



CLARE DOMINATE IN LIFE-SAVING SPORT AS WICKLOW MAKES STRONG CHALLENGE

Record turn-out at Irish Water Safety National Championships at UL Pool this weekend

Clare lifesavers emerged as the dominant county once again despite strong challenges over two days at the University of Limerick pool for the IWS National Championships at the weekend.

Defending their overall titles in several key events, Clare won the Junior Boys and Men's contests and but were beaten into second place by Wicklow in the Junior Girl's standings. Wicklow also placed second in the Senior Ladies series. Cork successfully defended the Mixed Masters title by winning again this year.

The championships attracted a record entry of 310 competitors from 12 counties around Ireland in addition to several other competition records.

This annual competition gives the best swimming pool lifesavers in Ireland an opportunity to compete in conditions that Lifesavers can encounter in real life rescue situations.

The sport of lifesaving teaches participants the skills necessary to rescue people in distress in water. Many of the competitors, having worked as Lifeguards in pools nationwide, got their chance to pitch their skills against the finest lifesavers in the country.

The events are varied and challenging with competitors swimming under obstacles, rescuing 'casualties' from the water and skilfully testing a variety of lifesaving skills in the process.

"The strong turnout this year means we can look forward to a steady stream of new lifeguards for Ireland's pools and beaches in the coming years," commented Seamus O'Neill, IWS Sports Commission chairman. "Competitors not only acquire life-saving skills but form enduring lifelong friendships around Ireland and overseas."

The championships encourage people to enrol in one of Irish Water Safety's many courses nationwide in swimming, rescue and lifesaving skills.

The event promotes the fitness and readiness for action of the lifesavers and demonstrates Lifeguard water rescues to the public through a series of competitions based around key lifesaving skills such as swimming, towing, line-throwing and use of mannikin dummies.

A total of 71 teams entered from 12 counties around the country and a team from Belfast.

Ten Irish National Records were broken; two from the Junior age category (13-16), seven in the Senior category (16+) and one world record in the masters (50 - 54)

Results overleaf:

RESULTS:

Junior Boys:

1st: Clare A
2nd: Cork A
3rd: Waterford A

Junior Girls:

1st: Wicklow A
2nd: Clare A
3rd: Waterford A

Senior Men:

1st: Clare A
2nd: Waterford A
3rd: Sligo A

Senior Ladies:

1st: Clare A
2nd: Wicklow
3rd: Wexford

Masters (male/female combined):

1st: Cork
2nd: Donegal
3rd: Wexford

New World Record (Masters aged 50-54): Norma Cahill: 200m obstacle (2m27.29secs, beating 2m32.44secs)

Ends

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