



19 Feb 2017

## CLARE DOMINATE IN LIFE-SAVING SPORT

### Record turn-out at Irish Water Safety's National Lifesaving Championships

County Clare lifesavers emerged as the dominant county despite strong challenges from some of Ireland's fittest Lifesavers competing at Irish Water Safety's National Lifesaving Championships in the University of Limerick this weekend.

The championships attracted a record entry of 327 Lifesaving competitors from twelve counties. 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 Clare McGrath, IWS Sports Commission Chairperson. "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 the use of mannikin dummies.

Competing counties:

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

### Results:

Junior Boys: 1st: Clare A 2nd: Cork B 3rd: Waterford A 4<sup>th</sup>: Wicklow

Junior Girls: 1st: Clare A 2nd: Wicklow A 3rd: Clare B 4<sup>th</sup>: Waterford B

Senior Men: 1st: Clare A 2nd: Waterford A 3rd: Sligo A 4<sup>th</sup>: Wexford A

Senior Ladies: 1st: Clare A 2nd: Wicklow 3<sup>rd</sup>: Wexford 4<sup>th</sup>: Clare B

Masters (male/female combined): 1st: Cork 2nd: Waterford 3rd: Donegal 4<sup>th</sup>: Wexford

Rights free editorial use photographs available from David Branigan / Oceansport: 086-2537782

Media enquiries to: Irish Water Safety, The Long Walk, Galway

Simon McGarrigle: 087-965.0925 / John Leech: 0876789600 / Roger Sweeney: 087-6789601