



**Ten Golds for Irish Team at WORLD Lifesaving Championships.
Spectacular results for Team Ireland Lifeguards
Irish Lifeguard makes top ten in the World.
FINAL UPDATE**

Ireland's top Lifeguards have won ten Gold Medals, two Silver medals and set new World Records competing at the World Lifesaving Championships, Rescue 2010 in Egypt. They competed against 3,000 athletes from 50 nations around the world gathered since October 2nd in the coastal city of Alexandria for pool events and finished yesterday at Mamoura beach for the ocean events where Team Ireland battled four-foot surf and added to their tally of Gold Medals and new World records.

A synopsis of Team Ireland's performance:

	Result	Event* Full event descriptions are listed at http://rescue2010.com/lifesaving-sport	Name
1	Gold + New World Record	Pool: 200m Obstacle Masters	Norma Cahill, Co Clare
2	Gold + New World Record	Pool: 100m Manikin Carry with fins Masters	Norma Cahill, Co Clare
3	Gold + New World Record	Pool: 100m Manikin Tow with Fins Masters	Norma Cahill, Co Clare
4	Gold + New World Record	Pool: 50m Manikin Carry	Norma Cahill, Co Clare
5	Gold	Ocean: Surf Swim Race Masters	Norma Cahill, Co Clare
6	Gold	Ocean: Ski Race Masters	Norma Cahill, Co Clare
7	Gold	Ocean Woman	Norma Cahill, Co Clare
8	Gold	Ocean: Surf Swim Race Masters	Oisin McGrath, Co Clare
9	Gold	Ocean: Ski Race Masters	Oisin McGrath, Co Clare
10	Gold	Ocean Man	Oisin McGrath, Co Clare
11	Silver	Ocean Board Race	Norma Cahill, Co Clare
12	Silver	Ocean Board Race	Oisin McGrath, Co Clare

- Ocean events: 13th out of 50 Nations competing;
- Pool events: 21st out of 50 Nations competing. Norma Cahill, Co Clare set a new world record when she took Gold in the 200 metre obstacle race (eight obstacles to swim under);
- Overall: Team Ireland placed 17th in the World.
- The National Team also set 10 New Irish Records and succeeded in beat off strong competition to reach A and B finals in the surf.
- Lifesaver Oisin McGrath from Co Clare, having won 3 Gold and 1 Silver is now ranked 10th in the World in the Board Race.

The joint effort of the entire Irish team has now resulted in Ireland being placed 17th out of 50 nations competing. This is a considerable accomplishment when one considers that the competition involved 3,000 of the World's fittest lifesavers.

Commenting on Team Ireland's strong performance to date, the Chairman of Irish Water Safety's Sports Commission, Jim Lawlor congratulated the entire team and expressed confidence in the athletes currently coming through the junior ranks.

"This considerable achievement by the Irish team builds on the recent achievements of the Irish Junior team at the Junior Lifesaving Championships (boys 1st in Europe; girls 8th, overall 6th place in Europe). It reflects the commitment of hundreds of Irish Water Safety Instructors and Coaches nationwide that Ireland is hugely respected as strong competitors in Lifesaving Sport at International level. This steady incremental progress at Junior, Senior and Masters level coupled with the growth in the numbers of athletes at all levels but particularly Nippers augers well for the future of Lifesaving Sport in Ireland."

"The skills honed by the Irish Masters Lifesaving team, tested in a series of gruelling lifesaving scenarios, have resulted in spectacular results and on behalf of the tens of thousands of Irish Water Safety lifesaving trainees nationwide, I extend our congratulations to the entire team. I must also pay special tribute to Lifesaver Norma Cahill for setting four new world records as she took seven Gold and silver. Oisin McGrath, also from Clare deserves special mention for winning three Gold and a Silver on behalf of Ireland", added Lawlor.

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Photos are available upon request by email to rogersweeney@iws.ie

MEDIA NOTES:

Ireland already has an excellent reputation as a competitor on the international stage in lifesaving events with several international awards and this will be further enhanced by the fact that we are now able to send what is arguably our strongest ever team, with all members able to excel in both still-water and surf events.

Lifesaving has never been stronger in Ireland, especially at the grass roots level. We have thousands of kids, teenagers and adults with a particularly growing sector of 8-14 year old nippers who come through participating in Irish Water Safety Lifesaving classes and competitions and the drop off rate during adolescence is a lot less than in other sports.

The sport of lifesaving is unique as it injects a lifesaving skill back into a community and the training is all volunteer based making it a special activity that people want to be involved in and get so much enjoyment from. Having an Irish team at an event like Rescue 2008 in Germany, and with some exciting competitions between all the top nations, can only improve the standard of international lifesaving competition, increase the numbers of young people who will be attracted to the movement, and contribute to an improvement in aquatic safety in Ireland and around the world. It improves standards within the lifeguarding community

The sport of Lifesaving:

- 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.
- 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.
- Within Europe the sport is controlled by International Lifesaving Sport Europe, a subsidiary body of ILS.
- Irish Water Safety is and has always been recognised by both bodies as the National Governing Body for the sport in Ireland.
- Ireland is represented on ILSE by the IWS Chairman, Mr Frank Nolan who is Vice President Europe ILSE. IWS is also represented on the Technical, Administrative, and Sports Commissions of ILSE.
- 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.
- ILS, ILSE and IWS all subscribe to WADA.
- The sport holds European and World Championships in addition to National Championships ,
- The sport is controlled within IWS by a "SPORTS COMMISSION". Participation in competitions has been part funded by IWS.
- Life Saving Sport is quite distinct in that the disciplines in which people compete are directly related to elements of lifeguarding.