



## PRESS RELEASE

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### **Team Ireland win 44 medals at the European Junior Lifesaving Championships**

Ireland's top Junior Lifesavers have won 20 gold medals, 16 silver medals and 8 bronze medals at the European Junior Lifesaving Championships. Ireland placed 2nd in Europe in the beach competitions and 5th in the overall combined pool and beach competitions.

The European Junior Lifesaving Championships was held in Ireland this year. The pool events took place in the UL Sport Arena from the 11th - 12th of September and the beach events took place at Kilkee Beach from the 13th - 15th of September.

Medal Winners Were:

Gold:

- Aisling Barry, Tara McEvoy, Sean Slattery and Noel Shannon won Gold in the Simulated Emergency Response Competition (SERC).
- Aisling Barry and Tara McEvoy won Gold in the Line Throw.
- Amy O'Brien and Emma Kristiansen won Gold in the Board Rescue Relay.
- Aisling Barry, Aoife Madigan, Emma Kristiansen and Sarah Morrisson won Gold in the Beach Relay
- Callum Holding, Ryan Cotter, Sean Slattery and Turlough Barrett also won Gold in the Beach Relay
- Ryan Cotter, Sarah Morrisson, Tara McEvoy and Turlough Barrett won Gold in the Lifesaver Relay.

Silver:

- Dylan O'Brien, Noel Shannon, Ryan Cotter and Sean Slattery won Silver in the Rescue Tube Relay.
- Dylan O'Brien and Turlough Barrett won Silver in the Board Rescue Relay.
- Sarah Morrisson won Silver in the Beach Sprints.
- Amy O'Brien won Silver in the Ocean Woman.
- Amy O'Brien, Aoife Madigan, Emma Kristiansen and Sarah Morrisson won Silver in the Ocean Woman Relay.
- Callum Holding, Dylan O'Brien, Ryan Cotter and Turlough Barret won Silver in the Ocean Man Relay.

Bronze:

- Callum Holding, Dylan O'Brien, Noel Shannon and Ryan Cotter won Bronze in the 200m Medley Relay.
- Ryan Cotter won Bronze in the Ski Race.
- Dylan O'Brien won Bronze in the Surf Race.
- Amy O'Brien won Bronze in the Board Race.
- Turlough Barrett also won Bronze in the Board Race.

“We all worked really well together as a team and we’re so happy that we did so well on home turf, the atmosphere was amazing!”, said competitor Amy O’Brien who won 2 team medals and 2 individual medals. “I’m delighted to be going home with 4 medals, especially the Silver in the Ocean Woman Competition”.

“The best performance ever by an Irish team at an international competition”, said Triona McMenamin, Ireland Coach. “The athletes train so hard all year round and it was so great to have the competition on home ground this year and topping it off with 44 medals is amazing. We are so proud of them!”.

The championships simulate real-life rescue situations that Lifeguards can expect to encounter and pits the best Junior Lifesavers from around Europe against each other in a series of gruelling water rescue scenarios in both pool and beach environments.

The European Junior Lifesaving Championships is an annual event open to those aged 18 and under and it’s organised under the aegis of International Lifesaving Europe (ILSE) which controls the sport worldwide. The sport of lifesaving exists to encourage lifesavers to maintain the skills, drills and physical fitness required for performing their lifesaving duties. The sport is truly multi-disciplined and takes place in the pool, on the beach and in the ocean. It has close ties to swimming, athletics, kayaking, rowing, surfing and power boating and is based on the equipment and skills that lifeguards use to perform lifesaving rescues.

Junior lifesaving competitors typically become top Lifeguards, patrolling beaches and pools in Ireland and abroad. It is a special sport such that it gives so much back to the community.

**More Information:**

Results and Updates: <http://lifesavingejc2018.ie/> and <https://www.facebook.com/EJLC2018>

Events Programme (our thanks to the supporters listed within):

<http://www.iws.ie/fileupload/Sports/Competition/2018/European%20Junior%20Lifesaving%20Championships/EuropeanJuniorLifesaving%20Champs2018Ireland.pdf>

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**Events Descriptions:**

**Beach & Ocean Events - Individual Events:**

**Beach Flags:** From a prone starting position on the beach, competitors rise, turn and race approximately 20m to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

**Beach Sprint:** Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90m (70m for Masters) course to the finish line. The finish is judged on the competitors chest (only) crossing the finish line. Competitors must finish the event on their feet in an upright position.

**Ocean (Wo)Man:** Competitors cover a 1.2km course that includes a swim leg, a board leg, a surf 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, i.e. surf ski races, board races, surf races, beach sprints.

**Surf Race:** With a running start into the surf from the start line on the beach, competitors swim around the 400m (280m for Masters) course designated by bouys, returning to shore to finish between the finish flags on the beach.

**Surf Ski Race:** Competitors steady their surf skis in line in knee-deep water about 1.5m apart. Competitors must obey directions from the starter or check starter concerning surf ski alignment at the start. On the starting signal, competitors paddle their surf skis around the course marked by bouys and return to finish when any part of the surf ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.

#### **Beach & Ocean Events - Team Events:**

**Beach Relay:** Teams of four individuals (three in Masters) compete in baton relay fashion over a 90m (70m for Masters) 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 number.

**Board Rescue:** In this event, one member of the team swims approximately 120m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. Both then paddle to shore and cross the finish line on the beach with the board.

**Ocean (Wo)Man Relay:** Teams of four competitors (one swimmer, one board paddler, one surf ski paddler, and one runner) cover the course in a sequence of legs determined by a draw at the start of each competition.

**Rescue Tube Relay:** Four competitors from each team participate in this event: a “victim”, one rescue tube swimmer, and two rescuers. The victim swims approximately 120m 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.

#### **Pool Events - Individual Events:**

**50 Meter Manikin Carry:** With a dive start on an acoustic signal, the competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to touch the finish wall of the pool.

200m Super Lifesaver: With a dive start on an acoustic signal, the competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5m pick-up zone and carries it to the turn wall. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube and swims to the 5m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

200m Obstacle Swim: With a dive entry on an acoustic signal, the competitor swims the 200m course passing eight times under the immersed obstacles to touch the finish wall of the pool.

100m Rescue Medley: With a dive start on an acoustic signal, the competitor swims 50m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5m from the turn wall. The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distances to touch the finish wall.

100m Manikin Tow With Fins: With a dive start on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube. After touching the turn wall, and within the 5m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

100m Manikin Carry with Fins: With a dive start on an acoustic signal, the competitor swims 50m freestyle wearing fins and then recovers a submerged manikin to the surface within 10m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.

#### **Pool Events - Team Events:**

Line Throw: In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located 12.5m distant. The competitor pulls this "victim" back to the finish wall of the pool.

4x50m Obstacle Relay: With a dive entry on an acoustic signal, the first competitor swims 50m freestyle passing under two obstacles. After the first competitor touches the turn wall the second, third, and fourth competitors repeat the procedure in turn.

4x50m Medley Relay: With a dive start on an acoustic signal, the first competitor swims 50m freestyle without fins. With a dive start after the first competitor touches the wall, the second competitor swims 50m freestyle with fins. With a dive start after the second competitor touches the wall, the third competitor swims 50m freestyle with fins. With a dive start after the second competitor touches the wall, the third competitor swims 50m freestyle towing a rescue tube. The third competitor touches the turn wall. The fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness. The third competitor, playing the role of the "victim", holds the rescue tube with both hands while being towed 50m by the fourth competitor to the finish.

4x25m Manikin Relay: Four competitors in turn carry a manikin approximately 25m each.

SERC (Simulated Emergency Response Competition): The SERC tests the initiative, judgement, knowledge, and abilities of four lifesavers who, acting as a team – under the direction of a team leader – apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a two-minute time limit. All teams respond to the same scenario and are evaluated by the same Judges. Every effort will be made to ensure that the scenario

is executed in the same manner for every team. The SERC shall be conducted without male and female categories. Teams may consist of any combination of males or females.