

Commonwealth Pool Lifesaving Championships 2011 - Durban , South Africa

Australia has retained their crown of Commonwealth Pool Lifesaving Champions, and for the first time, also took out the Development Team Championship fending off stiff competition from South Africa and England.

The 2011 Australian Royal Life Saving Team are a perfect blend of seasoned international athletes and exciting young rookies.

The Queenslanders in the Australian Royal Life Saving Team were

Manager – Jeannie Baxter-Reid, Competitors - Sam Bell, Pamela Hendry, Alicia Kirk and Alisha Ellwood

Australian Royal Life Saving Development Team

Coach – Ashley Gordon

During the three day competition in Durban, South Africa, the Australian competitors broke five Championship Records in individual and team events and the Australian Royal Life Saving Team and the RLSSA Development team won 21 individual and team gold medals.

Individual competitors who took out Championship Records are:

Alisha Ellwood, 16, QLD - 200m Obstacle Swim - Women's
Pamela Hendry, 20, QLD - 100m Manikin Tow - Women's

Team Championships Records:

4 x 50m Medley Relay Women's Team - Pamela Hendry, 20, QLD;
Felysia Konakoff, 26, NSW; Jane Cooper, 28, NSW and Alisha Ellwood, 16, QLD.

National Team Results - Men

Gold

Sam Bell - Mens 200m Superlifesaver 2:17.35

Mens 4 x 25m Manikin Carry Relay 1:14.75

silver

Sam Bell - Mens 200m Obstacle Swim 2:01.28

Mens 4 x 50m Obstacle Relay 1:43.04

Mens 4 x 50m Medley Relay 1:35.15

8th

Sam Bell - Mens 100m Manikin Tow with Fins 1:08.55

National Team Results - Women

Gold

**Alisha Ellwood - Womens 200m Obstacle Swim 2:13.45
(Commonwealth Championships Record)**

Womens 4 x 50m Obstacle Relay 1:57.99

**Pamela Hendry - Womens 100m Manikin Carry with Fins
1:01.14**

Womens 4 x 25m Manikin Carry Relay 1:31.01

Womens 4 x 50m Medley Relay 1:47.66

Silver

Pamela Hendry - Womens 50m Manikin Carry 37.16

Fourth

Alicia Kirk - Womens 200m Superlifesaver 2:40.64

For full results please visit RLSSport News and Events -
<http://www.royallifesaving.com.au/www/html/386-rlssport-news.asp>

13th Australian Masters Games – Pool Life Saving

While many of the 52 sports taking place throughout the 13th Australian Masters Games are well-known, there are still a few sports that may be unknown to most of our participants. Pool lifesaving is a relatively small sport in Australia, despite its strong following around the world. In fact, while only three to four countries worldwide compete in surf lifesaving, approximately 30-40 countries participate in pool lifesaving worldwide. During the competition, swimmers are required to take part in a number of simulated rescues and obstacle courses using mannequins, rescue tubes and rescue fins. The pool lifesaving competition concluded today; well done to everyone that competed.

Queensland Royal Life Saving Society members results:

Jeannie Baxter-Reid (4 x gold + 1x silver – individual; 1gold and 1 silver – relays)

Sue Winch (4 x silvers – individual; 1gold and 1 silver – relays)

Shayne Baker(1 gold + 3x bronze – individual; 2 silvers – relays)

Full results and photos from the Pool Lifesaving competition will be posted on www.royallifesaving.com.au <<http://www.royallifesaving.com.au>> and Royal Life Saving Society – Australia's Facebook page - <https://www.facebook.com/#!/RoyalLifeSaving>.