



Name:

Amy Noble

How and when did you get involved in the sport?

I started surf lifesaving when i was 7 years old.

What is your favorite event?

My favourite individual events would have to be the surf ski and flags but i also love the beach mixed relay.

Why do you love the sport?

I love the variety of events in the sport and the friends I've made from different parts of the country, and it has given me the opportunity to travel to amazing places not only across the country but also across the world.

What are you most excited for in Australia?

Competing against the best in the world in the home of surf lifesaving.

What's your favourite training food?

Smoothies.

What's your favourite and least favorite part of training?

My favourite part of training is speed and sprint sessions and my least favourite part of training is underwater work in the pool.

What's your favourite beach in Ireland? Obviously Brittas Bay.