

## Life Saving Report 2010/11

2010/11 has been another good year for our Lifesaving Club. At the moment we have approximately 32 members.

Over the last year we have had various lifesavers training for and passing Bronze Medallions, three who have gained their Award of Merit and Katherine Ratcliffe who passed her Distinction. Gaining this award is not achievable unless you have both open water awards. Some of our group have also renewed existing lifesaving and life support awards.

Our younger members continue to do well with their awards, with a good number working their way through the Rookie Lifeguard programme gaining various levels of Bronze, Silver and Gold awards and Lifesaving 1, 2 and 3 awards. Once they are finished these awards, they can then start on the Bronze Medallion.

The Open Water event, which I organise each year, was again held at Boundary Park, Holmes Chapel on 5th September 2010. It's always an eventful day to say the least. The water temperature was a very warm 18°C and started very sunny, but as always, as the day drew on the weather got a little cooler; then sun went in and so the wind chill factor was quite nippy to say the least. Sam Watson was our only candidate to take his Bronze Cross this time apart from Dave and myself who renewed ours. There was also a junior competition for the under 13's which consisted of basic resuscitation and a land based rescue from the lake with a range of questions. Alice Carter took 1<sup>st</sup> place and Katherine Schofield came a joint 3<sup>rd</sup>.

In October we had three Assistant teachers signed off, Chloe Evans, Alice Hodges and Vicky O'Sullivan. They continue, as do the other assistant teachers, to be a great asset teaching and helping the younger ones achieve their awards and helping prepare them for competitions.

In August 2010 I ran a NRASTC for some of our swimming coaches and Mick Hodges, Geoff Lewis, Wendy Metcalf, Jenny Metcalf and Mark James from Winsford all passed with flying colours, so well done to all of them.

On the competition side, again we have been quite busy and most of the competitions have been very well attended, although there was one or two cancelled due to lack of support.

All those wanting to dive in a lifesaving competition now have to hold a competitive start award. We had a number of lifesavers from our club wanting to complete this and Mick very kindly trained all our competitors. Thanks to Mick.

Branch Eliminator	Crewe	June	2010		
Juniors					No team
Seniors	"	"	"	1 <sup>st</sup>	Katherine Ratcliffe/Vicky O'Sullivan
Only girls team				2 <sup>nd</sup>	Lauren Roberts/Alice Hodges
North West Regional	Liverpool	Sept	2010	3 <sup>rd</sup>	Katherine Ratcliffe/Vicky O'Sullivan
Heats Senior Girls				4 <sup>th</sup>	Lauren Roberts/Alice Hodges

Unfortunately it is only 1<sup>st</sup> place to go through and represent the North West but well done to both teams. Again Lauren Roberts had the fastest 50m swim and 50m tow of the whole senior girls competition with a time of 1:45 so well done again to Lauren.

Challenge Cup	EPIC	Sept 2010	(Joint boys and girls)		
Under 12	"	"	2 <sup>nd</sup>		Emma Roberts
			5 <sup>th</sup>		Alice Carter
			6 <sup>th</sup>		Matthew Watson
			10 <sup>th</sup>		Chris Smith
			11 <sup>th</sup>		Abigail Carter

Challenge Cup	EPIC	Sept 2010 (Joint boys and girls)	Cont'd	
13-15 years			6 <sup>th</sup> 9 <sup>th</sup>	Alice Hodges Sam Watson
16 years & over		joint	2 <sup>nd</sup>	Katherine Ratcliffe
Hall Walker/Harold Davies) – both cancelled this year due to lack of competitors Learmont Individual ) held in October close to National Championships				
Junior Comp - (12 & under)girls	EPIC	March 2011	2 <sup>nd</sup>	Abigail Carter/Laura Rodgerson (first competition)
Junior Comp - (12 & under) boys	"	March 2011	1 <sup>st</sup>	Matthew Watson/Martin Rodgerson (Martins first competition)
Chester Comp (joint) Sherlock Shield - (7-11)	Chester	April 2011	3 <sup>rd</sup>	Martin Rodgerson/Abigail Carter
Peggy Lucas Resus trophy			1 <sup>st</sup>	Martin Rodgerson/Abigail Carter
Robert Jones (12-15)				No Teams
Helen Kendall - Shield (16 & over)	Chester	March 2011	3 <sup>rd</sup>	Katherine Ratcliffe/David Whittaker
Resus Trophy			1 <sup>st</sup>	Katherine Ratcliffe/David Whittaker

Well done to everybody who entered the competitions.

Our Lifesaving awards this year were presented at the NASC Presentation evening. The most improved junior boy was Matthew Watson and the most improved junior girl was Alice Carter. The senior lifesaver who improved the most was Laila Milne. The cup for 'Overall Achievement' was given to Lauren Roberts and the 'Pat Joseph Memorial Cup' for outstanding contribution to lifesaving was presented Katherine Ratcliffe who continues to give exceptional commitment.

That brings my report to a close, I would just like to say thanks to Dave and to all the assistant teachers for their help again this year, without them we wouldn't be able to have the number of lifesavers that we do, but more importantly we wouldn't have such a successful and 'well run' club. Well done to all those who have taken awards and entered competitions and lets hope the success continues next year.

Tricia Porter