

Welcome to the Ireland Branch Open Water Surf Lifesaving Competition

Order of events –

1 Beach Flags - Competitors lie facing away and face down approximately 20 metres away. After a starting signal the competitors race to the flags and try to grab one.

Competitors who do not get a flag are eliminated until there is only one competitor left.

2 Run-Swim-Run - Competitors run 50m on the beach, then enter the water. They swim around buoys and then back to shore. Back on the beach, the competitors run 50 metres to the finish line.

3 Board Race - Competitors use a rescue board and paddle around a marked course of buoys and back to shore.

4 Rescue Tube - Teams of 2. Casualty swims 25/50 metres to buoy first. Then rescuer swims and rescues casualty with rescue tube. On reaching shore, casualty and rescuer will race to finish line.

5 Board Relay - Competitors take part in teams of 4. Each competitor uses a rescue board to paddle to a marker buoy and returns to beach and passes board to their team member.

Board Relay Teams

12-14 F				
Poseidon D	Eva McGloin	Abby Cahill	Anna Weldon	Madison Liddle
15-17 F				
Poseidon A	Sinead Ivory	Emilie Fahy	Jessica Earls	Gemma Fahy
15-17 M				
Courtown B	Fionn Nugent	Macdara Kavanagh	Róisín Lawless	Emmet Cousins
Poseidon C	James Kelly	Bailey Crean	Clarke Kelly	Fionn Lundy
Courtown C	Michael McDonald	Matthew Ryan	Leon Nugent	Thomas Rush
Open				
Poseidon B	Luca Spurling	Conor Power	Ciaran Byrne	Scott Heffernan
Courtown A	Ross Wallace	John Kenny	Marcus Wallace	Dillon Cousins

There will be also be a surf ski demonstration

Distances for the above will depend on age + weather conditions.

Please note the following;

[Covid form](#) - this must be filled out by all competitors, coaches, managers, officials etc by 7pm on Friday 24th September.

[Photography form](#) - this must be filled out by all members of the club or parents that intend to take photos.

Details of the above has been forwarded to Team Managers.

Our thanks as always, to all officials, competitors, parents and spectators. We also wish to pass on our thanks to Poseidon LSC for hosting the competition.

Prize Giving - Presentation by Brendan Donohoe, President of the RLSS Ireland Branch

Please remember to follow Covid 19 Guidelines.
Take care and stay safe.



IRELAND BRANCH Open Water Surf Lifesaving Competition 2021



ROYAL
LIFE SAVING
SOCIETY UK
REPUBLIC OF IRELAND



**South Beach, Greystones Beach
County Wicklow**

Saturday 25th September 2021



BEACH FLAGS

12-14 Junior Girls

1. Eva McGloin (P)
2. Abby Cahill (P)
3. Alannah Mallon (C)
4. Gemma Fahy (P)
5. Anna Weldon (P)
6. Madison Liddle (P)
7. Caroline Bond (P)

15-17 Senior Girls

1. Sinead Ivory (P)
2. Emilie Fahy (P)
3. Róisín Lawless (C)
4. Jessica Earls (P)

Ladies Open

1. Ava Ryan (C)

Men's Open

1. Luca Spurling (P)
2. Ross Wallace (C)
3. Conor Power (P)



12-14 Junior Boys

1. Bailey Crean (P)
2. Clark Kelly (P)
3. Emmet Cousins (C)
4. Leon Nugent (C)
5. Finn Lundy (P)
6. Ben Roth (P)

15-17 Senior Boys

1. Marcus Wallace (C)
2. Dillon Cousins (C)
3. James Kelly (P)
4. John Kenny (C)
5. Fionn Nugent (C)
6. Michael McDonald (C)
7. Scott Heffernan (P)
8. Macdara Kavanagh (C)
9. Doran Daly O'Toole (C)
10. Ciaran Byrne (P)
11. Thomas Rush (C)
12. Matthew Ryan (C)

RUN-SWIM-RUN

12-14 Junior Girls

1. Eva McGloin (P)
2. Abby Cahill (P)
3. Alannah Mallon (C)
4. Gemma Fahy (P)
5. Anna Weldon (P)
6. Madison Liddle (P)
7. Caroline Bond (P)

15-17 Senior Girls

1. Sinead Ivory (P)
2. Emilie Fahy (P)
3. Jessica Earls (P)

Ladies Open

1. Ava Ryan (C)

Men's Open

1. Luca Spurling (P)
2. Ross Wallace (C)
3. Conor Power (P)

12-14 Junior Boys

1. Bailey Crean (P)
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6. Ben Roth (P)

15-17 Senior Boys

1. Marcus Wallace (C)
2. Dillon Cousins (C)
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4. John Kenny (C)
5. Fionn Nugent (C)
6. Michael McDonald (C)
7. Scott Heffernan (P)
8. Macdara Kavanagh (C)
9. Doran Daly O'Toole (C)
10. Ciaran Byrne (P)
11. Thomas Rush (C)
12. Matthew Ryan (C)

BOARD

12-14 Junior Girls

1. Eva McGloin (P)
2. Abby Cahill (P)
3. Alannah Mallon (C)
4. Gemma Fahy (P)
5. Anna Weldon (P)
6. Madison Liddle (P)
7. Caroline Bond (P)

15-17 Senior Girls

1. Sinead Ivory (P)
2. Emilie Fahy (P)
3. Róisín Lawless (C)
4. Jessica Earls (P)

Ladies Open

1. Ava Ryan (C)

Men's Open

1. Luca Spurling (P)
2. Ross Wallace (C)
3. Conor Power (P)



12-14 Junior Boys

1. Bailey Crean (P)
2. Clark Kelly (P)
3. Emmet Cousins (C)
4. Leon Nugent (C)
5. Finn Lundy (P)
6. Ben Roth (P)

15-17 Senior Boys

1. Marcus Wallace (C)
2. Dillon Cousins (C)
3. James Kelly (P)
4. John Kenny (C)
5. Fionn Nugent (C)
6. Michael McDonald (C)
7. Scott Heffernan (P)
8. Macdara Kavanagh (C)
9. Doran Daly O'Toole (C)
10. Ciaran Byrne (P)
11. Thomas Rush (C)
12. Matthew Ryan (C)

RESCUE TUBE RESCUE

12-14 Junior Girls

1. Eva McGloin & Caroline Bond (P)
2. Abby Cahill & Anna Weldon (P)

12-14 Junior Boys

1. Clarke Kelly & Finn Lundy (P)
2. Emmet Cousins & Leon Nugent (C)
3. Ben Roth & Madison Liddle (P)

15-17 Senior Girls

1. Sinead Ivory & Jessica Earls (P)
2. Róisín Lawless & Alannah Mallon (C)
3. Emilie Fahy & Gemma Fahy

15-17 Senior Boys

1. Marcus Wallace & Macdara Kavanagh (C)
2. Dillon Cousins & Fionn Nugent (C)
3. James Kelly & Scott Heffernan (P)
4. John Kenny & Michael McDonald (C)
5. Ciaran Byrne & Bailey Crean (P)
6. Thomas Rush & Matthew Ryan

Men's Open

1. Luca Spurling & Conor Power (P)
2. Ross Wallace & Ava Ryan (C)

P - Poseidon LSC,
C - Courtown LSC

