



Pairs Competition 2018

We held our annual pairs competition on Sunday 20th May, with almost 50 club members competing in the four events! This year we were supported by parents acting as bodies for the incidents and whilst some had the easy role of being unconscious, others had more demanding acting parts! Thank you to everyone who put themselves forward, you all deserve an Oscar! The 90 seconds incidents involved both Rookie and Survive & Save pairs faced with numerous casualties to rescue using the skills they have learnt in class, along with good communication and teamwork. Highlights for the Rookies were Caleb & Lucien coming 2nd, just behind Ella & Eva. In the Survive & Save competition, Ella & Erin scored the highest ahead of Zoe & Abbie in 2nd and Sallie & Charlotte in 3rd.

The pairs moved straight onto the first-aid incident. Here the priorities change from ignoring the quiet ones to resuscitating them first and helping someone with a bleeding hand! Again Ella & Eva performed really well, ahead of Cydney & Izzie and Joe & Sam for the Rookies. The older members' incident was also won by Jack & Peter with Scarlett & Ciara 2nd and Ella & Erin 3rd.

The speed Rope Throw was next, 8 metres for the Rookies and 10 for Survive & Save (*a little shorter than the national distance*). Again good coiling skills, clear communication and support of your partner all help to get the fastest time. For the Rookies the winning pair were John & Aiden, Lewis and Finn just behind and Joe & Sam getting their third 3rd place! In the Survive & Save group Jack & Peter (*did you see his Windmill technique?*) were fastest, Scarlett & Ciara 2nd and Ella & Erin 3rd.

The final event was the Swim & Tow over 25 metres (cut short for the older group as we ran out of time!). Sam & Joe managed to improve on the 3rd place and win this event ahead of Lewis & Finn and Sylvie & Maddie. The fastest Survive & Save pair was Nat & Mollie, with some great towing from Nat to almost catch Scarlett, which perhaps pushed her & Ciara into 2nd ahead of Jack & Peter.

It was an excellent competition which I hope everyone enjoyed and great to see so many parents supporting. Thank you to everyone that helped on the night, and a special mention to those members that have only just joined for having a go at their first competition after only a couple of training sessions!

The overall winners for the Rookies were consistent in all the events, Congratulations to Joe & Sam.

Survive & Save was won this year by Jack & Peter, who now have won all the club awards between them which is a fantastic achievement and a reflection of their commitment to the club!

Full results below if you haven't already seen them on the website! Well done again. **George**



Our Medal Winners

Rookie Pair	Wet Incident	First-aid Incident	Rope Throw	Swim & Tow	Final Position
Lewis & Finn	4	7	2	2	3 rd
Isabel & Matthew	5	6	8	12	7 th
John & Aiden	6	4	1	7	5 th
Harry & Ethan	11	9	9	4	11 th
Kimberly & Jessica	10	5	12	9	12 th
Joe & Sam	3	3	3	1	1 st
Tom & Myles	10	7	10	11	13 th
Rhys & George	8	11	11	5	10 th
Brody & Sam	9	10	6	8	9 th
Cydney & Izzie	9	2	6	10	8 th
Ella & Eva	1	1	7	6	2 nd
Sylvie & Maddie	7	2	4	3	4 th
Caleb & Lucien	2	8	5	8	6 th

Survive & Save Pair	Wet Incident	First-aid Incident	Rope Throw	Swim & Tow	Final Position
Jack & Peter	4=	1	1	3	1 st
Cameron & Dan	4=	6	6	4	4 th
Sallie & Charlotte	3	8	7	5	5 th
Nat & Mollie	5	7=	4	1	3 rd
Zoe & Abbie	2	9	11	7	7 th
Scarlett & Ciara	9	2	2	2	6 th
Grace & Naomi	7	4	5	8	9 th
Zaffron & Olivia	8	10	10	11	11 th
Rosie & Emily	6	7=	9	9	8 th
Ella & Erin	1	3	3	6	2 nd
Ella & Niamh	10	5	8	10	10 th

Events/ Diary Dates;

Club AGM – 10th June (Normal classes straight after)

Open Water at Felixstowe – 10am 24th June & 22nd July

Club Camp Weekend – 7th & 8th July (no normal club night)