

CLARE DOMINATE BEACH RESCUE CHAMPIONSHIPS

Best Lifesavers in Ireland compete in testing emergency scenarios

Sat 12th Sept 2015, Spanish Point beach, Co Clare

Clare has won The President's Trophy, presented to Ireland's top Lifeguards competing at Irish Water Safety's National Beach Rescue Championships at Spanish Point beach, Co Clare on Saturday 12th Sept 2015.

152 of Ireland's best Lifesavers from eleven counties contended with challenging open water conditions in simulated emergency rescue scenarios designed to test their swimming and rescue board skills.

Competitions throughout the year see Lifeguards qualify as the top competitors in their respective counties before going head to head for the overall national title. The 152 competitors represent the best in a discipline in which 113,000 members of the public were certified to various levels by IWS last year.

The value of this training is reflected in the fact that 831 people were rescued from drowning by Lifeguards at Irish waterways last year.

"The sport of Lifesaving has been developed to improve the standard of lifeguarding in Ireland," commented Seamus O'Neill, chairman of Irish Water Safety's Sports Commission. "This gives us great confidence in the skills of our lifeguards on Ireland's beaches and waterways."

Trained lifeguards compete in beach and open water events which has Olympic Category 2 standing and is recognised by the World Sports Federation. Irish Lifeguards won a record eighteen medals in August at the European Rescue Championships in Wales.

OVERALL RESULTS:

President's Trophy (overall highest points): **Clare Ladies**

Men's Surf Rescue: 1st: **Clare**; 2nd: Waterford; 3rd: Wexford

Ladies Surf Rescue: 1st: **Clare**; 2nd: Waterford; 3rd: Cork

Master's Surf Rescue: Cork

Best Inland County: Kilkenny

Best Youth Team: Waterford boys

Counties:

Clare, Galway, Mayo, Sligo, Donegal, Dublin, Wicklow, Kilkenny, Waterford, Wexford, Cork.

FULL RESULTS BY COUNTY:

Team Scores

Senior Ladies	Score		Senior Men	Score
Clare A	273		Clare A	269
Waterford A	140		Waterford A	153.3
Cork A	114		Wexford A	87
Wicklow A	98		Wicklow A	81
Wexford A	48		Waterford B	80
Kilkenny A	40.5		Sligo A	76
Clare B	38		Waterford C	59
Galway A	34		Galway A	76
Waterford B	31		Clare B	55
Donegal A	29		Donegal A	38.5
Cork B	25.5		Cork B	31
Dublin A	23		Waterford D	23
Sligo A	1		Dublin A	19
			Cork A	18
			Mayo A	18
			Meath A	8
			Galway B	8
			Kilkenny A	8
			Wexford B	6

Presidents Trophy Top 10

(Combined Pool Rescue & Beach Rescue Championships)

Pool Rescue was held in UL Pool on Sat 14th Feb 2015

Beach Rescue was held at Spanish Point beach, Clare on Sat 12th Sept 2015

Team	Score
Clare Ladies A	563
Clare Men A	499
Waterford Men A	294.3
Waterford Ladies A	271
Cork Ladies A	271
Wexford Men A	235
Sligo Men A	188
Donegal Ladies A	167
Wexford Ladies A	151
Kilkenny Ladies A	149.5

Masters Team Scores

Masters Ladies	Score	Masters Men	Score
Cork	356	Cork	292
Clare	107	Clare	250
Dublin	56	Kilkenny	117
Donegal	54	Dublin	100
Wicklow	20	Donegal	85
		Meath	32
		Wexford	32
		Waterford	20
		Mayo	16

Overall Masters (Men & Women Combined)

Team	Score
Cork	648
Clare	357
Dublin	156
Donegal	139
Kilkenny	117
Meath	32
Wexford	32
Waterford	20
Wicklow	20
Mayo	16

MEDIA NOTES:

The sport of Lifesaving:

1. Life Saving Sport is recognised as an Olympic Category two Sport and it is recognised by the International Olympic Committee and the World Sports Federation.
2. The sport is controlled by International Lifesaving (ILS) Sport and this organisation is recognised by IOC as the controlling body for the sport worldwide. There are over one hundred countries registered as members of ILS.
3. Within Europe the sport is controlled by International Lifesaving Sport Europe a subsidiary body of ILS.
4. Irish Water Safety is recognised by both bodies as the National Governing Body for the sport in Ireland.
5. Irish Water Safety has organised the sport in Ireland since 1946. His Excellency President Sean T. O'Ceallaigh presented the Presidents Award to IWS in 1950 for competition between the counties of Ireland and it is competed for every year since then.
6. ILS, ILSE and IWS all subscribe to WADA.
7. The sport holds European and World Championships in addition to National Championships.
8. A Sports Commission manages the sport within IWS. Participation in competitions has been part funded by Irish Sports Council and IWS funding.
9. Life Saving Sport is quite distinct in that the disciplines in which people compete are directly related to elements of lifeguarding.

Event Descriptions:

SURF RACE EVENT DESCRIPTION With a running start into the surf from the start line on the beach, competitors swim around the 400 m (280 m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

RESCUE TUBE RESCUE EVENT DESCRIPTION Four competitors from each team participate in this event: a "victim," one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line while in contact with the victim.

BEACH FLAGS EVENT DESCRIPTION From a prone starting position on the beach, competitors rise, turn and race to obtain a baton (beach flag) buried upright in the sand approximately 20 m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

BEACH SPRINT EVENT DESCRIPTION Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m course to the finish line. The finish is judged on the

competitor's chest crossing the finish line. Competitors must finish the event on their feet in an upright position.

BEACH RELAY EVENT DESCRIPTION Teams of four individuals (three in Masters) compete in baton relay fashion over a 90 m course. To start, two (one and two members in Masters) competitors positions in their allotted lane at each end of the course. After the start each competitor completes a leg of the course with a baton held in either hand and passes the baton at the conclusion of the first, second, and third legs to the next runner. All competitors shall finish their leg of the event on their feet and in an upright position. Competitors are not permitted to interfere with the progress of other competitors.

SURF SKI RACE EVENT DESCRIPTION Competitors steady their skis in line in knee-deep water about 1.5 m apart. Competitors must obey directions from the starter or check starter concerning ski alignment at the start. On the starting signal, competitors paddle their skis around the course marked by buoys and return to finish when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor. Competitors may lose contact and control of their ski without necessarily being disqualified. To complete the race competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side while maintaining contact with the ski and paddle. Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.

BOARD RACE EVENT DESCRIPTION Competitors stand on or behind the start line on the beach with their boards 1.5 m apart. At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run to cross the finish line.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

BOARD RESCUE EVENT DESCRIPTION In this event, one member of the team swims approximately 120 m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.

Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.

OCEANMAN / OCEANWOMAN (formerly Ironman / Ironwoman) Event description Competitors cover a 1400 m (approx.) course that includes a swim leg, a board leg, a ski leg, and a beach sprint finish.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints. The sequence of legs shall be determined by draw at the commencement of each competition. The same ballot shall determine the order of legs for the Oceanman / Oceanwoman Relay (formerly Taplin Relay). If the surf ski leg is first, competitors will start with a typical in-water start.

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