



PRESS RELEASE

14/09/13

CLARE LIFESAFERS DOMINATE NATIONAL SURF LIFESAVING CHAMPIONSHIPS AND TAKE THE PRESIDENT'S TROPHY FOR THE THREE IN A ROW

at Curracloe Beach, Co Wexford, Sat14th September 2013.

Competitors at the National Surf Lifesaving Championships had their skills and stamina tested in events that simulated emergency rescue scenarios in glorious sunshine and in an azure blue sea at Curracloe beach. The winning team from Clare dominated the competition with the fittest lifesavers nationwide at this annual gala of lifesaving. Ireland's best lifesavers were challenged in open water conditions off the Wexford coast to rescue simulated "casualties" in testing run, swim, board rescue, surf ski races and ocean man events. However the dominance of Clare came through with exceptional results with three Clare teams in the first four teams.

The President's Trophy (Prize for winning County Team was presented by President Séan O'Kelly in 1950):

- 1st: Clare Men
- 2nd: Donegal Ladies
- 3rd: Clare Ladies
- 4th: Clare Men B Team
- 5th: Waterford Men
- 6th: Galway Men

Irish Water Safety Chief Executive, John Leech said these are the lifeguards who saved 559 members of the public during the heat wave in July. This is hardly surprising as we have 7 European medalist's competing on these teams. These athletes demonstrated great competence and professionalism today and made for a stunning spectacle on a sun drenched Curracloe Beach. It is a credit to Irish Water Safety coaches nationwide who spent all year preparing competitors around Ireland's coastline. Ireland won 10 Junior and senior European medals in Holland and Italy during the summer.

The Sport of Lifesaving offers lifesaving skills and the development of a healthy lifestyle. As part of its remit to promote water safety in Ireland, Irish Water Safety trains Lifeguards employed at beaches, lakes, rivers and pools nationwide. Irish Water Safety encourages the public to learn to swim and enroll in one of the many courses nationwide in the valuable skills of water survival and lifesaving. Further information is available at www.iws.ie.

Dramatic action shots with full editorial rights available from info@oceansport.ie

SEE BELOW FOR DESCRIPTION OF EVENTS:

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 take 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.

Ends

Irish Water Safety, The Long Walk, Galway

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