the company.

This is simply a change in the ownership of shares in the company and for Snowy Hydro, it's very much business as usual. We are a Corporations Act company with an independent Board of Directors and there are no changes to our operating regime, including the Snowy Water Licence.

Australian Energy Review interview with CEO, Paul Broad...

Why is this such a significant (and necessary) project to Australia as the NEM becomes more reliant on renewables?

Snowy 2.0 is a critical project for the NEM and will serve the market and consumers by providing dispatchable generation to address supply volatility, as well as fast-start capability and large-scale storage to address intermittency issues.

We believe that the NEM is at the tipping point of renewables becoming the dominant source of power with coal on its way out. This transition to renewables cannot be achieved in an orderly fashion without massive storage. Snowy is the supplier of storage on scale and is strategically located between the two major load centres of Sydney and Melbourne.

Intermittent renewable generation, underpinned by dispatchable generation such as hydro-power to ensure reliability of the energy supply, is a combination that could replace thermal base load energy.

The high degree of urgency with which Snowy Hydro is progressing the project reflects the rate of change being experienced across the NEM.

What work is the company currently doing ahead of a final investment decision on the project later in 2018?

There is a lot of work underway to prepare the project for a final investment decision (FID). The major work streams are finishing the second phase of the

geotechnical drilling program to further refine the project's design, undertaking a comprehensive and robust Environmental Impact Statement and raising capital and funding as Snowy Hydro will be funding the project.

How do you respond to critics claims that the economics of the project don't stack up?

At Snowy Hydro we take a very commercial approach to all capital investments and unlike our competitors, we have an impeccable investment track record in not having written off a single dollar. Even based on conservative assumptions, Snowy 2.0 has an internal rate of return of 8%, which exceeds our stringent investment hurdles.

Snowy Hydro is a growing and successful business and we have done extensive and forensic work on the project's business case. This includes expert independent modelling that says the products Snowy Hydro sells today will be in even higher demand as we move to a low-emissions NEM. These products include capacity contracts, energy storage and ancillary services.

Many of the project's critics have made the mistake of trying to superimpose Snowy 2.0 on today's NEM. Snowy 2.0 is not a project for today but for the future when coal-fired generation is retiring and the increasing penetration of intermittent renewables makes large-scale storage projects critical.

Batteries will play a role too, but over short time intervals (several minutes up to an hour). Batteries don't play a role in the large-scale storage markets served by Snowy Hydro's existing or future operations.

Snowy 2.0's size and scale (350 gigawatt hours) will underpin the stability and reliability of the NEM even during prolonged weather events such as 'wind or solar' droughts.

For example, in South Australia (across FY2015 and 2016), the difference (deficit) between average wind production over a two week period and the minimum wind production over two weeks, was 60GWh. Assuming a 100MW battery was fully charged at 0.129GWh, it would be only be able to cover 0.2% of this two week energy deficit (and with no off-peak power to recharge becomes a stranded asset).

In the energy markets of the bigger states of Victoria and New South Wales energy shortages will also occur and could be as much as 300GWh.

What are the biggest engineering challenges ahead for the project? Do you think the 2024 timeframe for the first power out of Snowy 2.0 is achievable?

Like building the existing Snowy Scheme there are a number of engineering challenges and some potential world firsts in the Snowy 2.0 project.

The high water pressures combined with the long power waterways presents a challenge in controlling the maximum and minimum water pressures during both normal and emergency operating conditions. Careful design of the facility surge tanks, turbines and control systems is required to overcome this challenge.

Constructing the huge underground cavern for the power station about 1km below ground is also not without its engineering challenges. The cavern fit out includes six main transformers that could weigh up to 250 tonnes each. Transporting the transformers and getting them down into the cavern will be a big logistical challenge.

Combining global experience and local expertise (across academic institutions, specialist engineers, facility owners, equipment manufacturers as well as construction and service companies) will enable the project team to overcome the engineering challenges.

The work being done ahead of FID will firm up the construction schedule however at this point there is no reason to revise the 2024 timeframe.

How many jobs will the project create and what opportunities will there be for Australian businesses and suppliers?

We expect Snowy 2.0 will create up to 5000 direct and indirect jobs over the life of the construction. There will be many opportunities for local businesses to be involved in the project or provide supportive services.

Preparing the Snowy 2.0

Environmental Impact Statement

Snowy Hydro has a strong track record of responsible environmental management, and this will carry over to Snowy 2.0. Manager Environment, Charlie Litchfield, gives a detailed outline of the Environmental Impact Statement process...

For almost 70 years Snowy Hydro, and the Snowy Mountains Authority before it, has carefully operated the Snowy Scheme in the Kosciuszko National Park (KNP) alongside other Park users and the community. Many thousands of locals and visitors have come to admire the Scheme. The way we can use water to generate hydro-energy before it's returned to users and the environment downstream is becoming more and more relevant as we move towards a low emissions future.

Snowy Hydro has a well established Environment Policy which requires us to avoid harm to the environment when we carry out any work. Above and beyond this commitment, we must comply with a range of laws protecting the environment around us. We have a very strong track record of responsible environmental management and compliance with regulations over the years, and this will now extend to managing the potential environmental impacts of Snowy 2.0.

The Snowy 2.0 Feasibility Study (see Chapter 17 on our website) concluded that there are a range of benefits and potential impacts that may be associated with construction and operation of the project. Snowy Hydro is now going through the process of putting together an Environmental Impact Statement (EIS) to thoroughly understand the social, economic and environmental aspects of the project and how they will be managed. The EIS process is much the same as putting together a Development Application, only much bigger in terms of technical work required and engagement with stakeholders.

We have commenced more than 20 separate streams of technical and scientific work to underpin the EIS. The work ranges from biodiversity assessments, to social and economic analyses, aquatic pest species management and establishing water monitoring networks. For many months now we have been listening and talking with the community, governments and interest groups, and our community engagement is ongoing. When complete, the EIS will allow all our stakeholders to fully understand the potential benefits and impacts and how they will be managed, as well as providing the technical basis for the approval process.

Unsurprisingly, a number of the benefits and potential impacts were identified by community groups of the Snowy Mountains during our months of consultation and the information sessions we held late last year.

The aspects of Snowy 2.0 that were most important to local people included:

- the opportunities for local jobs and business activity and investment;
- the potential for recreation areas that people use to be affected; and
- potential environmental impacts.

For this edition of Snowy Hydro NEWS, we'll address some of the environmental considerations and in future editions, we'll cover jobs and business opportunities.

Sharing recreational areas

If you take a look across the entire existing Scheme, you will quickly see that our operations coexist with the needs of recreational users and in some areas, our assets attract visitors to the region. The only places that this does not happen are where there are safety concerns - we will not put people's safety at risk.

There are a few areas that are crucial for the construction and operation of Snowy 2.0 and we know that we share these with campers, bike riders, fishers and horse riders. These are mostly around the Tantangara and Talbingo reservoirs.

During the construction of Snowy 2.0, there will be some areas around these reservoirs that will not be safe for the public and there may be restricted access for a period of time. While most restrictions will be during construction periods, there are likely to be a few spots that will be closed permanently due to the operation of the new pumped hydro scheme. The best example of this would be around dam walls and the new intake structures for Snowy 2.0 where water flows are unpredictable. We don't expect these few sites to heavily impact on recreational use of the lakes or area of the Park.

As the project's design is further refined over coming months, the precise locations where access will be limited will become clearer. We have been working with NPWS on this issue, and where we might restrict or impact on the amenity of recreational areas, we are actively looking for alternative access to sites and suitable alternative recreational facilities.

Potential impacts to vegetation, habitat and flora and fauna

While the majority of the Snowy 2.0 project will be underground, there will be some areas on the surface that will be impacted. These areas include access tracks, areas to locate people and materials, and tunnel entrances. Much of this will be temporary and will be, in time, rehabilitated like most construction areas of the Scheme.

Our approach is to avoid environmentally sensitive areas with special species and habitat as much as possible. To do this, Snowy Hydro has been surveying the project area and collecting information which is informing the project's design and providing data for the EIS. This survey work has involved thousands of hours of ecologists' time (both aquatic and terrestrial) and the information collected will create a significant new body of ecological knowledge for the NPWS. Where disturbance is unavoidable, we will look to locate project elements in less ecologically sensitive locations, minimise the footprint as much as possible and rehabilitate at the end.

Above: The Snowy Adit before rehabilitation.

Below: The Snowy Adit after rehabilitation.

The whole environmental picture

In big picture terms, Snowy 2.0 is expected to make a significant contribution to the environment, by enabling other forms of renewable generation like wind and solar power to develop - helping the energy system transition to a low emissions future.

At the local level, Snowy Hydro expects to make a contribution to 'offset' any impacts of Snowy 2.0 on the KNP. We don't yet know what the offset requirements will be, but we are currently in discussion with NPWS and other government agencies with the aim of ensuring that the project offsets can benefit the local region and the Park.

By avoiding highly sensitive areas altogether, minimising the footprint as much as possible, rehabilitating any disturbed sites and offsetting impacts, we are quietly confident that overall, Snowy 2.0 can make a positive contribution to the environment in the long term.

Impacts on water

Snowy Hydro operates under the very stringent Snowy Water Licence. The Snowy 2.0 project does not change the conditions of our water licence and does not impact on downstream water users or environmental flows. Pumped hydro gives us the ability to reuse water within a closed system, but we are required - just as we do now - to meet the water release requirements of the Water Licence.

In terms of the project's construction, Snowy 2.0's tunnelling and surface works are expected to interact with groundwater and surface water systems in some locations. This potential was considered in the Feasibility Study which included a review of the original Scheme tunneling records and recent tunnel maintenance records (the original Scheme includes 145 km of tunnels), the likely construction methods as well as analysis of the rock core being obtained through the current geotechnical investigation program.

This work concluded that the impacts can be managed through design and construction controls. A comprehensive surface and groundwater monitoring program is being established through the EIS and is expected to confirm the Feasibility Study conclusions. The data from this program will also add significantly to the KNP knowledge base in relation to groundwater and surface water systems.

When generating and pumping, Snowy 2.0 will operate within the existing Scheme rules and there will be no changes to the amount of water being released downstream for water users and the environment. As is currently the case, lake levels will be dictated by inflows, market demands and licence obligations to release water. The pumped hydro system may see Tantangara levels held slightly higher over time. It is not expected that Eucumbene levels would be significantly affected and observable changes to lake levels would more likely be the result of high inflows from rainfall events or prolonged dry periods.

Disposal of spoil

Management of what is estimated to be about six million cubic metres of natural rock material (spoil) coming out of the tunnel and cavern excavation is the single biggest environmental consideration for the project.

A number of spoil disposal options are being considered. The key drivers for spoil disposal are:

- to avoid impacts to a large area of the KNP;
- to avoid impact on roads and road users; and
- to avoid making the Project not viable by transporting the spoil to long distances.

To help us determine the best option or mix of options, numerous scientific and technical studies are underway. They will consider the chemical, physical and hydrological aspects of the rock and each of the disposal options - including looking at how the spoil would behave over the long term and under different conditions (extreme flooding, droughts etc).

With this scientific information in hand, a safe, environmentally responsible and economically viable option will be selected and put forward for approval.

The options available include reuse of the spoil as road base or as construction material, disposal to land, and disposal of material in the 'dead' storage within the Schemes reservoirs close to where the spoil will exit the tunnel.

The Feasibility Study found that disposing spoil in the reservoirs was a viable option and this is being considered with the other options through the EIS process. Interestingly, spoil was disposed within the reservoir during the construction of Tantangara.

The option involves placing the material at the bottom of the reservoirs without impacting on the storage capacity of the Scheme (it would take up around 1% of the 'dead storage' area where the water cannot be accessed), while ensuring that controls are in place to prevent harm to sensitive habitat, fishing and downstream uses.

There are numerous examples around the world of safe and environmentally sound management of this type of material - from the middle of London and Copenhagen, to the pristine lakes of Switzerland.

Pest fish transfer during operation

The presence of Redfin perch has been confirmed in Talbingo Reservoir. This species is considered a pest, particularly in the context of the recreational trout fishery for which the Snowy lakes and rivers are highly valued. There have been no Redfin identified in Tantangara and there are very high numbers of trout, so the risk of transfer to the recreational fishery through pumping operation is being taken seriously.

When pumping occurs from Talbingo to Tantangara, the effects of compression and decompression through the 700 metres of head pressure, not to mention the sheer stress and blade contact as they pass through the pumps, is likely to result in significant death rates to Redfin, but the exact mortality rates are not yet fully known. It is also not fully understood how successfully Redfin would establish in the available habitat, if individuals or eggs were to survive the trip to Tantangara.

To establish the facts around this, Snowy Hydro has asked the best hydropower fish scientists available to assess the risks and identify the management controls that can be put in place. This work includes:

- finding out exactly where Redfin are, and are not, present;
- undertaking experiments to determine if Redfin can survive the pressure, stress and blade strike impacts;
- assessing the quality of the habitat for Redfin breeding and establishment in Tantangara; and
- identifying appropriate technologies that can be used to prevent transfer and further movement downstream. These technologies include physical mesh barriers, electrical deterrence, light (UV) and sound barriers.

What about Yarrangobilly Caves?

An assessment of the potential for construction to impact on the Yarrangobilly Caves system was carried out as part of the Feasibility Study. The original alignment of the tunnel was mindful of staying away from limestone and so the caves are 6.1km from the nearest point of the tunnel works. Blasting and other works vibration and noise levels are expected to be negligible and well below all accepted damage thresholds. The EIS is expected to confirm this and provide additional certainty through the use of industry accepted noise and vibration level assessments.

Final word...

Snowy Hydro values the environment we operate in, and the relationships we have built over many years with neighbours and other people whom we share the Park with.

At this stage of the process, we are positive that Snowy Hydro can manage the impacts of Snowy 2.0 and even realise some benefits for the environment in the long term, while providing stability and reliability for the benefit of all users of the energy system and facilitating a low emissions future that meets our global commitments for increased renewables.

FOR MORE INFORMATION & ENQUIRIES:

Snowy Hydro will keep the community up to date on the Snowy 2.0 project as it proceeds. Community enquiries can be addressed to community@snowyhydro.com.au.

For more information on the project, visit our website at:

www.snowyhydro.com.au/our-scheme/snowy20

Diversity in Drilling

Snowy Hydro is proud to employ and mentor women in the energy sector and gender diversity across all parts of our workforce is a focus for us. Traditionally, women have been under-represented in engineering, but not on our Snowy 2.0 project. Emilie Lapointe, Kelly Palmer and Isabella Jaukovic are working on the geotechnical drilling program which is being conducted to better understand underground conditions through a combination of drilling, rock testing and monitoring of rock and water properties. These fantastic women share their thoughts and experience with us below.

Kelly Palmer
Snowy 2.0 Safety Manager

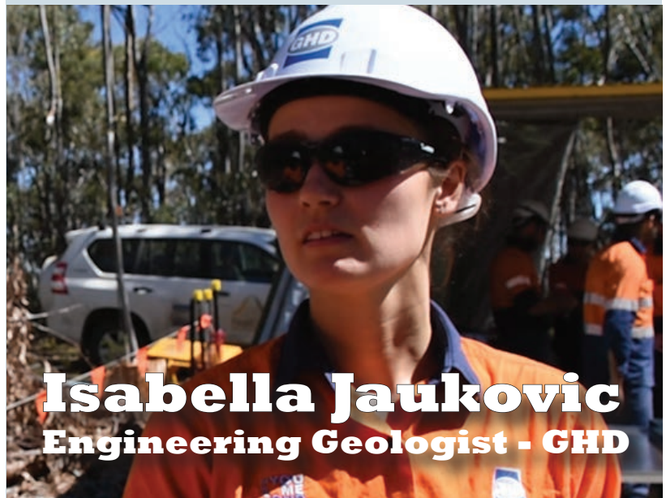
Kelly Palmer is the Snowy 2.0 Safety Manager. Safety is Snowy Hydro's number one priority which makes Kelly's job critical to our operations. Kelly joined the Snowy Hydro safety team more than five years ago and is a leader in safety and risk management in our business - and a stickler for rules.

With the amount of specialised drilling work being undertaken, and the large workforce of both Snowy Hydro employees and contractors all working in remote locations, site safety is paramount.

"My role is to ensure the highest technical and safety standards are adhered to by Snowy Hydro and all our project partners, which for the drilling work, is GHD."

"I also coordinate our emergency response procedures working closely with local emergency services, including Police, Ambulance, Rural Fire Service and our own Snowy 2.0 medical personnel so we're prepared for any emergency scenario, including an event as major as a bushfire."

"I feel very lucky to be part of the project from day one and hope the Snowy 2.0 project becomes as iconic as the original Snowy Scheme."



Isabella Jaukovic
Engineering Geologist - GHD

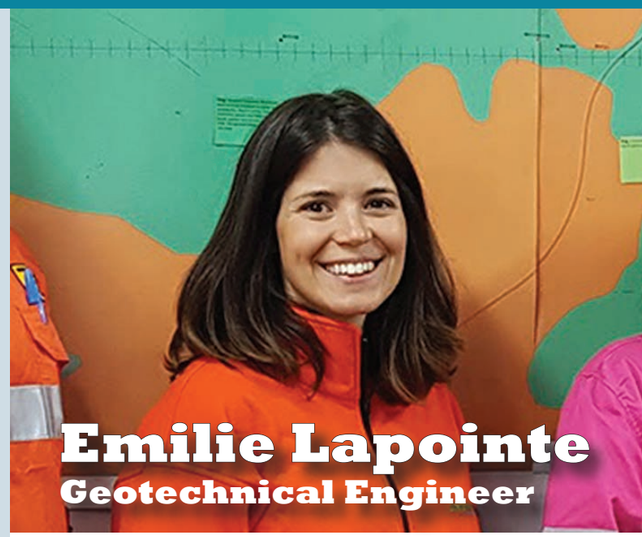
Isabella Jaukovic is excited to be part of the geotechnical site management team and is one of GHD's Assistance Site Investigation Managers. It's not the first time Isabella has worked with Snowy Hydro, having previously worked as a consultant on slope risk assessments.

"I jumped at the opportunity to follow in the footsteps of the original 'Snowy' geologists, who set a very high standard for engineering geology in Australia.

"I am fortunate to have been mentored and trained by people who worked under the original Snowy geology team."

An important aspect of Isabella's role is to keep track of the live field updates. Field supervisors on the Snowy 2.0 drill sites use GPS messaging and satellite phones to 'check-in' so that their safety and drilling progress can be monitored. With the drill sites in operations both day and night real-time data is received 24 hours a day.

"Snowy 2.0 is a 'once in a generation' project, as was the original Snowy, and it is a privilege for us young professionals with science and engineering backgrounds to preserve and expand on the knowledge, skills and experience of those who came before us."



Emilie Lapointe
Geotechnical Engineer

Emilie Lapointe is one of Snowy Hydro's Geotechnical Engineers and joined the Project during the Feasibility Study. Emilie provides technical support and site services to the drilling program.

Emilie is a Chartered Professional Engineer and has completed a Bachelor in Civil Engineering from Concordia University in Montreal, Canada and a Master of Applied Science in Geotechnical Engineering from the University of British Columbia in Vancouver, also in Canada.

"My work week at Snowy typically involves 2 - 3 days in the field, driving to drill sites or other geophysical or hydrogeology investigation areas, stopping in at each one to get an update of current rock quality and general site conditions from a safety, environmental and quality perspective."

"The fast speed, constantly evolving technical scope is quite interesting to be involved in. Snowy 2.0's location is in very technically challenging terrain, it's very interesting work!"

Eucumbene Dam

Managing the Scheme's water

It's business as usual at Snowy Hydro with general operations still ongoing, including how we manage water. **Manager Water, James Pirozzi,** outlines our water operations for the 2016-17 water year...

The Snowy Scheme was constructed to collect and move water east to west and into the food bowl of Australia. To do this, we operate a complex hydro-electric scheme that generates electricity where it makes commercial sense to do so. In this way, water releases and electricity generation are inseparably linked. Snowy Hydro must operate the Scheme to first meet its water release obligations and then to maximise electricity market opportunities within the constraints imposed by the Snowy Water Licence. The Snowy Water Licence, issued by the New South Wales Government, regulates Snowy Hydro in terms of what we can do with the water in the Scheme. It has many legally binding, enforceable obligations on the company.

One of our requirements is to ensure data related to our water operations is available and as such we have produced a water report outlining our compliance since 2008. As with previous reports, there is detailed analysis of our compliance for the water year (to 1 May 2016 to 30 April 2017) and this was independently audited prior to publication.

For the 2016-17 water year Snowy Scheme Inflows were 3,711 gigalitres (GL) which is about 134 per cent of the long term average of 2,779GL. As we received above average inflows, our storages are approaching long-term average levels.

Snowy Scheme active storage (which is the measurement of water that we can access for renewable electricity generation), during the 2016-17 water year increased by 512GL, totalling 2,307GL at the end of the year. This is 43.5% of the active storage capacity.

It is important to know that Snowy 2.0 will not in any way impact on Snowy Hydro's continued compliance with the water licence. In particular, there will be no change to our water release obligations from both the Murray and Tumut developments, and no change to environmental release obligations. Therefore, Snowy 2.0 will not have any impact on downstream water users or environmental flows.

Snowy 2.0 will also make the most of all available inflows especially in times of drought. This is because in a pumped hydro system, water is 'recycled' between the two storages so the same water can be used to generate power, more than once. It will also provide Snowy Hydro with more options to manage inflows and water shortages in times of drought.

To find out more about how we manage water, our water licence, or how we have complied with the requirements of the licence visit our website at snowyhydro.com.au/our-energy/water

Educating the young on the workforce

L-R: Our 2018 Graduates - Daniel Fusco, Sam Lees, Oliver Webb, Emma Jardine and Nirushan Chrishanthan.

Each year Snowy Hydro takes on many school and university students to provide valuable experience of the workforce. Group Executive, Safety People, Community & Services, **Gabrielle Curtin,** explains...

Snowy Hydro has a long proud history of providing development opportunities for school leavers and recent graduates within our community, through our traineeship, cadetship, and graduate programs.

In January, we bade a fond farewell to the 2017 Business Administration Trainee cohort which included Bella Salvestro, Nicola Pearce, Clair Schofield, Dara Phili, Jorja Hogno, Luke McElroy, Maegan McCraw and Niam Foxcroft.

These eight trainees have spent the past 12 months undertaking a Certificate III & IV of Business Administration through TAFE, while working within the business and gaining practical experience in a corporate environment. They've managed to apply their business administration training to a variety of tasks while working in teams across our business including our HR, Community Relations, Procurement, Health & Safety, and Information Control Systems teams.

With pay above award rates, our traineeship program and subsequent qualifications provide trainees with workplace and vocational training experience that is highly valued by the participants and the wider business community. The experience they gain also helps them get a job when their twelve month traineeship comes to an end.

Every ending is a new beginning and Snowy also welcomes the 2018 cohort to the business; Amy Grose, Andreas Nassar, Annagh Weston, Erin Pearce, Joanna Nicholas, Meg Pearch, Oscar Litchfield, Raen Brademanne, Samantha Harvey and Shaye Thornton.

Snowy's Graduate Program provides comprehensive exposure and experience for engineering students who have recently completed their studies. Graduates participate in a three year Graduate Development Program involving a series of rotations which provide an opportunity to obtain a comprehensive understanding of business functions and the opportunity to realise their passion for future development.

This year we welcome a group of five graduate engineers to the business as they embark on the three year program; Daniel Fusco, Emma Jardine, Sam Lees, Oliver Webb and Nirushan Chrishanthan.

The graduates will spend their first 18 months focused on our three core engineering streams: Production, Projects, and Engineering. They will work across our regions and develop an understanding of the challenges that are unique to each hydro station site. Welcome one and all to Snowy Hydro!

Lauren Parker

Congratulations Lauren Parker!

red energy

Red Energy's newest Ambassador will represent Australia at the Commonwealth Games!

Nearly 12 months after Lauren Parker was told she had a one percent chance of ever walking again, the Newcastle triathlete will represent Australia at the Commonwealth Games.

Lauren was named in Australia's paratriathlon team and words could barely describe the feeling for the resilient and inspiring Novocastrian.

"I didn't ever think I would get to compete at the Commonwealth Games, let alone this quick, so I'm super excited to race there and I've got five hard weeks of training to put in," Parker said.

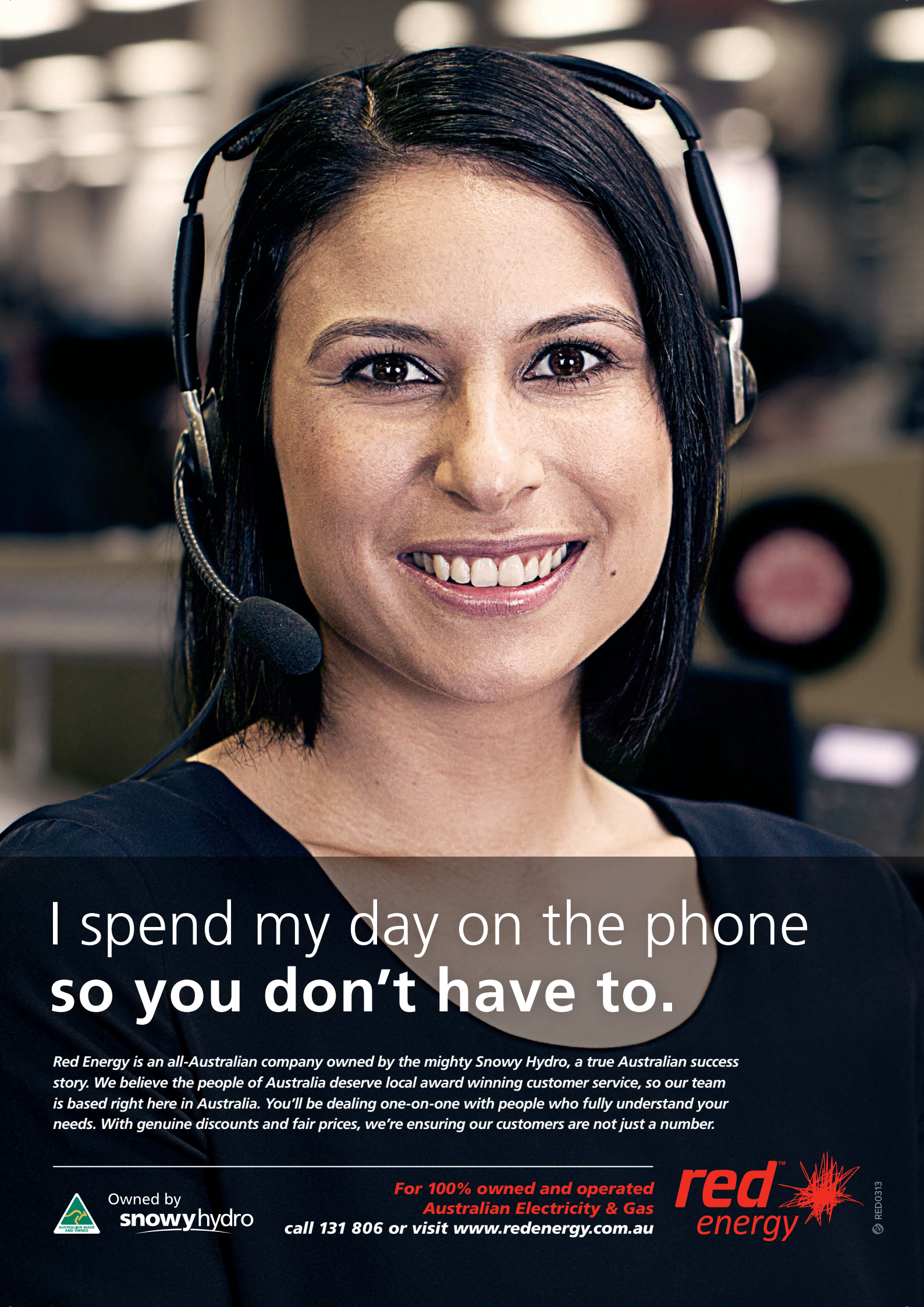
When Lauren takes to the start line on the Gold Coast in April, it will be just shy of 12 months since her accident. Lauren was in the final stages of preparing for the 2017 Ironman Australia Triathlon in Port Macquarie on April 18 last year when she was involved in a horrific training accident on a routine bike session in Newcastle.

Both tyres blew while she was travelling around 45km/hr sending her hurtling into a guard rail.

She sustained broken ribs, a punctured lung, broken scapula, broken pelvis and a broken back and was paralysed from the waist down.

After six months of rehabilitation in Sydney, Parker returned to Newcastle in October and focused her energies into returning to the sport she loves.

"I couldn't have achieved this without the amazing support of triathlon Australia, my friends and family and my sponsor Red Energy" reflected Lauren after her selection. "Red Energy got behind me long before any of this happened. With their support I have been able to buy a car which means I can get to training sessions and appointments independently. It means so much and has really helped me with qualifying" said Lauren.



I spend my day on the phone **so you don't have to.**

Red Energy is an all-Australian company owned by the mighty Snowy Hydro, a true Australian success story. We believe the people of Australia deserve local award winning customer service, so our team is based right here in Australia. You'll be dealing one-on-one with people who fully understand your needs. With genuine discounts and fair prices, we're ensuring our customers are not just a number.

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