



The Royal Life Saving Society Australia
New South Wales Branch

ANNUAL REPORT 2010-2011



Everyone can be a
**Community
Lifesaver**



The Royal life Saving Society Australia New South Wales Branch offers it's sincere thanks and appreciation for the support of the New South Wales Government. In particular, thanks must go to the Honourable Michael Gallacher MLC, Minister for Emergency Services and the Honourable Graham Annesley MP, Minister for Sport and Recreation.



Mission Statement

To prevent loss of life and injury in the community with an emphasis on the aquatic environments

Office Bearers

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<i>Directors (9)</i>	Clive Austin, LL.M FAICD*
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	Selwyn Brown BA Education
	Prof Danny Cass MBBS, BSc, PhD, FRCS, FRACS
	Anita Collins B App Sc (OT) AccOT
	Cindy Hoad Dip Ed (PE), BA (Sports Admin)
	Mark McLennan Adv Dip DP (Syd), Dip Dt (Syd)
	James Whiteside
	Dr Peter Wiebe BEd, MSc, PhD
	(* Retired)
<i>Chief Executive Officer</i>	David Macallister

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<i>Committee Members</i>	Frances Simpson-Lee
	Kirsty England
	Lisa Critoph

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<i>Chairman</i>	Rozlynn Grey
<i>Registrar</i>	Scherie McDonell
<i>Plus two representatives from each affiliated club</i>	

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<i>Chief Executive Officer</i>	David Macallister
<i>Chairman TRC</i>	Mark McLennan
<i>Chairman C&C</i>	Rozlynn Grey
<i>Registrar</i>	Scherie McDonell
<i>TRC Member</i>	Frances Simpson-Lee

REGIONAL OFFICES

Hunter Regional Manager	Matt Sharman
Illawarra Regional Manager	Ian Kennerley
Northern Regional Manager	Jason Phillips
Riverina Regional Manager	Michael Dasey
Western Regional Manager	Alison Middleton





Message from the Governor of New South Wales

Her Excellency Professor Marie Bashir AC CVO

I have observed with much interest the evolution of the Royal Life Saving Society Australia New South Wales Branch over the past ten years since my appointment as Governor of New South Wales in March 2001.

I am proud to see, as Patron of this wonderful organisation, that Royal Life Saving has positioned itself as the leading water safety education and training organisation in New South Wales. Having started some 117 years ago, Royal Life Saving has continually developed and adapted to the differing conditions set upon it through legislative and regulatory changes. More importantly its methodologies, courses and programs have been modified and enhanced, as well as new initiatives created, to address the ever changing Australian population demographics and lifestyles, with an emphasis on aquatic and recreation activity.

Indeed, it gives me a great deal of satisfaction that the New South Wales Branch of the Royal Life Saving Society Australia does not only focus on metropolitan and coastal communities where most of the population reside. Its teachings go much further afield into regional and remote areas, cultural and linguistically diverse communities, the NSW Indigenous communities and even some international activities.

When I read the National drowning report each year I am amazed and saddened at the number of people drowning throughout Australia and more importantly where and how they are drowning. Having come from a country town in the Riverina District with a background in medicine and health, and a strong commitment to the health of our Indigenous population I know there remains much work to be done to combat the drowning and near drowning numbers in these areas.

I am therefore glad to see that Royal Life Saving has developed many programs targeting, not only these areas, but are continually creating new initiatives in an effort to reduce all drowning figures. I am certain that with its dedicated workforce of volunteers and professionals alike, and programs such as Keep Watch, Community Lifesaver, Swim and Survive, Home Pool Safety in a Box and many more, our drowning toll will be reduced.

I wish the Royal Life Saving Society every success in the upcoming year and I urge all Australians to be safe on, in or around water.

A handwritten signature in blue ink, reading "Marie Bashir", with a horizontal line underneath.

Marie R Bashir AC CVO
Governor of New South Wales



Message from the NSW Minister for Emergency Services

The Honourable Michael Gallacher MLC



As the NSW Minister for Emergency Services it gives me great pleasure to acknowledge the efforts of the members of the Royal Life Saving Society New South Wales Branch.

The NSW Government is committed to ensuring all NSW citizens are as safe as possible when enjoying their sport and recreational activities, particularly those involving aquatic activities.

The Australian way of life is characterised by a love of everything outdoors and with our fantastic climate we regularly get the chance to enjoy the benefits of our beautiful beaches, rivers, lakes and dams.

The Royal Life Saving Society provides a valuable community service in the area of water safety education and training, including courses, programs, health promotion campaigns, research initiatives, risk management advice, advocacy and international assistance.

The NSW Government is committed to continuing its support of the Royal Life Saving Society of New South Wales at all levels, including funding support through an annual grant to assist in achieving its aims and objectives.

I am also pleased to confirm the NSW Government through Emergency Services has committed additional funding to ensure notorious drowning 'black spots' are targeted with better resources to save lives.

The fund will allow direct intervention such as fencing, multi-lingual and specific signage at noted black spot locations as well as pointed education campaigns to high risk groups.

The Government's objective is to develop a world's best strategy for water safety by working closely with organisations like Royal Life Saving together with other expert practitioners from across NSW.

On behalf of the people of NSW I thank everyone associated with the organisation for their continued efforts in making our waterways a safer place to enjoy. I would particularly like to thank all volunteers who generously donate so much of their time for the benefit of others.

Hon Michael Gallacher MLC

NSW Minister for Emergency Services



Message from the President of RLSSA New South Wales Branch

Peter Cronin

I am extremely proud to advise members that the Royal Life Saving Society Australia New South Wales Branch continues to make a significant contribution to the communities of NSW with regard to water safety, resuscitation and first aid education and training throughout the 2010/2011 year. During this period Royal Life Saving NSW delivered on a range of initiatives resulting in safer aquatic environments, improved health outcomes, increased social capital and better policy outcomes.

These outcomes were achieved and delivered predominantly through the organisations courses, programs and health promotion campaigns. To assist Royal Life Saving reach a much wider market network it implemented a number of strategies during the 2010/2011 year. These included partnerships with:

- various media outlets who assisted in delivering key campaign messages to the broader community;
- like bodies to increase awareness of water safety, survival and resuscitation;
- local government to increase capacity to community members within council boundaries;
- schools to deliver curricula to students in order to up-skill them in water safety; and
- the aquatic and recreation industry to generate an increased culture of safety within the industry.

Royal Life Saving has maintained a strong and positive relationship with the NSW Government which has ensured a continued commitment to drowning reduction in NSW. This association has greatly assisted with the development of programs and services to generate social capital and contribute to the building of water safety skills and knowledge of NSW constituents.

I am pleased to advise the Aquatic Safety Training Academy (ASTA) has passed its first anniversary. The ASTA continues to provide quality vocational education and training for the aquatic and recreation industry, professional development for industry personnel, a Swim and Survive learn to swim hub for the local community and a centre of excellence for the provision of water safety information and services. Furthermore the ASTA has sustained its commitment to cultural and linguistically diverse communities working in particular with the Muslim, Korean and Indigenous communities with the latter receiving free swimming and water safety tuition.

I must thank the Governor of NSW for her continued support, the NSW State Government for their cooperation and financial assistance, the members of the NSW Board of Directors for their vision, our members, volunteers, and stakeholders, all of whom combined to make this organisation what it is today. It is only through the continued support of these people together with our key partners, the community, a committed aquatic industry and government agencies that we will be able to achieve our ambitious goal of reducing the drowning toll by 50% by the year 2020.

Peter Cronin

President, RLSSA NSW Branch



Message from the Chief Executive Officer

David Macallister



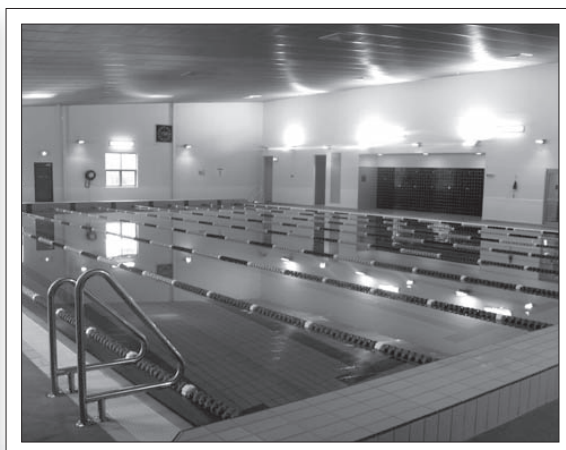
The 2010/2011 year has been another very busy year for the Royal Life Saving Society Australia New South Wales Branch and I am pleased to advise it has also been an extremely successful and productive year. The Society's fundamental aim is to prevent drowning and near drowning incidents and promote healthy, active lifestyles in the aquatic and recreation environment.

Through our research arm it is quite apparent there is no one reason why people drown, as there are so many varying factors, and therefore there is no one simple solution. For that reason, our approach needs to reflect the intricacy of the range of issues that result in drowning deaths and near drowning injury and needs to be able to adapt to any new complexity. To ensure our teachings get in touch with all Australians regardless of background and/or geographical location, it is important we tackle these goals using an all encompassing approach, designed to meet the needs of all community members' beliefs, ideals and values.

The Aquatic Safety Training Academy (ASTA) has been a major milestone for the New South Wales Branch when one assesses the growth and achievements of the Society. It has proven in its first year of operations that it will become a significant asset for the organisation, but more importantly, the ASTA has become a key training academy for the education and training of all Australians in water safety and associated activities. At the time of writing this report the ASTA has taught swim and survive techniques to over 3,500 children, trained in excess of 400 lifeguards, approximately 500 in lifesaving skills such as Bronze Medallion and more than 2,000 people in CPR and first aid as well as conducting numerous workshops in water safety, survival, rescue and resuscitation. Over 100 participants have achieved their Pool Operators qualification and a number of Aquatic and Recreation Industry forums have been held. Royal Life Saving Australia has used the facility to conduct national lifesaving sport coaches and officials' courses, research and development workshops on the Society's swim and survive, pool lifeguard and vocation and educational training programs. I am pleased to advise the Branch has also provided lifesaving programs to cultural and linguistically diverse communities including the Muslim, Korean, Indian and Australian Indigenous communities and have a number of programs being conducted to people with disabilities.



Entrance to the Aquatic Safety Training Academy



Main lap/education pool



Participants during a Pool Lifeguard course under the Elisa Dixon Foundation

Inclusive of those programs being conducted out of the ASTA, together with the generic operations of the Royal Life Saving Society New South Wales Branch, including our much devoted volunteer network, I am pleased to advise the Society issued in excess of 253,000 certificates during 2010/2011. It is important to note that through our health promotion and public awareness campaigns, such as Keep Watch, it is estimated another 300,000 people received information in an effort to reduce the drowning and near drowning figures. It is our vision to equip all NSW residents with the capacity to become community lifesavers. Some statistics and key points that may be of interest to our members when looking at the number people attending Royal Life Saving courses during the 2010/2011 year are: over 100,000 children participated in swim and survive throughout the state; over 30,000 vocational and employment outcomes in the aquatic, sport and recreation sector were achieved; 3,500 examiners disseminate lifesaving skills, techniques and knowledge to NSW residents each year; a wide distribution of Keep Watch collateral across health and community sectors to address 0 – 5 age group drowning; 150 Keep Watch @ Public Pools partners and 61 Swim and Survive partner pools have been created. The Branch continues to be at the forefront with regard to water safety education and training with the expansion of the Aquatic Facility Safety Assessment program within the aquatic and recreation industry; the continual development (and redevelopment) of technological training and accreditation initiatives; and of course targeting 'black spot' drowning demographics and locations (such as 0 – 5 age group, older Australians, regional and remote communities, home swimming pools, high risk populations, effects of alcohol, high risk recreational activities, climate change and extreme weather, extending drowning prevention evidence and strengthening policies, legislation and standards relating to water safety, etc).



Training Officer Laura Murray with Participants in an infant first aid course

Royal Life Saving introduced a new initiative during the year that will assist with our drive and focus to achieve a 50% reduction in NSW drowning deaths by 2020. This is an ambitious undertaking, but one that Royal Life Saving believes is entirely achievable through a strong, collaborative community approach. Royal Life Saving together with our key partners would like to introduce Project Community Lifesaver. This initiative seeks to educate an additional 300,000 NSW residents in water safety, lifesaving, cardiopulmonary resuscitation (CPR) and first aid annually. We can make a difference. It is anticipated by participating in Project Community Lifesaver the Royal Life Saving network will provide valuable lifesaving skills and knowledge that will assist in preventing aquatic related injury and death and help achieve the 2020 reduction target. We will be encouraging our partners, clubs, schools, stakeholders, etc to be involved in Community Lifesaver and will provide kits, resources, fact sheets and wallet size information charts free of charge in an effort to save lives. This will be a big commitment for Royal Life Saving however it is felt that with a collaborative approach, we can make a difference.



Training Officer Nick Au instructing children on Water Safety

The New South Wales Branch is proud to announce that the Royal Life Saving National Office introduced the new Swim and Survive program during 2010/2011. Swim and Survive is a well-known program that has been teaching Australian children swimming and water safety for over 25 years. To maintain Swim and Survive as the leading aquatic education program, it recently underwent a review process. Development included the re-branding of Swim and Survive, improved skill competencies, linking the award structure to promote learning throughout children's key life stages, and quality resources to support the program. Swim and Survive is now better than ever! Learning swimming and water safety skills is vital for every Australian child. Unfortunately the drowning statistics for children are unacceptably high and we need to provide children with a level of protection by equipping them with water safety skills and knowledge. The new Swim and Survive encompasses three programs; Wonder, Courage and Active. Within each program there is a series of awards to achieve and wonder, courage and active are linked to ensure a progression of skills through the key life stages. To assist in the delivery of the new swim and survive program, a new swim and survive Aquapak was released. The Aquapak is a fantastic teaching resource for swim and survive partners with key features including assessment guidelines, skill progression and tips, lesson plans together with games and activities for each level. Statistics reveal that 50,000 Australian children will not be able to swim fifty metres by the time they leave primary school and it is hoped that the new swim and survive program will have a positive effect on this alarming statistic.

During the past twelve months there have been some changes to the way Cardiopulmonary Resuscitation is taught in this country. The Australian Resuscitation Council (ARC) regularly reviews its guidelines and makes changes, however every five years as part of the International Liaison Committee on Resuscitation (ILCOR) there is a major review of the evidence for Resuscitation. The ARC participates in these reviews and upon their publication reviews its own policies to ensure they are best practice. I am pleased to report that Royal Life Saving, as a foundation member of ARC, was one of the first organisations in Australia to implement the new policies advising all examiners and instructors during the year.

I am pleased to report that the Society has made significant inroads in the Aquatic Industry Services arena. Ensuring the development of safety guidelines and risk management systems for all aquatic environments is essential in supporting a community to be safe around water. To highlight a number of achievements within this area I advise the following; 94 Aquatic Facility Safety Assessments were conducted including 42 in Sydney metropolitan and 52 in regional locations throughout NSW, there were 44 additional facilities that achieved the Society's 5 Star Water Safety Status, with five Aquatic Supervisor (Pool Operations) courses conducted in Sydney and a further four conducted in regional NSW with a total of 103 participants. These courses included participants from the Riverina district, Western and Northern NSW, South Coast, the Hunter as well as metropolitan Sydney.

In the Health Promotion area Royal Life Saving continued to provide information for public awareness campaigns, conduct vital research into drowning and near drowning incidents and target both the 'at-risk' groups and the cultural and linguistically diverse communities. Royal Life Saving's commitment to reducing water-related incidents and accidents is best seen through the concept of creating water-safe communities. Some achievements in this field included; the compilation of the annual drowning report, the distribution of over 50,000 Keep Watch resources to parents, carers, health professionals and the wider community, the compilation of the document 'Recreational fishing in NSW – an overview of drowning related fatalities and current practices', hosting a number of Active Family Fun Days and attending a number of workshops, seminars and conferences. We trained 350 year 6 students and 200 Indigenous children in CPR through a leadership program, there were 300 Home Pool Safety in a Box kits distributed free of charge to home pool owners, various Indigenous programs in pool lifeguarding, first aid, learn-to-swim and a water safety session held in Redfern for Indigenous students from remote Northern Territory communities. In addition we have conducted a number of programs for the Muslim and Korean communities.



Participants enjoying a first aid course through the Elisa Dixon Foundation

I would like to take this opportunity to thank all those volunteers that donate their time educating their own community members and students in varying levels of lifesaving skills especially those members highlighted in this annual report receiving an honour who have been recognised by their peers. The New South Wales Branch realises the importance of its volunteers and the significant role they play in educating people throughout New South Wales in water safety, survival, rescue, resuscitation and first aid in an effort to reduce injury and loss of life through drowning and near drowning accidents. Each year these honours are awarded in an attempt to acknowledge the significant and tireless work carried out by the Society's volunteers to assist the Branch to reach its aims and objectives. Honours are issued at State, National and Commonwealth levels based on the

individuals dedication, commitment and years of service. The role of our volunteers, particularly our examiners, is extremely important and the services they provide tremendously valuable to the community. Each year the examiner network educates and trains thousands of individuals in key lifesaving skills that do, and have saved lives.

The success of Royal Life Saving is dependent on its committed and dedicated network, volunteer and professional workforce, sponsors, partners, supporting registered clubs, affiliated schools, partner pools, affiliated clubs and of course its modern and professional approach to its courses/programs. Our relationship with the NSW State Government is very strong and I thank the Premier, the various Ministers and various departments for their assistance and support. Later in this annual report the Society has paid tribute to all those associates in the acknowledgements page.

Royal Life Saving New South Wales Branch is active in all areas of the State. Our Regional Offices, Sub-Branches, members, volunteers, trainers, employees and lifesavers are found in all communities whether they are located in metropolitan, rural or remote areas. Our approach is inclusive and some of our biggest achievements occur away from large capital cities. I would like to personally thank all those people associated with the New South Wales Branch and look forward to a continued collaborative approach to saving lives in NSW.

David Macallister

C.E.O. RLSSA NSW Branch



Training Officer Nick Au with participants during a CPR course

Hunter Regional Office Report

As the 2010/11 financial year is now complete, I am pleased to provide the Royal Life Saving Hunter Region report. In what proved to be a challenging year, growth throughout the Hunter and Central Coast regions remained steady. With the implementation of a number of new initiatives, increased demand for Safety Audit services and a very competitive market place, 2010/11 proved to be a very busy year for the Hunter Office.

It is pleasing to note that aquatic facilities across the region are placing significant importance in the Safety Audit process and the process by which each facility can improve their risk management systems and ultimately the safety of their facility. The Hunter Regional Office conducted 13 Pool Safety Audits during 2010/11 with 5 of these facilities gaining the 5 star rating. At the time of compiling this report, an additional 11 safety audits have been conducted with 4 of these facilities reaching 5 star status.

The strategic partnerships and working relationships with the local media, councils, schools and industry are continuing to grow and it is a priority of the Hunter Office to nurture, encourage and maintain these partnerships as they are vitally important to the operations of our office.

With this in mind, Royal Life Saving Hunter Office would like to thank and acknowledge the management and staff of Gosford City Councils' Peninsula Leisure Centre and Gosford Olympic Pool. Royal Life Saving Hunter Office would like to offer our appreciation to Gosford City Council for its continued support. These facilities should be congratulated on their professionalism and their high level of service. Thank you to Anthony Burling and his staff. I look forward to continuing and growing our relationship.

Also a big thankyou to Newcastle City Council and Maitland Council for their support of the Hunter Office. From the training of their lifeguards to the provision of First Aid/CPR courses, I appreciate your support of Royal Life Saving Hunter Office. Maitland Council has also adopted the Swim and Survive and Keep Watch Programs.

Royal Life Saving Hunter would also like to thank Geoff Gunness and his staff at Lake Macquarie Council. The working relationship between us also continues to grow and the 4 pools operated by Lake Macquarie Council all now conduct the Swim and Survive program and have adopted the Keep Watch Program.

To Peter Britt and his staff from NSW Communities – Sport and Recreation, it has again been a pleasure to work alongside you and we look forward to the next 12 months. Thank you for your support and assistance throughout 2010/11.

The staff at Austswim give great support to the Hunter Office and I look forward to continuing and strengthening our working relationship in the future.

This report would not be complete without acknowledging the Wests Group and in particular Phil Gardner, Phillip Matthews and Gaylene Lawrence from Balance Health Club. Their support of Royal Life Saving is second to none as we enter our second successive year of CDSE funding, Royal Life Saving Hunter has distributed \$5,000.00 worth of Home Pool Safety in a Box to residents of the Newcastle City area. We will also be conducting CPR courses and utilising CPR in a Box for students throughout the local area, which is all due to funding from the Wests Group. An enormous thank you to all concerned.

On the Central Coast, the team at Mingara One has provided tremendous support over a long period of time. In addition to varying number of programs delivered by Mingara One on behalf of Royal Life Saving, we are now conducting First Aid training for all staff employed by the Aquatic Centre and the Club itself. Thank you to Nicole and Julie at Mingara One.

I would also like to acknowledge Arthur Grech and Craig Williams from Ausgrid who are fantastic supporters of Royal Life Saving and their continued support is much appreciated. I look forward to building and continuing our relationship over the coming years.

Very importantly I would like to take this opportunity to thank our network of Trainers, Examiner and Assessors throughout the region. This network is vital to our operation and delivery of services and ensures continual, professional delivery of Royal Life Saving services. Thank you to you all. A job well done.

I must also offer my thanks and appreciation to Jackii Downie, Administration/Customer Service Officer of the Hunter Office. Jackii has done a great job coordinating office administration and the course booking process. As I write this report Jackii is preparing to take maternity leave as she is expecting her first child. Good luck to Jackii and her husband. Thank you for all your work. At this point I would also like to welcome Kathryn Donnelly to our office. Kathryn will be filling in for Jackii while she is off. Welcome Kathryn!

Last but certainly not least, I would like to send a message of thank you and appreciation to RLSSNSW Board, RLSSNSW CEO David Macallister, RLSSNSW Operations Manager Michael Ilinsky and all the staff at the NSW Office. Your support and assistance over the past 12 months has again been outstanding and the Hunter Office appreciates your availability and flexibility. Thank you to all.

The upcoming year is already proving to be productive and also very busy. I look forward to the next 12 months with excitement and look forward to building on the partnerships that are so important to the functions of Royal Life Saving Hunter Office.

Matt Sharman

Hunter Regional Manager



Greg Florimo and David Fairleigh from the Central Coast Bears assist to promote the Keep Watch Program and Home Pool Safety in a Box.

Illawarra Regional Office

The release of the drowning report shows that people are still losing their lives in and around the water - 18 in the Illawarra region of NSW accounting for 15.5% of drowning deaths in NSW - 17 males, 3 under the age of 24. There were 15 deaths that occurred in the 25 or older age groups, with a total of 5 in the 45-54 age group. Rock fishing and swimming contributed to 72% of fatalities, appealing to this age group of 25 year plus, bullet proof, male demographic is increasingly difficult. It is hoped that in the future the Illawarra can report that current strategies have led to a reduction of deaths, in the older males of the Illawarra.

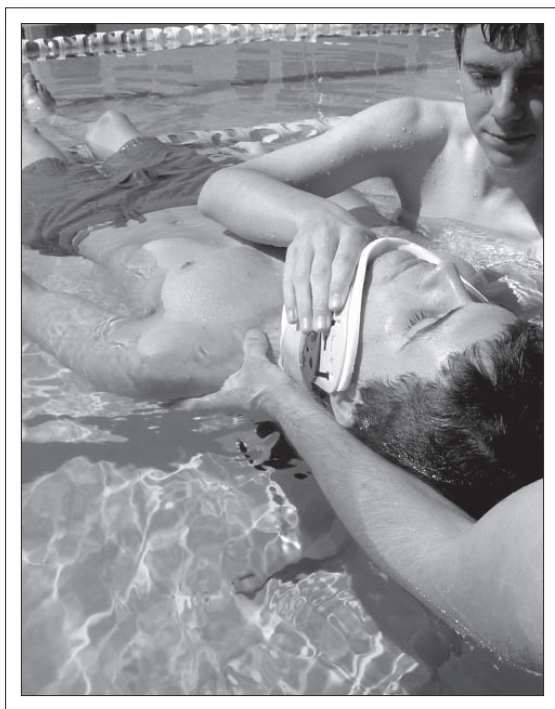
The High Schools within the region have been engaging in training courses of the Society, new relationships and programs have been initiated, growth of lifesaving courses and skills in higher education will be seen in the years to come. This is both exciting and demanding on the staff and resources of the regional office, I must thank the staff for the extra effort they have placed in growing the working relationships of the Society, with our local education departments.

All Aquatic facilities within the Illawarra region continue to grow and develop with the Society. A large number of these facilities are now conducting high quality internal training, which in turn has a positive effect in their local community who are engaging with these facilities. I can report that all programs offered by Royal Life Saving are highly regarded and utilised by the Aquatic Industry and local Councils.

To David Macallister and to the staff of the NSW Branch, all NSW Regional Offices, thank you for the support given to the Illawarra Regional Office over the past 12 months. I would like to thank the office staff for their consistently high work ethic and dedication to the Society, assisting to achieve its aims and objectives. On behalf of the office staff members, Tracey, Bronwyn and Carly, thank you to all who continue to support the Illawarra Regional Office.

Ian Kennerley

Illawarra Regional Manager



Participants in Pool Lifeguard Training for the Shellharbour City Council.

Northern Regional Office Report

This year marks a significant era in the provision of Royal Life Saving services in the Northern Region.

We are creating a greater support network to implement the various programs that Royal Life Saving offers which allows increased access for the community to achieve a lifesaving skill or award.

Our projects aim to facilitate long-term delivery of our core programs in communities and to achieve this we apply the following approaches:

- We focus on community empowerment rather than service delivery. Programs aim to facilitate community participation to enable them to drive their own development.
- We build partnerships with local organisations and communities in order to enhance local capacity to sustain positive changes well beyond Royal Life Savings presence in a community.
- We aim to address a number of themes and often these overlap such as the Keep Watch @ Public Pools program (i.e., injury and drowning prevention, training and leadership skills).

The people of Royal Life Saving are its real strength. The Regional Office is very keen to continue to further develop our people and to improve the capacity of these people to deliver our programs to the wider community. We have some way to go in this journey and have commenced a recognition and retention program during the year which continues to gain momentum.

Our endorsed training centres allow for ease of access to training and accreditation as well as providing an essential link in delivering the vital water safety messages of Royal Life Saving.

I congratulate the following centres for providing leadership in this field:

- Tweed Regional Aquatic Centre
- Tamworth Regional Council
- Monkton Aquatic Centre (Armidale)
- Grafton Lifestyle Centre
- Wauchope & Kendall Swimming Pool
- Moree Aquatic Centre

Congratulations to the recipients of the many Honours that are received through the region and their commitment to the vision and practices of our organisation.

I would like to take this opportunity to thank RLS management and all RLS employees for their outstanding contribution during this year.

The RLS Northern Regional Office is ready for the challenges of the future.

Jason Phillips

Northern Regional Manager



Mid Coast connect/Chatham High School Indigenous Instructor Program



Vietnam SwimSafe



Jason Phillips and Troy Bell Vietnam SwimSafe Project

Riverina Regional Office

Water, water everywhere but nor a drop to drink. Words from the “Rhyme of the Ancient Mariner” pretty well sum up the past twelve months of happenings within the Riverina Region of Royal Life Saving. Record rainfalls, floods, 20 cm of water through the regional office, throw in a mice plague and then add the standard events, all made for an interesting year in the Riverina.

Our VET programs that provide one of our core areas of existence have experienced growth, stability and decline in the last twelve months. Our three key VET areas are Austswim, First Aid and Pool Lifeguard programs. Regional Austswim course numbers declined this year, a trend which hopefully indicates a more stable workforce and not a decline in actual learn to swim teachers on the ground. The role of RLS is to make available these courses to the public and the regional office will continue to do so throughout its network of swimming centres and professional trainers. Our Pool Lifeguard enrolments have stabilised to where we have had constant numbers over the past three years. There has been a general trend that indicates stability in the industry for a couple of years followed by a significant changeover of personnel indicated by the increase in full courses and the similar decrease in re accreditation numbers. Due to the nature of the aquatic industry it is expected that this may continue with focus on total numbers the key criteria not the type of program being taken up. The most pleasing aspect of our VET numbers has been a rise in those participating in our Senior First Aid programs especially those participating in the First Aid online program or “First Aid in a Box”. This method of learning has struck a significant chord in the market place, especially those who are “time poor” and require the flexibility and ease of completing a significant component at home prior to the assessment session. The use of elearning as a pathway to obtaining qualifications is now very much a part of our environment and it has assisted the Riverina office to provide more assessment option dates than previously offered. The development for other programs to move in this direction should be seen in a positive light and the need to keep exploring and developing new training and delivery options a must in an ever changing world.

During the past year the Royal Life Saving Riverina lost one of its most decorated and long serving members. Those fortunate to know Jack Misson, knew of his passion and commitment to the Royal Life Saving Society and its ideals and philosophies. From Broken Hill to Wagga Wagga and in between, Jack was a tireless worker in the fields of education and sport. He was a mentor to many and his passing will be profoundly missed by the community and lifesaving in general.

As always at this time we need to thank those who work tirelessly for the region and the organisation as a whole. We possess a dedicated but small team of professional trainers, a network of examiners and some key partners and stakeholders that assist us in keeping the business ticking along. Without these individuals or organisations we would not be in the strong position as a leading RTO that we are today. I would also like to acknowledge and thank the continued support from head office in Sydney, especially CEO David Macallister and Mick Ilinsky.

Finally, as we move towards the summer months I would like to encourage everyone to take particular care around all aquatic environments especially where young children are concerned so that we may work towards a significant reduction in preventable accidents.

Mick Dasey

Riverina Regional Manager

Western Regional Office Report

Royal Life Saving experienced a great year in the Western Region during 2010/11 and our office was kept busy with courses and programs across a number of areas. Participation in our vocational courses continues to expand and this is supported by the dedicated volunteers working throughout our community and school networks. The introduction of the NSW Branch Regional and Remote Strategy has given direction and focus to the activities conducted in regional areas to ensure all areas of our operation are well supported. In addition to our core programs (lifesaving, lifeguarding, first aid and resuscitation), the Western Regional Office was involved in a number of different activities over the last twelve months and I shall use this opportunity to highlight some of them.

To kick off our busy period, the only affiliated lifesaving club in our area, the Wellington Amateur Swimming Club, received a gift of equipment from the RLS National Office to support their lifesaving activities. David Macallister (NSW Branch CEO) on behalf of the National Office, made the trip beyond the sandstone curtain to Wellington to present the group with their equipment. He also included a visit to Cudal Public School in his trip to present the students with the Swim & Survive awards they had gained through their school lifesaving program. It was a memorable occasion for a small school the size of Cudal to have David visit and present their awards!

The Swim and Survive Program itself underwent a revamp during the year with new levels added and modifications made to existing levels. Swim and Survive is a comprehensive swimming and water safety initiative of Royal Life Saving that seeks to increase the swimming and water safety skills of all Australian children in order to prevent drowning and increase participation in safe aquatic activity. With the launch of the revamped program the NSW Swim and Survive Partner Pool program was also refreshed with new members coming on board in Dubbo, West Wyalong, Grenfell, Lake Cargelligo, Boorowa, Oberon, Gilgandra, Blue Mountains (5 centres), Orange and Bathurst. These Partner Pools offer Swim and Survive as their primary learn to swim program to ensure a balanced, comprehensive instructional approach to a child's aquatic education. Partner Pools provide a pathway for ongoing learning and development through each of the key life stages and lessons are designed to keep children engaged, actively learning and, most importantly, having fun.

In support of the Regional and Remote Strategy, during 2010/11 we were able to offer training and services in a number of remote locations including lifesaving and lifeguarding training in Wilcannia and Weilmoringle, and the sale of a defibrillator to the small town of Enngonia. It is hoped that these training courses and resources in these locations will continue to be supported on an ongoing basis.

The Western Office worked on a number of programs with community based organisations during the year, including Austswim training for the National Aboriginal Sporting Chance Academy (NASCA), water safety activities for Uniting Care Burnside in Dubbo and the MERGE program in Orange. The MERGE holiday program is aimed at children from different ethnic backgrounds to help build life skills, teach tolerance and provide entertainment over the school holidays. We have been involved with the program on an ongoing basis and recently received CDSE funding from the Orange Ex-Services Club to provide the program with 60 CPR in a Box kits, which will be used during the summer holiday session.

To support the operation and management of safe aquatic facilities within the Western Region, I am pleased to say we are now able to offer the Aquatic Facility Safety Assessment (AFSA) to all facilities in our area. The Royal Life Saving AFSA is a comprehensive analysis of the policies, procedures, operations, and activities of a commercial swimming facility assessed against the Guidelines for Safe Pool Operations (GSPO), and other relevant legislation and standards via a venue inspection. The AFSA assesses all aspects of a facility including First Aid, Technical Operations, Facility Design, Supervision and Learn to Swim. These areas are assessed to determine their compliance against the relevant State and National Guidelines and Legislation. A detailed report and Safety Improvement Plan (list of recommendations) is developed following the inspection. During the last twelve months AFSAs were conducted for Orange, Dubbo, Narromine, Trangie, Blackheath and Bathurst pools, with Bathurst being recognised as a 5 Star Water Safety Partner for demonstrating a strong commitment to aquatic safety standards.

Our 'Courses in a Box': First Aid in a Box, CPR in a Box and Home Pool Safety (HPS) in a Box continue to prove popular, with the number of people choosing to learn first aid via the online course option increasing. We have entered into an arrangement with the campuses of Charles Sturt University in our area to offer the online first aid course option to their students at a reduced rate. The uptake of this has been promising and hopefully the word will spread across the campuses that ours is the best, simplest and most cost effective way to gain a first aid certificate! PoolWerx, who partner Royal Life Saving in our Keep Watch program also promote and onsell the HPS in a Box in the Dubbo area, helping to spread the word about the requirements to support a safe home pool environment.

There is much to look forward to over the coming year with the introduction of a full qualification, the Certificate III in Aquatics, soon to be available to the aquatics industry. Keep a look out for the Community Lifesaver Project, aiming to educate over 300,000 NSW residents in water safety, lifesaving and CPR in 2011/12. Information has already been distributed through the school network, next will be aquatic centres and community organisations. The Community Lifesaver Project aims to contribute to a 50% reduction in drowning deaths in NSW by the year 2020, so find out what you can do to get involved – visit www.communitylifesaver.org. We will also be conducting a number of local projects, focusing on the target areas of the Regional and Remote Strategy. In the Western Region this will include initiatives such as River Safety programs, Grey Medallion programs, Partner Pool initiatives and funding opportunities for small pools to access an AFSA for their centre. Whilst many of these programs and initiatives are driven from the office, many community members, school students and others experience Royal Life Saving's programs only through our trainers and volunteers. For all your efforts over the last twelve months I say thank you and keep up the great work! Thank you also to our Head Office staff and Board of Directors for your support and guidance throughout the year, and also to Nicola and Annabelle, our valuable Western Office staff who keep the ball rolling. We will continue to strive to provide a valuable service to the communities of the Western Region in the coming year.

Alison Middleton

Western Regional Manager



*Bathurst Aquatic Centre 5 Star Presentation
(Ollie Barclay and Alison Middleton)*



Cudal Public School

national champ

2011 Australian Pool Lifesaving Championships



The 2011 Australian Pool Lifesaving Championships were scheduled to be held in January 2011 at the Chandler Aquatic Centre, Brisbane however were postponed until the Queen's Birthday long weekend in June. This was of course due to the devastation in Queensland caused by torrential rain and severe flooding throughout most of that state and northern New South Wales. On behalf of the NSW team I wish all those people affected by the floods all the best and hope they can recover as soon as possible.

Due to the rescheduling of the Championships our selection was thrown into disarray as a number of our more seasoned competitors were unavailable due to work or university commitments and injury. I must thank two of our older competitors for their valued contribution in assisting the team members compete to their best ability. Jane Cooper was inspirational in her motivational and encouragement speeches and Andrew Bowden, who was forced to withdraw due to injury, was a great help in mentoring the new inexperienced members of our team.

Steve Williams has been the one foundation of the NSW management team, not only does he volunteer his time and knowledge but he also provides a venue for training at no cost to team members. Steve has coached the team for many years now and has guided the team, including these championships, to eight overall National Championship victories and one second place. We realised that with new team members and the disruption caused by the rescheduling of the event we would have a battle on our hands to regain the title. However, to see the development over the carnival period of the young new members is a great credit to Steve's coaching ability and techniques.

The Chandler Aquatic Centre proved to be an ideal venue with easy access for the athletes and spectators. The team performed extremely well overall, but especially heading into the last day when trailing Queensland they overcame the deficit and took out the title. Well done to all concerned. Members from NSW club teams must also be congratulated for representing their clubs at national level in the U16, U19 & Open events. Congratulations to all members of the State team that gained selection into the Australian Barra teams and the development squad, to have so many state team members selected is a great achievement for all concerned.

The squad consisted of a mixture of seasoned competitors and new inexperienced competitors and it was heartening to see such a rapid development in the new members over the competition, mainly due to the mentoring by the senior members. The behaviour and interactions between all members was exemplary. I would like to thank the whole team for all their efforts and hard work during the carnival and congratulate them on being the overall 2011 National Champions. As I am stepping down as Team Manager I wish you all well in your future endeavours.

Vaughan Jones
NSW State Team Manager

The following members were selected for representation in the New South Wales Interstate Team

UNDER 16	UNDER 19	OPEN LADIES	OPEN MENS	COACH	MANAGER
Danielle McMahon	Jessica Brooks	Jane Cooper	Dave Butler	Stephen Williams	Vaughan Jones
Kate Shore	Tiarna Jones	Felysia Konakoff	Mitchell Parkes	RESERVES	CHAPERONE
Jed Boxall	Benjamin Fishburn	Stephanie Ballantine	Blake McCrindle	Louise Smalley	Cathy Hynd
Jay Furniss	Edward Gourley	Siobhan Jones	Tim Schofield	Nicolas Brookes	

2011 National Lifesaving Championship Results

Men's Under 14 Individual Overall Championship

1. Luke Lineham (VIC)
2. Jarad Everett-Quitadamo (SA)
3. Joshua Bekric (SA)
3. Jamie Cumberlidge (QLD)

Women's Under 14 Individual Overall Championship

1. Maddi Gibson (VIC)
2. Lucy Pearce (VIC)
3. Alex Knesl (QLD)

Men's Under 16 Individual Overall Championship

1. David Elliott (QLD)
2. Jed Boxall (NSW)
3. Jay Furniss (NSW)

Women's Under 16 Individual Overall Championship

1. Alisha Ellwood (QLD)
2. Eilish Fahey (QLD)
2. Alexandra Nolan (QLD)

Men's Under 19 Individual Overall Championship

1. Sam Bell (QLD)
2. Keelan Bridge (NSW)
3. Chris Veal (VIC)

Women's Under 19 Individual Overall Championship

1. Miranda Bell (QLD)
2. Rachelle King (NSW)
3. Tiarna Jones (NSW)

Men's Open Individual Overall Championship

1. Tim Schofield (NSW)
2. Dave Butler (NSW)
3. Blake McCrindle (NSW)
3. Ben Orford (SA)

Women's Open Individual Overall Championship

1. Jane Cooper (NSW)
2. Stephanie Ballantine (NSW)
3. Lisa Ferguson (VIC)

Men's Over 30 Individual Overall Championship

1. James Evans (VIC)
2. Steve Boxall (NSW)
3. Brendan Watts (SA)

Men's Over 45 Individual Overall Championship

1. Gray Parkes (NSW)
2. Ross Johnstone (QLD)

Women's Over 45 Individual Overall Championship

1. Jenny Whiteley (NSW)
2. Meryl Churchill (SA)

Interstate Men's Overall Championship

1. NSW
2. QLD
3. VIC

Interstate Women's Overall Championship

1. QLD
2. NSW
3. VIC

Interstate Overall Championship

1. NSW
2. QLD
3. VIC

Offical of the Meet

Chris Brooks (NSW)



Honours

The Royal Life Saving Society awards its "Honours" each year in an attempt to recognise and acknowledge the outstanding efforts of the dedicated Volunteers that form the nucleus of The Royal Life Saving Society. Members, Examiners, Instructors and Competitors are nominated by their peers for their commitment and devotion to water safety and the contribution they make to both The Royal Life Saving Society and the communities of New South Wales. The Society would like to sincerely thank all its supporters and particularly those listed below.

It is with great pleasure that I advise the 2010-2011 Honours recipients are as follows and congratulate each and every one of them.

AUSTRALIAN HONOURS

Fellow RLSSA

Joanne Teagle

NEW SOUTH WALES HONOURS

Life Member

Clive Austin
Peter Wiebe

Long Service Star

Leanne Courtney
Robert Aston-Brien
Mark Edwards
Daphne Earsman
Mark McLennan
Jeffrey Collier

Distinguished Service

Gary Johnson
Richard Walker
Brenda Wyszynski
Steve Williams
Scherie McDonell
Peter Cronin
Mandy Robertson

Associate Award

Tracey Bills
Jude Ball
Rosemary Clarke
Murray Scoble
Susan Rowe
Zoe Harris
Susan Wright
Matthew Neil
Tracy Dell
Wayne Martin
Adam Parker
Katrina Curry
Leann Logan
Gary Harton
Tod Healey
Mark Thorpe
Steven Maguire

José Montiero
Ingrid Corcoran
Kerry Lynch
Sing Ma
Cindy Hoad
Helen Phipps
Philip Michael
Gaylene Ryan
Mike Howarth
Susan Adams

Russell Crane Cup

Stephen Williams

Derek Emery Memorial Trophy

Ryan Parker

Sir Walter Leonard Memorial Trophy

Suzette Whiting

John Stacpoole Memorial Trophy

Rozlynn Grey

Lesley-del Kinscher Memorial Trophy

Brian Weatherley

Certificate of Appreciation

Denise Lewis
Patricia Shore
Carol Baglin
John Morrissey
Denise Williams
Megan Williams
Steven Williams
Emma Shore
Kate Shore
Rowan Castro
Dominic Goodyer
Zane Brown
Jonathan Radecki
Scott Morrissey
Mavi Giacomello
Robbie Dummett
Andrew Maxwell
Julie Stralow

Karl Short
Annika Wolfgang
Philippa Patterson
Antonia Patterson
SPLASH Swim School
Melissa's Swim School
Grenfell Swimming Pool
Lake Cargelligo Swimming Pool
Gary's Swim School
Oberon Pool Complex
Gilgandra Learn to Swim
Springwood Aquatic & Fitness Centre
Lawson Swim Centre
Blackheath Pool
Katoomba Sports & Aquatic Centre
Glenbrook Swim Centre
Orange Bush Nippers
Rebecca Dale
Leah Henderson
Liz LeBreton
Karen Grant
Rick Horne
Phil Owen
Russell Setright
Ben Gregory
Dean Dudley
Megan Killick
Mark Skein
Charlotte Mallouk-van Wilpe
Kris Ramien
Coralin Bryant
Cheryl Funnell
Kelly Murphy
Mathew Knight
Alison Richardson
Michael Davies
Tamworth Regional Council
Bina Armstrong
Kate Mackaway
Mark Scott
Trimevac Pty Ltd
Tony Stanley
David Jones
Cassee Wallington

Commendation Awards



Her Excellency Professor Marie Bashir AC CVO and Mr Peter Cronin, NSW Branch President with Commissioner Scipione AM, Commissioner Fitzsimmons and Mr Greg Rochford with 2010 Certificate of Commendation Award recipients, NSW Police Award recipients, NSW Ambulance Award recipients and Rural Fire Service Award recipients.

The New South Wales Branch issues Commendation Awards each year to people who rendered assistance and used their knowledge in water safety, rescue and/or resuscitation to aid an injured or ill casualty. These extraordinary Australians perform those skills, often in stressful situations, sometimes with multiple casualties and frequently at risk to themselves.

In December 2010 the Patron of the Society, the Governor of New South Wales, Her Excellency Professor Marie Bashir AC CVO very kindly offered her time and Government House to present the Commendation Awards. Her Excellency shows great admiration each year to the recipients of the Commendation Awards as their achievements in attempting to save a life is a great humanitarian gift.

The following people with a brief citation were recognised for their efforts at saving lives in emergency situations. Members of the general public were presented with Certificates of Commendation, Officers of the NSW Police Service were presented with the Police Service Award, an Officer of the Rural Fire Services was presented with the Rural Fire Service Award and Officers of the NSW Ambulance Service was presented with the Ambulance Award.

The Royal Life Saving Society Australia New South Wales Branch would like to congratulate each of those people who received an award.

***Certificate of Commendation presented to:
Isabella Taleski***

On 22 November, 2009, Isabella, her parents and her brother Stefan, were visiting a friend's home. There was a considerable amount of noise from children splashing and frolicking in the pool and adults talking.

Isabella left the pool to get a drink and, unnoticed by the adults supervising the children, Stefan slipped off the step and into the deep end of the pool. On her way back to the pool, Isabella saw her brother bobbing up and down in the water. Her father dragged the barely conscious Stefan out of the pool, Isabella's first thought was the lessons from her resuscitation class at St Gertrude's Primary School. She placed her brother on his side in the recovery position which allowed the water to drain from his lungs and cleared his airways which ultimately saved his life. She kept him in this position until emergency services arrived.

Isabella Taleski is to be highly commended for instinctively using the life saving skills she had recently learnt from participating in the Royal Life Saving Water Smart Program that undoubtedly saved her brother's life.



Tia Jade Currie

***Certificates of Commendation presented to:
Tia Jade Currie***

On 31 December, 2009 Tia Jade and her friends Colleen, Jesse and Kate were swimming in Kate's backyard pool.

Colleen was playing with a small basketball hoop in the deep end of the pool while Tia Jade was in the shallow end. She suddenly saw Colleen disappear under the water, apparently suffering an epileptic seizure causing her to lose consciousness. Tia Jade immediately swam to her aid, however by the time she was close to her, Colleen had sunk to the bottom of the pool. Tia Jade took a big breath and dived to the bottom of the pool, pulling the 12 year old to the surface. Colleen gasped for breath, unaware of what had just happened. Only 13 herself and similar in body weight, Tia Jade struggled to pull her friend to safety. "She was so heavy", she said afterwards, afraid that she might not have been able to help her.

High commendations are awarded to Tia Jade Currie. There is no doubt that her actions were paramount to the saving of Colleen's life and highlights the importance of everyone learning water safety.



Mia Leszinsky

***Certificate of Commendation presented to:
Mia Leszinsky***

On 27 April, 2009, Mia was at her part time job as a pharmacy assistant in Wahroonga when someone rushed in seeking help. 11 year old Madison Goodrick had just finished her first day back at school and was running for the train when she collapsed, falling to the ground unconscious.

Mia immediately ran to assist. She instructed an onlooker to phone for an ambulance and assessed Madison who was unconscious and bleeding from a head wound from the fall. When her heart stopped after about 4 minutes Mia began Cardiopulmonary Resuscitation (CPR) until the paramedics arrived. Madison was diagnosed with hypertrophic cardiomyopathy, a thickening of the muscle between the two heart chambers. Often in young people, the first sign of this condition is sudden death. When the ambulance arrived, Mia continued to perform CPR – in the end for a total of over 8 minutes. After this period it was determined that they would need to use the external defibrillator on Madison to try to restart her heart. During this period Mia continued to render assistance and after several shocks Madison's heart started to beat. She was transported to hospital where she remained in Intensive Care for 5 days and when Madison awoke from her induced coma doctors were surprised there was no permanent brain damage, very rare in this diagnosis. All involved have said the only reason Madison is alive is because of the assistance rendered by Mia in the crucial first few minutes after Madison's heart stopped.

High commendations are awarded to Mia Leszinsky who diagnosed the problem and performed CPR by herself until help arrived all the time remaining calm in an horrific situation. Her swift, selfless actions definitely saved this little girl's life.

***Certificate of Commendation presented to:
John Cucuk***

On 4 March, 2009, John Cucuk, a welder from South Australia, was working on a new winery construction at Mudgee. Jouke Swiegers, a subcontracting electrician from Bathurst NSW, was working on an electrical distribution board in the new winery building.

During the course of the afternoon, John had been working in close proximity to Jouke at the eastern end of the shed. He had not seen or heard from him for about 20 minutes and decided to check on him. He found Jouke pale, cool to touch and with no pulse. It appears that whilst working on the distribution board, the safety switch had been overridden and he had come in contact with active points within the board. John summoned help and immediately commenced Cardiopulmonary Resuscitation (CPR) until emergency services arrived. Paramedics arrived on the scene and continued CPR and active resuscitation efforts. Jouke was subsequently escorted to Mudgee Hospital.

High commendations are awarded to John Cucuk for responding and without hesitation giving assistance in what must have been a very traumatic situation and attempting to save this man's life.



Michael Nobes

***Certificate of Commendation presented to:
Helen Wallace, Michael Nobes and David D'Elboux***

On 22 October, 2008, Helen Wallace and two of her children went to the business premises operated by her and her husband with the intention of wetting down a newly laid slab of concrete. On the site was a new fence with large gates that were to be automated however were not quite finished. Helen's husband was away in Orange at the time so Helen unlocked the new gates to gain access. Her son kicked his soccer ball over the fence and told her he was going to retrieve it. The gate was incomplete and "stoppers" had not been fitted which allowed the gate, once open, to continue sliding and fall away from the fence.

Shortly after, Michael Nobes was driving past and noticed the boy lying underneath the gate covered in a large amount of blood. He raised the alarm and lifted the gate to allow Helen to pull him out. Finding a weak pulse, Helen immediately commenced Cardiopulmonary Resuscitation (CPR) and Michael phoned for emergency services. David D'Elboux, who was working directly across the road, ran to their aid. He assisted Helen with CPR and tried to stop the bleeding until the ambulance arrived. Due to the boy's condition, he was immediately transported via ambulance to Cowra Base Hospital and CPR continued to be performed on the way.

High commendations are awarded to Helen Wallace, Michael Nobes and David D'Elboux for performing under enormous pressure and applying every effort to save the life of this child. It is difficult to visualise a more stressful and traumatic situation.

***Certificate of Commendation presented to:
Harry James Young Murphy***

On 16 March, 2010 Harry arrived at school. As he was waiting for his friends to arrive, he observed a lady in the car park stagger and collapse to the ground. Harry immediately ran down to check on her and assessed that she was having a seizure.

Five months earlier, Harry had completed his Royal Life Saving First Aid Course as part of an Indigenous Academy program. The seizure lasted several minutes and the lady began to foam at the mouth. To minimise injury, Harry placed her in the recovery position, all the while supporting her and monitoring her condition. Two teachers came to assist which allowed Harry to call emergency services. He stayed on the line with emergency services until the ambulance arrived. The rescue lasted approximately 20 minutes and Harry also assisted staff with crowd control, support of other students and was the direct contact for emergency services.

Harry Murphy, who was only 14 at the time of the incident, is to be highly commended for demonstrating his newly learned First Aid skills and showing courage and community service in assisting the victim. Harry showed great presence of mind in a traumatic situation and undoubtedly prevented this person from suffering possible further injury.

***Certificate of Commendation presented to:
Rebecca De Ruyter***

On 30 July, 2010, Rebecca De Ruyter, an employee of "Dive Jervis Bay", was in a Supermarket in Vincentia whilst on her lunch break, when another customer collapsed at the check out.

Upon seeing the staff start to assess the patient, Rebecca went over to lend assistance and upon diagnosing a cardiac arrest, not only performed Cardiopulmonary Resuscitation (CPR) on the patient but also co-ordinated the assistance of several of the staff until the arrival of emergency services. The initial ambulance response was a single on call officer, followed some time later by two off duty officers. During the time between the arrival of the first and second ambulance officers, Rebecca continued to perform CPR as well as assist in the intubation and defibrillation of the patient. The patient was stabilised and transported to Shoalhaven Hospital.

Rebecca De Ruyter is to be highly commended for her swift intervention action which improved the patient's potential outcome. This is an outstanding example of how First Aid knowledge can work to help patient outcomes within the community at times of sudden illness and injury.

***New South Wales Police Awards presented to:
Detective Senior Constable Christopher Ornatowski and Constable Daniel Walker***

***Certificate of Commendation presented to:
Simon McQuillan and Helmut Mondschein***

At about 9.50 am on 10 January, 2009, Detective Senior Constable Christopher Ornatowski and Constable Daniel Walker responded to a call that a man had apparently suffered a heart attack on a house boat on the Hawkesbury River. He was on the top deck of the boat when he suddenly collapsed. His friend immediately contacted Simon McQuillan, the operator of the house boats, and flagged down Helmut Mondschein who was in a passing boat. When police arrived at the scene, they found Cardiopulmonary Resuscitation (CPR) being performed by McQuillan and Mondschein. They took over CPR with Detective Ornatowski maintaining chest compressions and Constable Walker performing expired air resuscitation using a breathing apparatus on the male. They continued for approximately 5 minutes until Careflight personnel arrived and attempted defibrillation on the victim.

High Commendations are awarded to Detective Senior Constable Christopher Ornatowski, Constable Daniel Walker, Simon McQuillan and Helmut Mondschein for their quick actions and dedication in rendering life saving assistance in an attempt to save a fellow human being.



*Snr Constable
Matthew
Cowden*



*Constable
Nathan
Moore*

***New South Wales Police Award presented to:
Senior Constable Matthew Cowden, Senior Constable Aaron Weatherley,
Constable Nathan Moore and Constable Kevin Trembath***

At approximately 9.00 pm on 20 October, 2009 Mudgee Police received a call alerting them that a young man had threatened to take his own life. He had sent a text message to a friend and also a family member indicating that he was going to find a tree from which to hang himself. A search of the area was immediately undertaken.

At about 11.00 pm, Senior Constable Cowden was searching Whitehouse Road, Gulgong when he observed the man hanging from a tree by the roadway. He immediately requested the assistance of ambulance and went to cut the man down. He quickly assessed the victim was not displaying any vital signs of life and without delay, commenced Cardiopulmonary Resuscitation (CPR) on his own while waiting for other police and ambulance to arrive. Senior Constable Weatherley arrived shortly after and aided Senior Constable Cowden by conducting expired air resuscitation with the use of a face mask. Constables Moore and Trembath arrived some minutes after and all four officers rotated CPR duties. Ambulance officers arrived about half an hour later and conducted a number of tests on the victim however he was unable to be resuscitated.

High Commendations are awarded to Senior Constable Matthew Cowden, Senior Constable Aaron Weatherley, Constable Nathan Moore and Constable Kevin Trembath. All the officers involved displayed a high level of professionalism in trying circumstances. Though it may have been apparent to them that the victim was beyond recovery, they continued continuous CPR efforts 15 – 20 minutes until the arrival of the ambulance.



New South Wales Police Awards presented to:

Former Senior Constable Kylie Brooks and Former Senior Constable Joshua Higgs

On Friday, 5 December, 2008, Senior Constables Kylie Brooks and Joshua Higgs were attending Forbes Local Court as part of their duties. About 10.30 am a member of the community approached them advising that a man had collapsed in the library next door. Both officers attended the library and called for an ambulance. On arrival they found an elderly male to be unconscious with no pulse.

Senior Constables Brooks and Higgs immediately commenced Cardiopulmonary Resuscitation (CPR) without the protection of a mask. They continued CPR until the ambulance arrived and took over, conveying the man to Forbes District Hospital.

High Commendations are awarded to Former Senior Constable Kylie Brooks and Former Senior Constable Joshua Higgs. They were quick to react and assess the situation and even though they did not have a mask with them, commenced CPR without concern for themselves in an effort to revive the person. This incident clearly shows the police officers doing very positive and respected work within the community.

New South Wales Police Award presented to:

Constable Mitchell Corfield

On Monday, 5 October, 2009, Constable Mitchell Corfield responded to a motor vehicle accident in which a car travelling through a 40 klm school zone crashed through 2 residential fences before coming to rest in a front yard. An elderly man was in the driver's seat and appeared to be unconscious without a pulse. It was later established that the driver had started to go into cardiac arrest whilst stationary at an intersection. His wife had attempted to exit the vehicle to go to his help, however as she opened the door, he accidentally pressed his foot on the accelerator and she was thrown from the vehicle as it accelerated and sped through the intersection, a road sign and two fences.

With the aid of another police officer, Constable Corfield removed the man from the vehicle and placed him on the ground. He commenced Cardiopulmonary Resuscitation (CPR) and an attending ambulance officer attached an air bag to supply the patient with air. After approximately 10 minutes, a weak pulse was felt. Other ambulance officers arrived at the location and the patient was placed on a stretcher and conveyed to Walgett Local Hospital. It was confirmed that the elderly man had suffered a cardiac arrest and would need further treatment at a specialist hospital. After a stay in hospital, he made a full recovery.

Constable Mitchell Corfield is to be highly commended for his professionalism and swift intervention which resulted in the patient making a full recovery.



*Snr Constable
Ann Cook*



*Snr Constable
Philip Benfield*

New South Wales Police Award presented to:

***Senior Constable Philip Benfield, Senior Constable Daniel Wills,
Senior Constable Ann Cook***

Certificate of Commendation presented to:

Simon McQuillan and Helmut Mondschein

On 23 July, 2008, Michael Berthune was walking across the Fraton Bridge over the Clarence River with his family. He noticed some clothing and saw a note written by a woman who was intending to cause harm to herself. He looked over the bridge and saw an elderly woman in the water, with a young boy trying to help her. Michael, who suffers from an illness himself, immediately ran below the bridge and with no regard for his own safety, entered the freezing water, swimming out to help. The two youths struggled against the current to keep the female afloat; the water was freezing and the woman was a dead weight and was threatening to pull both the boys under.

Responding to a call for assistance, Senior Constable Philip Benfield was the first policeman on the scene. He ran towards the voices of the two boys who were now in a panic as they struggled to hold her above the water. He forced his way through 10-15 metres of high dense reeds and mud in order to reach them. Senior Constable Daniel Wills was the second officer in the water. He removed his appointments and shirt and dived into the water slightly upstream to avoid the reeds and swam 20 metres to their location. He was able to assist in getting the woman out of the flowing river and into the safety of the reeds. Senior Constable Ann Cook also entered the river downstream and swam fully clothed in the freezing river. She provided assistance by carrying the woman's legs as she was removed from the water. The officers quickly assessed the patient's condition and treated her until the ambulance arrived.

High Commendations are awarded to Michael Berthune and Senior Constables Benfield, Wills and Cook, each of whom had a different involvement and level of risk during this rescue. This elderly woman, who could not swim, would most certainly have lost her life without the courageous actions of all these people.

conveyed to Walgett Local Hospital. It was confirmed that the elderly man had suffered a cardiac arrest and would need further treatment at a specialist hospital. After a stay in hospital, he made a full recovery.

Constable Mitchell Corfield is to be highly commended for his professionalism and swift intervention which resulted in the patient making a full recovery.



*Snr Constable
Philip Benfield*

New South Wales Police Award presented to

***Leading Senior Constable Karen Hector and
Leading Senior Constable Allan Sangalang***

At about 1.30pm on Tuesday, 5 May, 2009 Leading Senior Constables Karen Hector and Allan Sangalang were on patrol in Kingswood when they were approached by a member of the public and told there was a man lying in the gutter who appeared to be unconscious. They drove around the corner and observed a number of people gathered around a male victim lying on his side in the gutter. He appeared to be blue/purple and was not responsive or moving. After assessing that there was no trace of vital signs, they immediately commenced Cardiopulmonary Resuscitation (CPR) and after a short time, the victim started to make gurgling noises and a faint pulse was detected fading in and out. They continued CPR until ambulance officers arrived who attached defibrillator pads and injected the patient with various stimulants. After about 15 minutes, he started to come around and his skin regained a normal colour. Ambulance officers persuaded him to be conveyed to hospital for further checks as he could easily relapse into an unconscious state.

High Commendations are awarded to Leading Senior Constables Karen Hector and Allan Sangalang. Their professional actions were instrumental in saving the victim's life.





*Sergeant
David Watson*



*Snr Constable
Philip Benfield*

***New South Wales Police Award presented to:
Sergeant David Watson, Senior Constable Ashley Tucker and Senior
Constable Troy Bulpett***

About 12 midday on Sunday 17 May, 2009 police conducting a patrol of a reserve in South Penrith on police trail bikes discovered two unconscious, possibly deceased, males lying face down and immediately called for assistance. A short time later, Sergeant David Watson and Senior Constables Tucker and Bulpett arrived at the scene. Sergeant Watson immediately commenced Cardiopulmonary Resuscitation (CPR) on one of the victims, assisted by Senior Constables Tucker and Bulpett and an ambulance officer who had just arrived. During this time the other police officers maintained a crime scene, conducted a canvass for possible witnesses and assisted the other ambulance officer with first aid to the second victim. Upon receiving treatment and a number of injections of adrenalin, he responded to first aid and commenced normal breathing. The first victim was able to breathe by himself for a short period, however relapsed into unconsciousness and CPR was recommenced by ambulance officers. Both victims were taken from the scene by ambulance with police maintaining a crime scene until the arrival of investigators and crime scene police. It was apparent that what had happened was a drug overdose. Both victims were transported to Nepean Hospital.

High commendations are awarded to Sergeant David Watson and Senior Constables Ashley Tucker and Troy Bulpett who all carried out their duties exceptionally well during this situation and assisting with CPR for at least 20 – 25 minutes. The location of this incident was a public reserve and police ensured that these actions being carried out which were of a traumatic nature, were viewed by limited persons for a limited amount of time, thus restricting possible harm to other members of the public.



*Sergeant
David Watson*

***New South Wales Police Award presented to:
David Watson and Senior Constable Christopher Miller***

On 21 August, 2009, Sergeant David Watson and Senior Constable Christopher Miller whilst patrolling the Kingswood Park shops were stopped by a store keeper who informed them a male had collapsed in his store.

Police entered the fruit shop where the man was found collapsed on the floor and checked him for vital signs. Finding no pulse, they commenced Cardiopulmonary Resuscitation (CPR) on the patient, with Sergeant Watson performing expired air resuscitation without the use of breathing apparatus or mask and Senior Constable Miller performing external cardiac compressions. This was continued until Senior Constable Miller indicated he could detect a pulse and the elderly man took a breath. Ambulance officers then arrived at the location and conveyed him to Nepean Hospital where he was admitted to the Intensive Care Unit.

Sergeant David Watson and Senior Constable Christopher Miller are to be highly commended for their courageous efforts in assisting this elderly man. Their actions showed great leadership, initiative, professionalism and compassion in a difficult situation.



*Lead Snr
Constable
Paul McCann*



*Snr Constable
Garry Baker*



*Snr Constable
John Keft*

New South Wales Police Award presented to:

Leading Senior Constable Paul McCann, Senior Constable Garry Baker and Senior Constable John Keft

On Thursday, 11 December, 2008, Leading Senior Constable Paul McCann was on Highway Patrol Duties with another policeman when they heard a radio message regarding a number of swimmers in distress at Mollymook beach. Answering the message they drove to the beach.

A family, who were renting a holiday home for a week, had gone to the beach in the afternoon for a swim. While the parents watched, two of the sons took their boards into an unpatrolled section of the beach where there were no other swimmers. They quickly got into difficulty as they were caught in a rip and became distressed when one board was lost. The father, seeing his sons in trouble, stripped down and entered the water. A short time later, the boys, although extremely fatigued, managed to reach a point where they could stand and made it to safety. The father however was caught in the rip. Two surfboard riders went to his assistance and Leading Senior Constable McCann ran down to the edge of the water where the surfers were trying to bring the victim in face down on one of their boards. He ran into the water up to his waist to help. The victim appeared to be unconscious, lifeless and blue. On the beach he immediately commenced Cardiopulmonary Resuscitation (CPR) and one of the young sons began expired air resuscitation. After a short time, water and vomit came from the victim's mouth. Senior Constable Keft wiped the victim's mouth and immediately took over the expired air resuscitation. Ambulance officers arrived at the scene and checked the vital signs of the victim. The officers continued CPR while the ambulance officers administered drugs and connected a defibrillator to the victim. After some time, Senior Constable Baker took over chest compressions and continued until ambulance officers attempted defibrillation of the victim.

High commendations are awarded to Leading Senior Constable Paul McCann, Senior Constable Garry Baker and Senior Constable John Keft who worked as a team in trying conditions in an attempt to save this person's life.



*Snr Constable
Michael Werren*



*Snr Constable
Dean Murray*

New South Wales Police Award presented to:

Senior Constable Michael Werren and Senior Constable Dean Murray

On Friday, 3 August, 2007, Senior Constable Michael Werren and Senior Constable Dean Murray were on patrol in the Guildford area when they answered a call over the radio to attend the Guildford TAB. Staff there believed a patron to be drug affected and called police to move him along.

Upon arrival they saw a male person lying in the recovery position on the floor of the TAB. He was unconscious and it was established he had been in this state for a period of 10 minutes, although numerous patrons were present and witnessed the collapse, no life saving methods had been attempted or commenced. The Senior Constables immediately checked the vital signs of the victim which revealed he was in a state of cardiac arrest and they commenced Cardiopulmonary Resuscitation (CPR). They continued CPR until the arrival of ambulance officers who continued medical treatment utilising other methods of resuscitation and subsequently conveyed him to Westmead Hospital.

High Commendations are awarded to Senior Constables Michael Werren and Dean Murray for their determination and precise actions in attempting to save the life of a fellow human being.

***New South Wales Police Award presented to:
Senior Constable Jared Mildenhall and Senior Constable Adam Kendall***

On 7 September, 2008, Jared Mildenhall, an off duty Senior Constable with the Public Order and Riot Squad was travelling north along the F3 Freeway when the traffic conditions suddenly altered from free flowing to a slow crawl. Rounding a bend he saw a car impaled on the median strip safety barrier and immediately pulled over to offer assistance.

There were a few people standing around, obviously distressed and a person still in the back of the car. On the ground was a tarpaulin and as he pulled it back discovered a female underneath it. He was approached by a man claiming to be a doctor who advised that the person was deceased. Senior Constable Mildenhall then went to check on the man still in the vehicle who advised that he was OK. At this time, Senior Constable Adam Kendall arrived on the scene and Senior Constable Mildenhall explained his observations to him. Together they pulled back the tarpaulin and noticed that the female was making slight movements. It was determined that she had been thrown from the vehicle on impact and was twisted in the seat belt. They cut her free and together with two other bystanders moved her into a lying position. By this time, ambulance officers had arrived and inserted an airway tube into her mouth to assist her breathing and shone a torch into her eyes testing for a reaction. They commented that there had been "no reaction" to the light, however the officers involved had indeed observed a reaction and when the ambulance officer checked again they confirmed this. A neck brace was placed on her and an oxygen mask was held to her badly injured face. Senior Constables Jared Mildenhall and Adam Kendall assisted placing her in the ambulance which drove to where a rescue helicopter had landed to convey her to hospital.

High Commendations are award to Senior Constables Jared Mildenhall and Adam Kendall. If it was not for the professional policing displayed by these officers, the young female passenger would not have received the immediate medical treatment that she required and could have become a fatality. The female passenger did recover from her injuries.

***Certificates of Commendation presented to:
Paul Berry and Harry West***

Paul Berry and Harry West are builders who had been employed to do building work on a property at Burren Junction in western NSW. They had been there for about 3 months and were living in a workman's cottage on the property. There was a fenced inground pool on the property that normally was covered, however this day the cover had been blown off by the severe wind. The owners of the property had three children aged 7, 5 and 3. On 21 August, 2007, Paul and Harry were about to pack up for the day when Harry heard a distressed scream from the owner's wife. He ran around the house and saw her coming out of the pool area and the little girl lying on the side of the pool. Harry jumped the fence and found that the little girl was not breathing. Paul ran in and immediately turned her on her side into the recovery position to clear her airways. She was cold and was blue around the mouth, not responsive and he could not feel a pulse. The mother raced inside to grab the phone and handed it to Harry to call emergency services. Paul commenced Cardiopulmonary Resuscitation (CPR) and Harry was speaking with the 000 operator and trying to reassure the mother who was going into shock. Harry relieved Paul with the CPR for a short while and then police arrived and not long after the ambulance arrived who took over. They conveyed her to hospital and continued CPR all the way.

High Commendations are awarded to Paul Berry and Harry West for responding and without hesitation giving assistance and comfort in what must have been a very traumatic situation and attempting to save the life of this child.



*Acting Fire
Mitigation Officer
Bronwyn Waters*

***Rural Fire Service Award presented to:
Acting Fire Mitigation Officer Bronwyn Waters***

On 11 August, 2008 Acting Fire Mitigation Officer Bronwyn Waters, a member of the Dumaresq Rural Fire Brigade, was returning to the Fire Control Centre on the New England Highway when she came upon an horrific motor vehicle accident. Four persons were badly injured and one male had been thrown out the rear window of one vehicle and had landed some 150 metres away from the scene and down a steep embankment. Bronwyn stopped her vehicle and immediately took control of the scene. She directed the bystanders at the scene to slow down oncoming traffic, and called emergency services. She then went to the male who had been thrown from the vehicle to render first aid and assistance. The male was severely injured and Bronwyn performed Cardiopulmonary Resuscitation (CPR) and other first aid measures for approximately twenty minutes until an ambulance arrived and took over attending to the male.

High Commendations are awarded to Acting Fire Mitigation Officer Bronwyn Waters whose actions were outstanding and in line with the best traditions of the Rural Fire Service.

***Ambulance Service Award presented to:
Paramedic Crewman Graeme Goodwin***

On 4 April, 2010 Paramedic Crewman Graeme Goodwin responded to a report a fisherman that had been washed off the rocks along with two Police Officers who had entered the water to attempt a rescue in extreme sea conditions. This rescue was conducted at night in poor weather conditions as well as poor visibility due to rain, lack of natural light and turbulent water along with fogging of the dive mask and water washing over and into the snorkel. Paramedic Crewman Goodman entered the water via a winch from the helicopter in extreme 6 metre waves to rescue three persons. He experienced great difficulty in attaching the harness to an unconscious patient and was subjected to a violent flat spin on the winch cable during the extrication of the first patient who weighted 100kg plus. Management of the winch cable in the dark choppy waters also proved to be a constant hazard, at times becoming entangled around patient and paramedic as they were battered by the swell and waves. During the winch up to the aircraft with the patient in the harness the Paramedic Crewman Goodwin encountered an extreme spin, at times so extreme that he was in a horizontal position, making management of the patient extremely difficult. He became completely disorientated and believes he may have blacked out due to the force of the spin.

The pilot and winch operator found it difficult to control the spin and elected not to recover the paramedic and patient to the aircraft. Instead they flew the aircraft to the shoreline and continued to fly with them hanging below the helicopter to a landing area 100 metres away. Despite the fact that the paramedic was dazed and disorientated he reunited with the helicopter crew about a minute later as there were still two police officers in the water who required his assistance.

High Commendations are awarded to Paramedic Crewman Graeme Goodwin. His actions are testimony of his skill, strength and tenacity in attending a rescue in dire circumstances.



*Intensive
Care (SCAT)
Paramedic
Gregory Kirk*

***Ambulance Service Award presented to:
Intensive Care (SCAT) Paramedic Gregory Kirk***

On 27 September, 2009, most of NSW was affected by very strong winds making it hazardous for small aircraft to fly safely around Sydney and the Blue Mountains. Paramedic Gregory Kirk was assigned to Ambulance Rescue Helicopter Rescue 24 to rescue two Japanese bushwalkers who had become lost in the Blue Mountains. The crew departed Bankstown airport, however had to return, unable to complete the rescue due to the severe turbulence throwing the aircraft around. A second attempt was made to reach the bush walkers as well as two ground response crewmen who had found the bushwalkers. Due to the turbulence the aircraft was continually thrown around and had to fly away from the tree canopy several times to ensure the safety of the aircraft and crew. The patients were finally winched to safety.

Paramedic Kirk has demonstrated significant bravery through his actions while completing the winch rescue of two bushwalkers in extreme weather conditions. The two bushwalkers were ill prepared for their venture, it was snowing and they were being buffeted by very high winds. By agreeing to undertake this mission Paramedic Kirk knew it would be very difficult and dangerous, but continued anyway. He was presented with a 70ft winch through a narrow opening in the tree canopy in 85 klm per hour winds from an unstable aircraft. The risks of winching in these conditions are significant as any change in wind conditions can lead to a loss of control of the aircraft. He performed the first winch without event, however whilst preparing to leave the aircraft door for the second patient the helicopter succumbed to the weather and was forced to fly away to avoid catastrophic incident. He completed the second winch successfully once the pilot was able to reposition the aircraft over the winch site. Paramedic Kirk showed great courage and composure when completing the second winch.

Intensive Care Paramedic Gregory Kirk is to be highly commended for showing great courage and composure in these very hazardous conditions. His actions on this day far exceeded that expected by the Ambulance Service of NSW when performing his role.



*Her Excellency Professor Marie Bashir AC CVO, Mr Peter Cronin, NSW Branch President and Commissioner Andrew Scipione AM
with 2010 recipients of the NSW Police Award.*

Sub-Branches

BALRANALD AND DISTRICT

As mentioned in my previous reports, the Balranald Central School, business houses, agencies, Balranald Shire Council, the Lions Club serves the rural community with a variety of programs and funding to cater for the children and adults.

The Balranald Shire Council provided Resuscitation equipment to run courses for school children and the community. The Resuscitation Awareness Program was introduced to school aged primary students from K-6 classes for the first time in 2010. This was a part of the PDHPE program. The program was a successful event with Kindergarten students learning how to dial emergency numbers.

Last year the NSW Department of Education provided funding to run a Learn to Swim Program for students who were not able to swim. The program provided students with Austswim Teachers to give one-on-one tutoring.

The RLSSA incentive is to encourage parents and students to enroll up-front before the H2o swimming program begins in December 2011 and 2012. This assists in the administration and ensuring students, parents and community are utilizing the service of the Balranald Sub-Branch.

During this year the Balranald Central School is offering to run courses regarding Resuscitation and Emergency Care before the summer swimming programs commence. The RLSSA Sub-Branch will organise First Aid courses for Yr 11 and Yr 12 students. The Sub-Branch is also offering Bronze Medallion courses for community members, teachers and other interested persons who would benefit from the opportunity.

The Branch promotes the use of Keyring masks and First Aid Kits. The Branch also offers free yearly First Aid Kit checks and items replaced to the value of \$10.00.

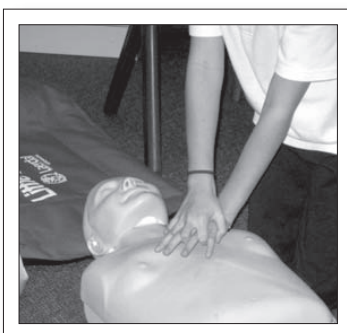
The NSW Sport and Recreation is also starting preparation in promoting the Swimsafe Learn to Swim Programs in Balranald. The program will run in conjunction with the RLSSA H2o programs. This will enable students, adults, community members to be prepared for recreational activities involving water environments during the summer months.

Austswim teachers play a major role in the swimming programs in Balranald. They are a vital part in students learning by implementing exciting and meaningful programs. Students who are afraid of water soon find that they become confident and would be able to save themselves or someone in difficulty in all environments.

The Balranald Sub-branch is encouraging senior students to gain their Austswim Teaching Certificates to gain employment opportunities when they complete their High School Studies. Students are encouraged to volunteer their time by helping Qualified Austswim Teachers and in hand gain first hand experience in teaching and by implementing programs for young children and adults to swim. The senior students will be recognized for their efforts by NSW Sport & Recreation with a letter to support their involvement along with a Participation Certificate.

Laurel Stevens

RLSSA Sub-Branch Secretary / Officer



Students participating in Resuscitation Awareness at Balranald Central School

ORANA

As for the past few years our main emphasis has been on work with resuscitation training and we are lucky to have the invaluable, ongoing and dedicated work performed by Nita Mcgrath in this important area.

Last year some 151 Resuscitation Certificates were issued.

One new examiner was accredited and one Bronze Update and seven Bronze medallions were completed.

Of these it is pleasing to note that four of the local RSL Health and Fitness Staff achieved their Bronze Medallions.

Unfortunately it transpired that their rescue and resuscitation skills were needed and tested for real when a swimmer suffered a heart attack whilst swimming. Their quick and competent response revived him on site but sadly he later died in a Sydney hospital.

We look forward to next year and continued awareness of the work of our trainers in this important aspect of community safety.

John K Hartnoll-White

President

NORTHERN NEW ENGLAND

We have had a cut down swim season, losing 6 weeks at the beginning of the season while essential repairs were done. During this time, however, expectations of things to come were manifest – cool weather and rain, rain, rain.

The Sub Branch's summer vacation classes had less numbers as a result of the rain and the accompanying cool weather, which was a bit of a nuisance, but the quality of the candidates remained high. During the classes a grandmother brought along three of her grandchildren to take part and promptly volunteered to instruct a group in Swim and Survive, as she had done and enjoyed lifesaving as a teenager in England. She has been nominated for a Certificate of Thanks. The swimmers were keen and interested and showed that there is more to swimming than just swimming laps as many people believe. The swimmers actually enjoyed the life saving classes.

Deputy Principal of Glen Innes High School, Gillian Davis, received her Associate Award from Northern Regional Manager, Jason Phillips, at a special School Assembly. This award was for her dedicated work for the Society over the past 10 years. We said farewell to Sister Sally Camilleri (a bronze examiner at St Josephs School) who moved to St Josephs Wauchope. Changing school staff have meant different priorities and some have cut lifesaving down in their curricula so that not as much has been done and of course the weather has played a significant role.

Thanks must go from the Sub Branch to the Glen Innes Swim Club for its assistance, St Josephs School Glen Innes Public and High Schools and Emmaville Central School for their assistance. Also to the Swim Centre Manager, Keith Watts (who has upgraded his examiner status) for ready assistance at any time. The Glen Innes Severn Council and the Glen Innes Services Club have been most helpful to the Sub Branch and have promised more in the coming season.

Glen Innes Severn Council has placed enclosing the Swim Centre on its 10 year plan and this may prove helpful as looking back on previous reports we seem to be having more wet summers than fine ones.

Elizabeth Withers

President

Warwick Twigg

Secretary



Club & Competition Committee

REGISTRAR'S REPORT

The 2010-2011 Club & Competition season provided a variety of interesting events for clubs and their members. An Officials course, a SERC (Simulated Emergency Response Competition) workshop, a Coaching workshop and a Child Protection Training seminar all aimed at improving skills, were held.

The State team trials were held during August at MLC pool in Burwood.

The Competition Age Groups were modified for the 2010-2011 season. A new non-competitive age group was formed to encourage those younger siblings who show an interest. The new age categories are under 8, 8-9, 10-11 and 12-13 with other age groupings remaining the same. More than 150 competitors were actively engaged at Club and Competition Interclub and State carnivals.

Seven clubs competed in the Interclub Competition in 2010-2011. All clubs were kept busy updating awards for the competitive season. Once again, Woronora, Engadine, The Hills and Enfield provided carnivals for a friendly but competitive day. Competitors who attended provided excellent support and encouragement to new, inexperienced members which assists in helping them realize their potential. Officials who completed courses were able to gain practical experience.

It was encouraging to see new younger members participate in their first pool events. At the end of the season capitated membership was as follows:

Auburn	10
Enfield	45
Engadine	23
Inner West	17
The Hills	63
Port Hacking	20
Woronora	17

The NSW State Championship SERC (Simulated Emergency Response Competition) was held at ASTA (Aquatic Safety Training Academy) on 28 November, 2011. This was the first time the RLSSA indoor venue had been used for this purpose. It provided new challenges for officials and competitors. Congratulations to the 25 individuals and 20 teams who competed with enthusiasm to achieve their goals.

The NSW State Pool Championships were held at Engadine on 7 March, 2011 and Auburn on 27 March, 2011. The extra support, especially from the officials and parents was appreciated as it kept both carnivals running efficiently.

January saw the postponement of the Australian Pool Life Saving Championships due to the Queensland floods. They were held on 9 and 10 June, 2011. Congratulations to the NSW State Team and those individuals who excelled.

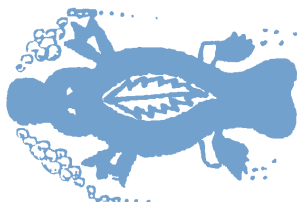
The NSW State Presentation was held at a new venue, Burwood RSL, after four years at Western Suburbs AFL Club. The small and enthusiastic crowd enjoyed the more spacious venue. Congratulations to all who received recognition for their achievements.

I would like to acknowledge the skills and support of the volunteer recorders who appeared over the three days of State Competition – Eion McCrindle (Race Secretary) and Roz Grey.

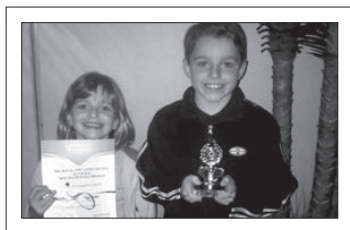
Thank you to the staff at RLSSANSW, especially Leane Macallister and Anne Muir for the extra efforts they make to support the Club and Competition Committee.

Scherie McDonell
Registrar

Swimming & Life Saving Clubs



AUBURN LIFE SAVING CLUB



*Teana & Jordan Hodgers
receiving their awards*

The members of Auburn Life Saving Club enjoyed another year of interclub competition and would like to thank all the clubs and their officials for the continued friendship and hard work in making the Sport of Pool Lifesaving so successful in New South Wales.

Although currently a small club we are still very passionate about the Sport of Pool Lifesaving and Lifesaving in the Community and its benefits to all age groups.

Some of the highlights for the competition year were as follows:

- Teana Hodgers (5yrs) joined the club for her first year of interclub competition. With the introduction of the new format for Under 8s she thoroughly enjoyed the season and can't wait to get back into it next year.
- Jordan Hodgers once again had a successful season winning the 8-9yr Boys State Champion and is enjoying the increased number of competitors in his age group.

The club continues to conduct a number of Resuscitation courses for local businesses and community groups and is looking forward to working with Community Youth Groups within the Auburn Community next year.

We would like to congratulate the NSW interstate team on their regaining of the Interstate Overall Trophy at the Australian Pool Lifesaving Championships and we are looking forward to next years' competition.

Penny Hodgers

Auburn Club Member

ENFIELD LIFE SAVING CLUB

For Enfield Life Saving club the 2010-2011 season has been one of consolidation for the new committee & club members. Most members returned for another season. New members were enthusiastic in learning and applying newly acquired skills.

Summary of Awards

Resuscitation	1
Water Wise	1
Swim & survive	4
Bronze Star	13
Bronze Medallion	12
Bronze Cross	5

Enfield's Annual Carnival, held at the end of February, was well attended by competitors of all clubs with a number of visitors introduced to the sport.

Due to the postponement of the APLS Championships 2011 in Brisbane from January to June a number of withdrawals saw a smaller team travel to the Championships. Our team performed to a high standard and the medal tally was pleasing – 2 gold and 3 bronze.

In the Under 14 competition Stefanie Goodyer, Mark Williams, Georgia Ryan competed along with Sarah Shore who won gold in the Line Throw.



The competitors in the Under 16, Under 19 and Open provided the club with a number of highlights:

Megan Williams - 1 gold, 2 bronze

Kate Shore - As part of the NSW State team, won individual gold in the Under 16 Line Throw and seven team medals.

All our team members are commended for achieving their personal best at the Championships.

Thank you to our Team manager Julie Stralow and our Officials party – Patty Shore and Robbie Dummett as timekeepers, Carol Baglin as Marshall, timekeeper and CPR judge and Scherie McDonell as turn judge, timekeeper and CPR recorder. Valuable experience was gained which will benefit our club.

The NSW State championships proved a challenge especially to many of our new members. There was great excitement at the number of places achieved at the Simulated Emergency Response Championships (SERC).

Megan Williams 1st

Kate Shore equal 1st

Rowan Castro 3rd

Scott Morrissey 3rd

U/16 Pairs 3rd

Restricted Team 3rd

Open Team 1st

All our competitors should be proud of their efforts.

Our club captains, Megan Williams and Kate Shore were great role models for all our club members. Thank you for your contribution throughout the season.

The support of the following instructors and coaches was greatly appreciated. Carol Baglin, Kate shore, Emma Shore, Megan Williams, Andrew Maxwell, Scott Morrissey, Mavi Giacomello, Julie Stralow, Scherie McDonell, Denise Williams and Michael Clark. Their combined efforts contributed to our improved performance in competition.

Thank you to the Enfield committee –

President – Denise Williams; Treasurer – Patty Shore; Joanne Teagle and Mavi Giacomello for making the work load lighter by sharing many tasks. Thanks must also go to our many supporters who assist the club and the sport of Pool Lifesaving in a variety of ways.

The management and staff of Enfield Swimming Pool have continued to support our lifesaving activities. They encourage our members by providing teaching roles through Austswim. This support is very much appreciated.

Scherie McDonell

Club Secretary



Enfield Life Saving Club members proudly displaying their awards

ENGADINE SWIMMING CLUB

The 2010-2011 Royal Lifesaving season was another big and successful time for the Engadine Lifesavers. Throughout the season, which is running for the entire year now, athletes trained and raced to the best of their abilities. This included local, state, national and international carnivals competing against a vast range of competitors.

This year Engadine had 4 members selected in the NSW State Team, Jay Furniss, Danielle McMahon, and Nicholas Brooks in the U16 division, and Blake McCrindle in the Open division and team captain. This was planned to be raced in Brisbane in January. Unfortunately rising flood waters forced the postponing of the National Championships till June. Also competing was Crystal Lister U14, Courtney and Georgia Lewis-Stark U14 and U16, Katelyn Haywood U16 and Dave Lumsden Masters. Over 3 days of competition these swimmers compiled a total of 29 personal bests and a medal tally of 1 Gold, 5 Silver and 4 Bronze individually and in teams 5 Gold, 3 Silver and 1 Bronze, outstanding results!

During the local and state carnivals this year Engadine had a number of new competitors as well as experienced lifesavers performing better and better every time they get in the water. Through hard work and support Engadine placed 2nd at the NSW State Championships and 3rd overall for the entire season, one of best seasons in recent years.

The success that we experienced this season was not possible if it wasn't for the parents and families of the competitors who are there to make sure training session and carnivals are attended, timekeeping lanes are dealt with and support to keep at during the colder months. A big thank you must go out to Westpac Bank Engadine for financial support through the form of new club caps and club shirts. Finally the staff and management at Engadine Leisure Centre for making lane space available and the storing of all our valuable equipment.

Highlights from the season included:

- Nicholas Brooks selected in Junior Barra's (Australian U16 Royal Lifesaving Team) who competed at the Arafura Games.
- Crystal Lister, Courtney Lewis-Stark, Georgia Lewis-Stark, Katelyn Haywood, Jay Furniss, Danielle McMahon and Dave Lumsden competing at their first Royal Lifesaving Nationals.
- Blake McCrindle competing at Lifesaving World Championships Alexandria, Egypt. Competing for the successful Aussie Barras team at the Royal Lifesaving Commonwealth Championships, Durban, South Africa.
- Chris Brooks awarded Official of the Meet at Royal Lifesaving Nationals.

Eion McCrindle

Life Saving Secretary

GEORGES RIVER LIFE SAVING CLUB

During the month of November / December last year we ran an introduction to the sport of Pool Lifesaving in conjunction with Bankstown City Councils sport a month program. The course ran over 4 Tuesday evenings at Revesby Pool, it was open to people of all ages. In total we had 73 people attend over the 4 week period. We also hosted a 'come and try paddling' day at our clubhouse on the Georges River at Picnic Point, a brochure of both events were circulated, inviting participants to try Life Saving as a sport.

Our efforts in offering these opportunities to our community were then recognised by being nominated for Most Outstanding Contribution to Water Safety by an organisation at 2011 NSW Safety Awards.

The club is looking to offer its first Bronze Medallion Course in conjunction with Council this summer. I would like to thank Mitch and all the Lifeguards at Revesby Leisure Centre who continue to support us and assist with all our club and activity days.

Arturo Alibrandi

Secretary



Participants in the Introduction to the Sport of Lifesaving Course



Club Members at the Annual Boxing Day Breakfast

RAMSGATE LIFE SAVING CLUB

We have come to the end of another successful season of nippers which was very exciting at the Ramsgate Life Saving Club with another record number of children.

The Ramsgate club has been running since 1934 and has been providing lifesaving techniques and water safety for kids at Ramsgate. The club has approximately 600 members with almost 300 nippers ranging from ages 3 to 16.

A joint club carnival between the Brighton Baths Athletic Club - Nippers and the Ramsgate Life Saving Club - Nippers was organised on Sunday 14th November 2010 at Brighton Beach. On the carnival day, first, second and third place winners received medallions and all participants received commemorative medallions.

In the 2010/11 season, Emma Johnston from our 9-10 year old girls group was awarded the Batley Perpetual Trophy. The Batley Trophy is awarded to the Highest Overall Point Scorer for the season across all age groups. Congratulations Emma!

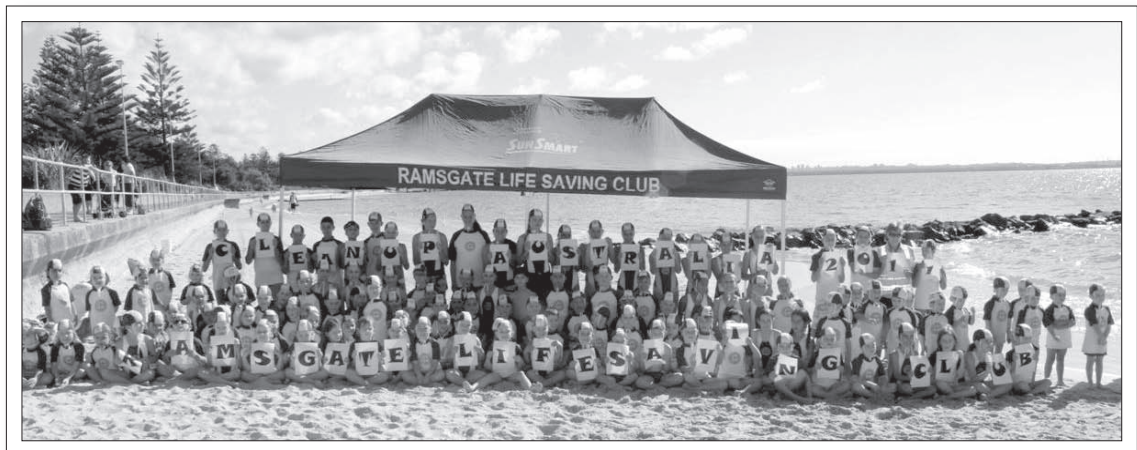
On Sunday the 6th March 2011 the Ramsgate Life Saving Club participated in the annual Clean Up Australia Day Campaign. Nippers and parents did a fantastic job in cleaning up Ramsgate and its surrounding shores.

A special thanks to the Cancer Council of Australia for donating a much needed marquee to the Ramsgate Life Saving Club. We are most thankful to Eddie's Pharmacy of Ramsgate, Omeros on the Beach at Ramsgate and Rockdale City Council for their continued interest and support throughout the season.

Yours faithfully

Nick Danas

Secretary – Ramsgate Life Saving Club



Ramsgate Members participating in Clean Up Australia Day

PORT HACKING LIFEGUARD CLUB

Port Hacking Lifeguard Club provides access through coaching and the RLSSNSW and RLSSA competition infrastructure for athletes to compete in the sport of pool lifesaving.

At the 2011 APLSC held at Chandler Aquatic Centre in Brisbane Queensland, Steve Williams provided excellent support as the NSW coach and Vaughan Jones guided the team in his second year as the NSW manager. The NSW team were successful in winning the National Championship Point Score Trophy and Port Hacking were exceptionally pleased to have provided the following members to the team; Jed Boxall, Siobhan Jones, Mitch Parkes, David Butler and Felsia Konakoff. Unfortunately Mitch Hartman and Stephanie Purcell had to withdraw for personal reasons.

Following the 2011 APLSC was the selection of the Aussie Barras Team which saw two members gain selection to compete in the 2011 Commonwealth Pool Life Saving Championships in Durban South Africa. These members were Felsia Konakoff and Mitch Parkes, we also congratulate Jed Boxall, Dane Farrell and Siobhan Jones who were selected in the Australian Development Team to compete at the Commonwealth Championships.

Other highlights of the 2011 APLSC were the selection of Siobhan Jones in the U19 Silver Barras Team and Jed Boxall in the U16 Junior Barras Team that competed in the 2011 Arafura Games and were successful in gaining third place in the overall point score at that competition.

In October 2010 Port Hacking Lifeguard Club also sent a touring party of over thirty people to Alexandria in Egypt for the 2010 World Life Saving Championships. The touring team consisted of coaches, managers, athletes, masters, officials and supporters. Unfortunately ILS did not conduct an interclub point score championship but it was announced at the presentation ceremony that an unofficial point score had been kept and Port Hacking were successful in claiming second position in both the pool and overall championship. Port Hacking would also like to thank Les Mole and VICI for their ongoing support in supplying touring team clothing for our teams.

Port Hacking Lifeguard Club's results at the 2010 World Life Saving Championships included:

MASTERS

Gold Medal

40/44 years Men's 100m Tow - **Steve Boxall** (new world record)

50/54 years Men's 100m Tow - **Gray Parkes** (new world record)

Silver Medal

40/44 years Women's Line Throw - **Anni Gardiner** (thrower) **Julie Parkes** (patient)

50/54 years Men's Line Throw - **Gray Parkes** (thrower) **Vaughan Jones** (patient)

50/54 years Men's 100m Carry - **Gray Parkes**

Bronze Medal

50/54 years Mens 200m Obstacles - **Gray Parkes**

40/44 years Men's Line Throw - **Steve Boxall** (thrower) **Shayne Baker** (patient)

Fourth Place

40/44 years Women's 50m Carry - **Anni Gardiner**

40/44 years Men's 200m Obstacles - **Steve Boxall**

50/54 years Mens 50m Carry - **Gray Parkes**

Men's Over 200 years 4 x 50m Obstacle Relay - **Steve Boxall, Gray Parkes, Shayne Baker, Vaughan Jones**

INTERCLUB

Gold Medal

SERC - **Felysia Konakoff, Andrew Fisher, Siobhan Jones, Christina Ruiz**

Women's 12m Line Throw - **Alicia Kirk** (thrower) **Pamela Hendry** (patient)

Women's 100 Manikin Tow - **Pamela Hendry**

Silver Medal

Men's 12m Line Throw - **Mitch Parkes** (thrower) **Luke Harper** (patient)

Women's 4 x 25m Manikin Relay - **Felysia Konakoff, Pamela Hendry, Jane Cooper, Christina Ruiz**

Bronze Medal

Men's 200m Obstacles - **Ty Collins**

Women's 12m Line Throw - **Felysia Konakoff** (thrower) **Jess Brooks** (patient)

Women's 4 x 50m Medley Relay - **Pamela Hendry, Jess Brooks, Jane Cooper, Felysia Konakoff**

Wmen's 4 x 50m Obstacle Relay - **Felysia Konakoff, Pamela Hendry, Natalie Glossat, Jane Cooper**

Fourth Place

Women's 100m Manikin Carry - **Pamela Hendry**

Women's 100m Manikin Tow - **Felysia Konakoff**

Women's 200m Super Lifesaver - **Felysia Konakoff**

Men's 100m Manikin Tow - **Mitch Parkes**

Fifth Place

Men's 100m Manikin Carry - **Mitch Parkes**

Women's 200m Super Lifesaver - **Alicia Kirk**

Women's 50m Manikin Carry - **Pamela Hendry**

SERC - **Mitch Parkes, Mitch Hartman, Steve Boxall, Gray Parkes**

Sixth Place

Men's 100m Rescue Medley - **Luke Harper**

Men's 4 x 50m Obstacle Relay - **Luke Harper, Brian Lim, Scott Fisher, Ty Collins**



Port Hacking Lifeguard Club Touring Team

Finally we would like to thank Royal Lifesaving NSW for their ongoing support and commitment to the sport of pool lifesaving in NSW and a big thank you to Rozlynn Grey and the club and competition committee for their contribution during the season.

Gray Parkes

Secretary

SCULLY PARK SWIMMING AND LIFE SAVING CLUB

The Scully Park Swimming and Life Saving Club has presented a variety of lifesaving courses this season from all strands of the Awards Scheme. The club has conducted 18 classes throughout the season with 62 participants enrolling to achieve RLSSA awards and 12 volunteer instructors delivering the program in season 2010-2011. The success of the lifesaving program in Tamworth is mainly due to the support of the Scully Park club and the involvement of the widespread community in the recognition of the value associated with learning skills which may one day save a life.

A summary of the RLSSA awards achieved this season is as follows.

SWIM AND SURVIVE STRAND:

Water Awareness	1
Water Sense	3
Junior Swim and Survive	6
Swim and Survive	8
Senior Swim and Survive	5

RESCUE STRAND:

Dry Rescue	1
Wade Rescue	1
Accompanied Rescue	1

RESUSCITATION STRAND:

Resuscitation Awareness	1
Resuscitation	1
Oxygen Resuscitation	9

BRONZE STRAND:

Bronze Star	7
Bronze Medallion	9
Bronze Cross	9

ADVANCED LIFE

SAVING STRAND:

Award of Merit	4
Distinction	4

TEACHING AND

INSTRUCTIONAL STRAND:

Junior Instructor	2
Instructor	1

The Scully Park Lifesaving Program is renowned for breaking the drought and again this year was no exception. Rain regularly occurred on Friday afternoons throughout the program, however, no days were cancelled and participants and instructors are to be commended on their resilience to continue the program 'rain, hail or shine'.

Training for life saving awards at Scully Park began early in October with the first course including Resuscitation, Bronze and Advanced Life Saving strand awards. Leanne Courtney, Cheryl Surtees, Antonia Patterson and Adam Parker volunteered their time and expertise to assist with the instruction and examination of this course.

Course 2 commenced in early December with a Swim and Survive strand course being conducted. There were 15 participants ranging from Level 2 through to Level 7, with the lower numbers of registrations reflecting the

busy time of year for most parents. This course also introduced two new instructors to the program who were able to work in a mentor situation with some of our qualified and more experienced volunteer instructors. Jay Neville and Dione Lowe commenced the Junior Instructor award. Ryan Parker commenced the Instructor award while keen parent Karl Short commenced working towards his Swim and Survive Examiner qualification. Thanks to Cassee Wallington who again volunteered to instruct the youngest participants in the course and to Junior Instructors Annika Wolfgang and Philly Patterson who were always reliable and enthusiastic.

Course 3 commenced in February and included awards from the Swim and Survive, Rescue, Resuscitation and Bronze strands. Cassee Wallington, Ryan Parker, Leanne Courtney, Annika Wolfgang, Dione Lowe and Jay Neville again volunteered their time as qualified instructors and examiners for this course.

New instructors who completed their Junior Instructor qualifications this season were Jay Neville and Dione Lowe. Ryan Parker completed the Instructor award. Karl Short completed the requirements for the Swim and Survive Examiner qualification whilst Adam Parker was recognized by the Society as now being a Bronze Examiner, after completing all the theory and practical requirements. Congratulations to these hard working volunteers on the achievement of these instructor and examiner qualifications.

Congratulations to Adam Parker who was named Tamworth's Young Citizen of the Year for 2010. Adam has been a member of the Scully Park club and an instructor in its lifesaving program for many years and his commitment to the Scully Park lifesaving program and his service to the community was recognized in the citation read at the Australia Day award ceremony.

Congratulations to Annika Wolfgang and Ryan Parker for being presented jointly with the Scully Park S & LS Club's Contribution to Life Saving Award at the club's Presentation Day. Annika was a reliable and versatile junior instructor in the two swim and survive courses conducted this season. Ryan was an instructor in all three courses conducted this season. He voluntarily taught a variety of groups in the swim and survive, rescue, resuscitation and bronze strands throughout the season. Both Annika and Ryan were worthy recipients of this special club award.

Congratulations to the club's two Royal Life Saving Society's individual honours recipients from last season. Cassee Wallington was awarded the Sir Walter Leonard Memorial Trophy which was well deserved recognising her valuable contribution as an instructor who has a genuine love for her volunteer work with young children in our club. Antonia Patterson was awarded the Russell Crane Cup for her outstanding service promoting The Society in the wider community and within the Scully Park Club. Antonia and her family have recently moved to Newcastle and she will be greatly missed by our club. I would like to sincerely thank Antonia, and her daughter Philly, for their significant contribution to the Scully Park Lifesaving program as participants, instructors and promoters of our lifesaving program.

The Scully Park Life Saving program relies heavily on the support of many people including the executive of the Scully Park S & LS Club and Cameron and his staff at Scully Park pool. It is worth noting that many of the pool staff are current or ex-Scully Park Club members who obtained employment at the pool as a result of the life saving qualifications they achieved with our club. Thank you to the club's junior and senior instructors and examiners who assisted throughout the Scully Park Life Saving program this season - Adam Parker, Cassee Wallington, Leanne Courtney, Cheryl Surtees, Ryan Parker, Philippa Patterson, Antonia Patterson, Annika Wolfgang, Jay Neville, Dione Lowe and Karl Short. The Scully Park Life Saving Program would not run without these people willingly volunteering their time and being reliable and enthusiastic supporters of this program.

Finally, I would like to pay tribute to the instructors for their dedication and commitment, the swimmers for their enthusiastic participation in the program, and the parents for their support of life saving during the season. The Scully Park Swimming and Life Saving Club provides a valuable community service in supporting a program which teaches vital swimming, survival, resuscitation and life saving skills - skills for life.

Trina Parker

Life Saving Coordinator



THE HILLS SWIMMING AND LIFESAVING CLUB

Members of the Life Saving section of the club have had a very busy season in terms of both competition and award work. Our numbers remained high this season with many new members this season who not only completed their Royal Life Saving Award but experienced the sport of life saving by competing at the interclub carnivals and State Championships.

The Life Saving Committee would like to thank our Team of Instructors and Junior Instructors listed below for all their hard work throughout the season. The strength of the life saving program is due to their support every Tuesday night throughout the summer season.

Emma MacMillan	Jacy Harding	Donna Fishburn	Daniel Harding
Steve Williams	Jessica Mitchell	Alison Richardson	Andrew Mikha
Matthew Mitchell	Tiarna Jones	Damian Hofman	Mathew Knight
Ben Fishburn.			

The Life Saving Club Captains – Alison Richardson and Mathew Knight did an outstanding job this season. Thank you for your commitment & efforts on a Tuesday night, Sundays at competition training and your assistance at carnivals.

Interclub Carnivals and NSW State Championships

The Hills hosted its 31st Annual Lifesaving Carnival with competitors attending from the six metropolitan clubs. This carnival was won by the strong contingent of Hills swimmers. Thank you to the parents who assisted on the day.

At the NSW State Life Saving Presentation Night The Hills Swimming and Life Saving Club was awarded The Society Centenary Shield for Outstanding Achievement in Overall Champion Point Score in SERC Tests and Pool Competition. Plus The Judge Harvey Prior Memorial Trophy for Outstanding Achievement in Overall Competition Points Score – Club Carnival.

Other achievements were:-

The WH Walker Memorial Trophy – winners combined Under 19 and Open events

The Midget Championship – winners combined Under 9 and 9/10 year events

The Walter Scott Trophy – winners Restricted Fin Relay

The Society Cup – Open Rescue Tube Relay

The Sue Gilmour Memorial Trophy – winners Under 11 years Manikin Relay

The Ampol Cup – winners Restricted 4 Person Team SERC

The 1983 NSW State Men's Team Trophy – winners Open Manikin Relay

The 1983 NSW State Ladies Team Trophy – winners Open Obstacle Relay

Throughout the year many of our athletes achieved outstanding results and the club congratulates them on their participation and success.

Our success in the pool would not be possible without a great support team. Thanks must go to Sandra Richardson, Tony Stanley, Pam Stanley, Steve Williams and Norm Stanley for their time, knowledge and continued assistance.

It was a busy year for both Andrew Bowden & Stephanie Ballantine who were selected in the 2010 Australian United Team which competed at and won the World Lifesaving Championships held in Alexandria Egypt in October 2010.

APLSC 2011 – Brisbane

Unfortunately due to the terrible floods in January the APLSC were cancelled and rescheduled for the long weekend in June. A team of fourteen members traveled up to Brisbane for the three days of competition and their great results are recorded below.

The medal tally for our Hills members was: 44 Gold, 26 Silver and 20 Bronze. Last year it was 28 Gold, 33 Silver & 25 Bronze.

Two of our younger members competed in the U/14 competition. Cameron Smalley swam a number of personal best times coming 6th overall while Talisha Jones won a silver medal for her 50m manikin carry which was inside the national record and came 4th overall.

Louise Smalley (1 Gold, 1 Silver) came 6th overall in the Under 16s while Rachelle King (2 Gold, 5 Silver, 2 Bronze) and Tiarna Jones (1 Gold, 1 Silver, 3 Bronze) came 2nd and 3rd overall in the U/19s. Keelan Bridge (2 Gold, 4 Silver, 3 Bronze) came 2nd overall in the U/19s while Ben Fishburn (2 Gold, 2 Silver, 3 Bronze) came 6th overall. Also in the U/19s, Katie Breen won 2 Golds, 1 Silver and 1 Bronze, Edward Gourley won 2 Gold, 1 Silver,

1 Bronze and Grant Whiteley won 2 Gold, 1 Silver and 2 Bronze. Katie, Rachelle, Grant and Keelan were winners in the U/19 manikin relay and the SERC (simulated emergency response competition) team. They also won silver in the obstacle relay and bronze in the medley relay.

In the Open Women, Jane Cooper (7 Gold, 4 Silver, 3 Bronze) won overall with Stephanie Ballantine (6 Gold, 4 Silver) coming second. Jane was also the NSW team captain. In the Open Men, Tim Schofield (12 Gold, 1 Bronze) won the overall trophy. Tony Stanley (1 Silver) and Nathan Breen (a number of personal best times) were joined with Keelan Bridge and Grant Whiteley to swim in the open relays with the manikin relay coming a very creditable 2nd until they were disqualified for a new interpretation of a rule.

Jenny Whiteley (5 Gold, 1 Bronze) won the 45-59 yr old age group.

Tim, Jane, Stephanie, Tiarna, Edward, Ben and Louise (reserve) were part of the NSW team that came 1st overall, beating Qld by a slim margin.

Rachelle King, Tiarna Jones and Keelan Bridge were selected in the U/19 Silver Barras Australian Team.

Rachelle King, Tim Schofield, Andrew Bowden (captain) and Jane Cooper were all selected on the Aussie Barras (National team) to compete at the Commonwealth Championships in Durban, Sth Africa in September.

Once again our club supplied many officials: Pam Stanley & myself as Technical Judges and Deputy Referees, Norm Stanley as Equipment Officer, Steve Williams as Marshall, Donna Fishburn in recording as well as Sing Ma and Simon Breen as Time Keepers. Poolside we had Tony Stanley as Coach and Wendy Breen as Team Manager for the championships.

We are very proud of our members' achievements. Congratulations to you all.

Melanie Williams

Life Saving Secretary



WELLINGTON AMATEUR SWIMMING CLUB

First and foremost, I must say a very big thank you to Sharon, Anne, Fiona, Tina, Matthew, Abby and Jessica for keeping the Life Saving Program running so smoothly during the season. Also to the parents and children who supported us all. I found it very hard to sit on an easy chair but it was wonderful to see that things went along so well.

The start of the season was very cold prior to Christmas and as a result, the season was shorter. Our effective enrolment was 35. The number of Awards was as follows:

Survival	35
Rescue	19
Resuscitation	13
Junior Instructor	1
Instructor	1
Total	69

We had 11 Instructors – 6 Senior, 3 Junior and 2 Trainee Instructors.



Wellington Christian School Presentation

The Awards earned this year were the same as the previous season but we had less members doing life Saving.

Our big event this year was a visit by the State CEO, David Macallister and two training staff from the National Office and our Regional Staff Member, Nicola Reed. They came bearing gifts which were very much appreciated. This equipment was put to good use each Saturday. I think the most popular were the Rescue Tubes. A big thank you to the National office for providing us with the equipment. Thank you to the club Committee, the council and Canteen Staff for their continued support.

We are looking forward to yet another great season next year. It will be our 33rd year as an affiliated Club with the Royal Life Saving Society.

RUTH ARNOLD

Co-ordinator

WORONORA LIFE SAVING AND RIVER PATROL CLUB

Woronora Life Saving and River Patrol Club was established in 1938 and since then has been providing a valuable service for the local community. Members learn water safety skills and techniques and how to be safe in their home environment, the Woronora River.

The 2010/2011 season was another great year for the Woronora Life saving club. The club caters for children from 2 years to Adults. The club had 180 members this season with most competing during Sunday pointscore activities. With the growing number of members, this season was our first season that we made our club caps compulsory to wear during Sunday pointscore events. Age groups participated in events suited to their age. These events included Land and Water events eg. land sprint run, beach flags, throw rescues, swimming races or wade races (for younger children), nipper paddle board races and Iron person.

Wednesday afternoon training at the river consisted of swimming practice, paddle board training and Royal Life Saving Awards practice. Throughout the season many club members completed their Royal Life Saving Swim and Survive Awards (Swim and Survive levels 1 to 7) and Rescue Awards, Bronze Star, Bronze Medallion, Resuscitation or Oxygen Resuscitation Awards.

In November the club had its annual Carnival Day. It was an enjoyable day having other clubs attending. Our club wishes to thank all officials and other people who helped on the day. The club had members compete in other club carnivals and Elaine Thompson competed at nationals. Congratulations to these club members.

In February the club held its Club Championships day. The end of season presentation saw all children receive trophies for participation in Sunday pointscore events.

Morgana Harris

Secretary Woronora Life Saving



Woronora Life Saving and River Patrol Club Members and Officials

Championship and Carnival Trophies

THE JUDGE HARVEY PRIOR MEMORIAL TROPHY

INTERCLUB POINTSCORE

THE HILLS S&LSC

THE SOCIETY CENTENARY SHIELD

OVERALL CHAMPIONSHIPS POINTS SCORE

INITIATIVE TESTS & POOL COMPETITION

THE HILLS S&LSC

THE LOU STEPHENS MEMORIAL TROPHY

OPEN MENS' SUPER LIFESAVER RACE

ANDREW BOWDEN - THE HILLS S&LSC

THE NERIDA MURRAY TROPHY

OPEN LADIES' SUPER LIFESAVER RACE

FELYSIA KONAKOFF - PORT HACKING LGC

THE SHOEBRIDGE CUP

OPEN MENS' 100m MANIKIN CARRY

ANDREW BOWDEN - THE HILLS S&LSC

THE C W HEYDE TROPHY

OPEN LADIES' 100m MANIKIN CARRY

FELYSIA KONAKOFF - PORT HACKING LGC

THE STAMINA TROPHY

OPEN MENS' MANIKIN TOW

MITCHELL HARTMAN - PORT HACKING LGC

THE WILSON REID TROPHY

OPEN LADIES MANIKIN TOW

FELYSIA KONAKOFF - PORT HACKING LGC

THE SOCIETY CUP

OPEN RESCUE TUBE RELAY

THE HILLS S&LSC A TEAM

GEORGE H. WILLIAMS MEMORIAL TROPHY

OPEN MENS' 200m OBSTACLES

ANDREW BOWDEN - THE HILLS S&LSC

THE NSW STATE TEAM TROPHY

OPEN LADIES' 200m OBSTACLES

STEPHANIE BALLANTINE - THE HILLS S&LSC

THE 1983 NSW STATE MEN'S TEAM TROPHY

OPEN MANIKIN RELAY

THE HILLS S&LSC A TEAM

THE 1983 NSW STATE LADIES TEAM TROPHY

OPEN OBSTACLE RELAY

THE HILLS S&LSC A TEAM

THE WALTER SCOTT TROPHY

RESTRICTED FIN RELAY

THE HILLS S&LSC A TEAM

THE AMPOL CUP

RESTRICTED 4 PERSON TEAM INITIATIVE

THE HILLS S&LSC A TEAM

THE FOWLER SHIELD

OPEN MENS' INDIVIDUAL INITIATIVE

BLAKE McCRINDLE - ENGADINE ASC

THE J. FOWLER TROPHY

OPEN LADIES INDIVIDUAL INITIATIVE

MEGAN WILLIAMS - ENFIELD LSC

THE CROLICK FAMILY PLATE

U/16 LADIES INDIVIDUAL INITIATIVE

ALISON RICHARDSON - THE HILLS S&LSC

KATE SHORE - ENFIELD LSC

THE ROBERT WOOD MEMORIAL TROPHY

U/16 MENS INDIVIDUAL INITIATIVE

CAMERON BROWN - ENGADINE ASC

THE MCLENNAN SHIELD

12-13 YRS BOYS LINE THROW

MITCHELL MUSARRA - INNER WEST MLC LSC

THE MCLENNAN SHIELD

12-13 YRS GIRLS LINE THROW

TALISHA JONES - THE HILLS S&LSC

THE KLEEMO CUP

OPEN 4 PERSON TEAM INITIATIVE

ENFIELD LSC B TEAM

PATTERSON CARLEY MEMORIAL TROPHY

U/16 PAIRS INITIATIVE

ENGADINE ASC

THE SUE GILMOUR MEMORIAL TROPHY

U/11 YRS MANIKIN RELAY

THE HILLS S&LSC A TEAM

THE MIDGET CHAMPIONSHIP TROPHY

POINTS SCORE WATER EVENTS, 8-9 & 10-11 YRS

THE HILLS S&LSC

THE SUB CADET CHAMPIONSHIP TROPHY

POINTS SCORE WATER EVENTS, 12-13 & U/16 YRS

ENGADINE ASC

W H WALKER MEMORIAL TROPHY 2010-2011

POINTS SCORE WATER EVENTS U/19 & OPEN YEARS

THE HILLS S&LSC

THE CLUB & COMPETITION TROPHY

POINTS SCORE WATER EVENTS, 30 to 44 &

45 & OVER YEARS

PORT HACKING LGC

THE AREVA SHIELD

U/16 LADIES SUPER LIFE SAVER

DANIELLE McMAHON - ENGADINE ASC

THE AREVA SHIELD

U/16 MENS SUPER LIFE SAVER

JAY FURNISS - ENGADINE ASC



Awards Points Score

THE PRESIDENTS CUP

Tertiary Organisations
Macquarie University
2595 Points

THE AQUATIC CLUB TROPHY

Girls High Schools
Northern Beaches Secondary Clg
Mackellar Girls Campus
1773 Points

THE MRS. S. BIDNER CUP

Girls High Schools - 2nd Place
Riverside Girls High School
1398 Points

THE CITY TATTERSALLS CLUB CUP

Boys High School
Homebush Boys High School
645 Points

THE E.A. FRY TROPHY

Co-Educational Secondary Schools
Terrigal High School
2295 Points

THE EKLUND CUP

Girls Independent Schools & Colleges
Pymble Ladies College
3889 Points

THE HERBERT WAGSTAFF TROPHY

Girls Independent Schools & Colleges
- 2nd Place
Loreto Normanhurst
2792 Points

THE HENDRY CUP

Boys Independent Schools & Colleges
The Kings School
4188 Points

THE ALAN MCCLURE CUP

Co-Educational Independent Schools
& Colleges
Newman Senior Technical College-
Port Macquarie
2505 Points

THE R.J. COSHOTT TROPHY

Girls Premier School of the State
Pymble Ladies College
3889 Points

THE ARTHUR PARKER CUP

Boys Premier School of the State
The Kings School
4188 Points

THE CITY TATTERSALLS CLUB TROPHY

For Metropolitan Schools
The Kings School
4188 Points

THE VICTOR FROST TROPHY

Metropolitan Schools - 2nd Place
Pymble Ladies College
3889 Points

THE W. MARX TROPHY

Country Schools - 1st Place
St John The Evangelist H.S. Nowra
2410 Points

THE K.W. DRAPER TROPHY

Country Schools - 2nd Place
Terrigal High School
2295 Points

THE ALWYNNE WAGSTAFF TROPHY

Primary Schools - 1st Class
Harrington Street P.S.
380 Points

THE M. CULLEN TROPHY

Primary Schools - 2nd Class
Lindfield P.S.
810 Points

THE BOWER CUP

Primary Schools - 2nd Class - 2nd Place
Macquarie Fields P.S.
365 Points

THE H.F. PAULL TROPHY

Primary Schools - 3rd Class
Mittagong P.S.
300 Points

THE PERCY MARKS CUP

Primary Schools 4th Class
Berkeley West P.S.
315 Points

THE DOMINELLI FORD TROPHY

Primary Schools - 5th Class
Colo Heights P.S.
285 Points

THE BRIGHTON LE SANDS RSL CLUB TROPHY

Primary Schools - 6th Class
Enngonia P.S.
276 Points

THE JACK STILWELL FLYNN MEMORIAL CUP

Central Schools - 1st Class
Dubbo School of
Distance Education
195 Points

THE HELEN DRAPER TROPHY

Central Schools - 2nd Class
Walcha Central School
958 Points

THE H.C. BAMFORD TROPHY

Central Schools - 3rd Class
Boorowa Central School
1182 Points

THE ROWLEY VASS MEMORIAL TROPHY

Central Schools - 4th Class
Yeoval Central School
535 Points

THE CLIVE AUSTIN TROPHY

Central Schools - 8 & 9 Class
Hunter School of Performing Art
605 Points

THE F.D. LEANEY TROPHY

Schools for Specific Purposes
Kariong Mountains School
535 Points

THE BILL ARTHUR CUP

Special Schools - Welfare
Frank Baxter Juvenile Justice Centre
5 Points

THE R.E. BURGOYNE MEMORIAL TROPHY

RSL Youth Clubs
Rooty Hill RSL YSC
222 Points

THE AUSTRALIA SHIELD

Army, Navy & Air Force Units
RAAF Base - Wagga Wagga
230 Points

THE ROTH SHIELD

Affiliated Life Saving Clubs
Scully Park AS & LSC
827 Points

THE KELSO KING EXCELLENCE SHIELD

Affiliated Amateur Swimming Clubs
Scully Park AS & LSC
827 Points

THE MARION MCCANN TROPHY

Affiliated Clubs on an
Improvement Basis
Inner West MLC LSC
42.85 %



Awards Points Place

Awards Points Place

PRESIDENT'S CUP

for Tertiary Organisations

Macquarie University	196	2595	1st
Avondale Clg	132	1695	2nd
University of Newcastle	138	1510	3rd
Australian Catholic University	57	475	
Charles Sturt University - Bathurst	10	100	
Tenterfield TAFE	16	240	
Tocal College	71	1065	
University New England - Armidale	30	510	
University of New South Wales - Kensington	19	285	
University of Western Sydney - Penrith	100	996	
University of Wollongong	37	340	
Western Inst Tafe-Lithgow Campus	6	24	

THE AQUATIC CLUB TROPHY

for Girls High Schools

Northern Beaches Sec. Clg - Mackellar Girls Campus	381	1773	1st
Riverside Girls H.S.	355	1398	2nd
Blacktown Girls H.S.	256	1076	3rd
Asquith Girls H.S.	57	641	
Auburn Girls H.S.	35	175	
Bankstown Girls H.S.	26	340	
Beverly Hills Girls H.S.-- I.E.C.	9	45	
Birrong Girls H.S.	72	1020	
East Hills Girls H.S.	9	45	
Liverpool Girls H.S.	2	10	
Moorefield Girls H.S.	25	365	
North Sydney Girls H.S.	52	260	
Randwick Girls H.S.	43	585	
St. George Girls H.S.-Kogarah	210	534	
Strathfield Girls H.S.	3	15	
Sydney Girls H.S.	150	750	
Willoughby Girls H.S.	1	5	

THE CITY TATTERSALLS CLUB CUP

for Boys High Schools

Homebush Boys H.S.	43	645	1st
Epping Boys H.S.	108	540	2nd
Asquith Boys H.S.	151	446	3rd
Birrong Boys H.S.	38	190	
Canterbury Boys H.S.	43	215	
East Hills Boys H.S.	2	10	
Farrer Memorial Agricultural - Boys H.S.	3	30	
Georges River Clg Hurstville - Boys Campus	31	155	
Northern Beaches Sec. Clg - Balgowlah Boys Campus	30	150	

THE E.A. FRY TROPHY

for Co-Educational Secondary Schools

Terrigal H.S.	161	2295	1st
Armidale H.S.	154	1700	2nd
Camden H.S.	106	1570	3rd
Airds H.S.	24	120	
Albury H.S.	79	395	

Arthur Phillip H.S.	24	360
Ashcroft H.S.	6	21
Barham H.S.	20	300
Batemans Bay H.S.	86	675
Bathurst H.S.	15	75
Baulkham Hills H.S.	389	1337
Bega H.S.	73	365
Billabong H.S.	38	330
Blakehurst H.S.	225	1125
Blaxland H.S.	36	180
Blayney H.S.	35	335
Bomaderry H.S.	47	505
Bonnyrigg H.S.	10	59
Bossley Park H.S.	51	765
Bourke H.S.	25	125
Bradfield College	8	80
Brisbane Water Secondary Clg - Umina Campus	105	374
Brisbane Water Secondary Clg - Woy Woy Campus	3	20
Broken Hill H.S.	110	709
Cabramatta H.S.	35	475
Callaghan Clg Jesmond Campus	15	75
Cambridge Park H.S.	81	745
Campbelltown Performing Arts H.S.	94	1180
Canley Vale H.S.	32	160
Canobolas Rural Technology H.S.	13	175
Canowindra H.S.	110	1364
Caringbah H.S.	142	1116
Carlingford H.S.	235	874
Castle Hill H.S.	40	600
Casula H.S.	35	355
Cecil Hills H.S.	281	512
Cessnock H.S.	9	135
Chatham H.S.	19	95
Chatswood H.S.	46	230
Cherrybrook Technology H.S.	319	994
Chester Hill H.S.	8	40
Chifley College Bidwill Campus	28	140
Chifley College Dunheved Campus	14	70
Chifley College Mount Druitt Campus	28	140
Chifley College Senior Campus	27	135
Chifley College Shalvey Campus	26	130
Cobar H.S.	1	5
Coffs Harbour Senior College	24	360
Colo H.S.	6	30
Colyton H.S.	2	10
Condell Park H.S.	16	240
Condobolin H.S.	21	315
Coonabarabran H.S.	59	655
Coonamble H.S.	39	555
Corowa H.S.	47	235
Corrimal H.S.	25	325
Cowra H.S.	21	295
Crestwood H.S.	46	690
Crookwell H.S.	25	125
Dapto H.S.	51	255
Davidson H.S.	21	315
Deniliquin H.S.	11	80
Dubbo Clg-Delroy Campus	48	240
Dubbo College Senior Campus	88	436



	<i>Awards</i>	<i>Points</i>	<i>Place</i>		<i>Awards</i>	<i>Points</i>	<i>Place</i>
Dubbo College-South Campus	46	389		Koorinal H.S.	69	585	
Dungog H.S.	61	500		Kotara H.S.	16	80	
Duval H.S.	46	360		Ku-ring-gai H.S.	62	161	
Eagle Vale H.S.	23	345		Leeton H.S.	81	555	
Eden Marine H.S.	1	15		Lisarow H.S.	5	25	
Elderslie H.S.	95	795		Lithgow H.S.	221	531	
Elizabeth Macarthur H.S.	36	540		Macksville H.S.	50	750	
Endeavour Sports H.S.	24	360		Maitland Grossmann H.S.	2	10	
Engadine H.S.	1	5		Maitland H.S.	61	610	
Erina H.S.	26	130		Marsden H.S.	12	180	
Erskine Park H.S.	60	900		Matraville Sports H.S.	2	10	
Evans H.S.	4	20		Merewether H.S.	2	30	
Figtree H.S.	115	1245		Merrylands H.S.	48	455	
Finley H.S.	3	15		Miller Technology H.S.	6	30	
Forbes H.S.	67	381		Model Farms H.S.	170	1389	
Fort Street H.S.	61	305		Monaro H.S.	2	10	
Francis Greenway H.S.	1	5		Moorebank H.S.	9	45	
Galston H.S.	33	314		Moree Secondary Clg -			
Georges River Clg Oatley Senior Campus	2	10		Albert St Campus	2	30	
Gilgandra H.S.	49	375		Moss Vale H.S.	60	300	
Girraween H.S.	11	55		Mount Austin H.S.	23	245	
Glenmore Park H.S.	24	120		Mount View H.S.	110	656	
Glenwood H.S.	207	636		Mudgee H.S.	131	975	
Gloucester H.S.	48	390		Mullumbimby H.S.	71	355	
Gorokan H.S.	18	90		Mulwaree H.S.	102	510	
Goulburn H.S.	5	30		Murray H.S.	65	325	
Granville South H.S.	1	5		Muswellbrook H.S.	194	868	
Great Lakes Clg Tuncurry Senior Campus	18	90		Narooma H.S.	43	215	
Gulgong H.S.	35	505		Narrabeen Sports H.S.	25	335	
Gymea H.S.	51	425		Newcastle H.S.	23	305	
Hay War Memorial H.S.	11	78		Northern Beaches Sec. Clg -			
Heathcote H.S.	159	678		Cromer Campus	160	564	
Holroyd High School	33	495		Northern Beaches Sec. Clg -			
Holsworthy H.S.	131	655		Freshwater Senior C	29	425	
Hunter River H.S.	21	105		Northmead H.S.	44	282	
Hunters Hill H.S.	18	90		Nowra H.S.	8	40	
Hurlstone Agricultural H.S.	334	1266		Nyngan H.S.	28	140	
Illawarra Senior College	41	205		Orange H.S.	99	750	
Illawarra Sports H.S.	46	690		Orara H.S.	17	255	
Irrawang H.S.	5	25		Parkes H.S.	69	1025	
J.J. Cahill Memorial H.S.	27	135		Peel H.S.	74	307	
James Busby H.S.	22	110		Pennant Hills H.S.	210	740	
James Fallon H.S.	82	675		Penrith H.S.	5	13	
Jamison H.S.	10	55		Picnic Point H.S.	2	10	
John Edmundson H.S.	57	855		Plumpton H.S.	21	105	
June H.S.	25	355		Port Hacking H.S.	19	95	
Karabar H.S.	15	75		Quakers Hill H.S.	282	650	
Katoomba H.S.	32	470		Quirindi H.S.	43	215	
Keira H.S.	92	1150		Richmond H.S.	111	985	
Kellyville H.S.	65	975		Richmond River H.S.	15	225	
Kempsey H.S.	20	300		Riverstone H.S.	58	176	
Kiama H.S.	44	220		Robert Townson H.S.	13	65	
Killara H.S.	427	1330		Rooty Hill H.S.	24	360	
Killarney Heights H.S.	11	55		Rutherford Technology H.S.	135	379	
Kingscliff H.S.	11	110		Sarah Redfern H.S.	20	100	
Kingsgrove H.S.	75	161		Scone H.S.	34	170	
Kirrawee H.S.	39	195		Sefton H.S.	268	1269	
				Shoalhaven H.S.	129	1205	
				Singleton H.S.	272	1380	
				Smiths Hill H.S.	16	80	
				South Sydney H.S.	2	10	



	Awards	Points	Place
Springwood H.S.	26	390	
St. Ives H.S.-St. Ives	17	255	
St. Johns Park H.S.	50	740	
Strathfield South H.S.	15	75	
Sydney Distance Education H.S.	66	630	
Sydney Secondary Clg - Blackwattle Bay Campus	1	5	
Sydney Technical H.S.	43	358	
Sylvania H.S.	24	310	
Taree H.S.	1	5	
Temora H.S.	74	441	
Tenterfield H.S.	28	420	
The Forest H.S.	62	330	
The Henry Lawson H.S.	32	160	
The Hills Sports H.S.	1	5	
The Jannali H.S.	4	20	
Tomaree H.S.	31	155	
Toronto H.S.	3	30	
Tuggerah Lakes Secondary Clg - Berkeley Vale Campus	19	305	
Tumbarumba H.S.	20	100	
Tumut H.S.	84	434	
Turramurra H.S.	180	522	
Ulladulla H.S.	3	30	
Vincentia H.S.	15	140	
Warialda H.S.	23	345	
Warilla H.S.	24	360	
Warrawong H.S.	66	330	
Wauchope H.S.	28	420	
Wellington H.S.	56	460	
West Wallsend H.S.	51	255	
Westfields Sports H.S.	66	990	
Willyama H.S.	1	10	
Wingham H.S.	21	245	
Winmalee H.S.	301	1126	
Wollongong H.S.of the Performing Arts	10	50	
Woolooware H.S.	44	620	
Woonona H.S.	17	245	
Wyndham Clg	63	945	
Wyong H.S.	34	170	
Yanco Agricultural H.S.	49	490	
Yass H.S.	109	715	
Young H.S.	34	250	

THE EKLUND CUP

for Girls Independent Schools & Colleges

Pymble Ladies Clg	423	3889	1st
Loreto-Normanhurst	337	2792	2nd
Tara Anglican School	495	2705	3rd
Abbotsleigh School	177	2575	
Ascham School	355	1307	
Cerdon College	522	1443	
Danebank Anglican School For Girls	129	972	
Domremy Clg	65	361	
Kambala School	181	2015	
Kildare Catholic Clg	114	1605	
Marist Sisters College-Woolwich	58	860	
Mary Mackillop Clg-Wakeley	19	275	
Meriden School	54	270	
MLC School	36	180	

	Awards	Points	Place
Monte Sant Angelo Mercy Clg - Ltd-North Sydney	430	2313	
Mount St. Benedict Clg - Pennant Hills	104	673	
Mount St. Joseph-Milperra	29	145	
Nagle College	85	515	
Our Lady of Mercy Clg Burraneer - Cronulla	230	1486	
Our Lady of Mercy Clg - Parramatta	148	587	
Our Lady of The Sacred Heart Clg - Kensington	1	15	
Presbyterian Ladies College-Armidale	213	1578	
Presbyterian Ladies College-Croydon	349	1351	
Ravenswood School for Girls	71	650	
Roseville College	68	407	
St. Josephs Catholic Clg - East Gosford	30	290	
St. Marys Star of the Sea Clg Ltd - Wollongong	52	720	
St. Patricks Clg - Campbelltown	52	719	
St. Scholasticas College Ltd - Glebe	1	5	
St.Euphemia College	21	105	
Tangara School for Girls	31	465	
Wenona School	13	285	

THE HENDRY CUP

for Boys Independent Schools & Colleges

The Kings School	712	4188	1st
St. Ignatius College-Lane Cove	360	3644	2nd
The Scots College-Bellevue Hill	483	3281	3rd
Christian Brothers H.S.-Lewisham	82	410	
Cranbrook School	130	830	
De La Salle Clg-Caringbah	128	1045	
De La Salle College-Revesby Heights	33	165	
Holy Cross Clg-Ryde	36	180	
La Salle Catholic Clg-Bankstown	63	315	
Marist College-Eastwood	226	809	
Marist College-Kogarah	33	165	
Marist College-North Shore	36	180	
Marist College-Pagewood	1	5	
Marist College-Penshurst	43	215	
Newington College	80	975	
Parramatta Marist H.S.	87	435	
Patrician Brothers Clg - Blacktown	371	1988	
Patrician Brothers Clg - Fairfield	52	710	
St Pius X College- Chatswood	75	765	
St. Aloysius College-Milsons Point	94	470	
St. Edwards Christian Brothers Clg - Gosford	3	15	
St. Gregorys College-Campbelltown	95	605	
St. Josephs College-Hunters Hill	180	1705	
St. Marys Cathedral Clg - Sydney	24	340	
St. Patricks Clg - Strathfield	553	2633	
St. Pauls Catholic College - Greystanes	87	1285	
St. Pauls College - Manly	84	1260	
The Armidale School	3	45	
Trinity Grammar Prep School	42	260	
Trinity Grammar School	262	2711	
Tudor House	30	440	



THE ALAN MCCLURE CUP

for Co-Educational Independent School & Colleges

Newman Snr Tech College	177	2505	1st
St. John The Evangelist H.S. - Nowra	175	2410	2nd
St. Johns College - Dubbo East	388	2197	3rd
All Saints Clg - Bathurst	77	124	
All Saints Clg - St. Josephs Campus - Lochinvar	99	627	
All Saints Clg - St. Marys Campus - Maitland	102	510	
Aquinas College - Menai	65	975	
Australian International School	47	235	
Australian Islamic School	45	225	
Avondale School	23	120	
Barker College	192	1123	
Bede Polding College	214	818	
Berowra Christian Community School	14	70	
Bishop Druitt College	137	915	
Casimir Catholic College	14	210	
Chevalier College	69	1035	
Christ The King P.S. - Bass Hill	18	82	
Clancy Catholic Clg - West Hoxton	124	1200	
Clare Catholic H.S.	44	220	
Coffs Harbour Christian Community Secondary School	12	180	
Condell Park Christian School	21	79	
De La Salle Clg - Cronulla	39	195	
Delany Clg	45	225	
Dubbo Christian School	20	300	
Emmaus Catholic Clg - Kemps Creek	30	450	
Freeman Catholic Clg	15	75	
Georges River G.S. - Bankstown	65	975	
Good Samaritan Catholic College - Hinchinbrook	212	1450	
Good Shepherd P.S. - Hoxton Park	23	115	
Good Shepherd P.S. - Plumpton	6	30	
Hennessy Catholic Clg	31	240	
Henschke P.S.	36	180	
Heritage College (Christadelphian) - Kemps Creek	58	589	
Holy Family Catholic P.S. - Granville East	22	110	
Holy Family P.S. - Menai	23	115	
Holy Spirit College - Lakemba	9	45	
Holy Spirit P.S. - Lavington	20	100	
Holy Spirit P.S. - North Ryde	39	195	
Holy Trinity P.S. - Wagga	25	375	
Hunter Valley Grammar School	139	775	
Illawarra Christian School - Cordeaux	22	176	
Immaculate Heart of Mary P.S. - Sefton	24	120	
James Sheahan Catholic H.S.	307	1521	
John Paul College - Coffs Harbour	19	285	
John the Baptist P.S. - Bonnyrigg Heights	46	230	
John Therry Catholic H.S. - Rosemeadow	42	610	
Key College Macquarie Fields	7	34	

Kinross Wolaroi School	164	1406
La Salle Academy - Lithgow	36	245
Lakes Grammar an Anglican School	77	212
Linuwel School	11	72
Lutheran P.S. Wagga Wagga Inc.	29	145
M.E.T.SCHOOL Darks Point	40	40
Macarthur Anglican School	51	63
Mackillop Catholic College - Bathurst	9	25
MacKillop Catholic College - Warnervale	49	555
Macquarie Anglican Grammar School Cobbitty	19	285
Macquarie College - Wallsend	38	190
Magdalene Catholic H.S.	78	935
Marian Catholic Clg - Griffith	88	800
Marian Catholic College - Kenthurst	269	1223
Mater Dei Catholic Clg - Wagga	28	350
Mater Dei Catholic P.S. - Wagga	25	125
Mater Maria Catholic Clg - Warriewood	67	1005
McCarthy Catholic Clg - Emu Plains	81	1205
Montesorri East School.	9	135
Moriah College	15	215
Mount Carmel H.S. - Varroville	33	425
Northern Beaches Christian School	105	1565
O'Connor Catholic College - Armidale	325	1852
Our Lady of Fatima P.S. - Caringbah	38	190
Our Lady of Lourdes P.S. - Earlwood	21	105
Our Lady of Mount Carmel P.S. - Mt Pritchard	4	20
Our Lady of the Annunciation P.S. - Pagewood	16	80
Our Lady of the Rosary P.S. - Fairfield	35	175
Our Lady of the Rosary P.S. - Kensington	22	110
Our Lady of the Sacred Heart P.S. - Randwick	59	295
Our Lady Queen of Peace School - Greystanes	160	340
Our Lady Star of the Sea P.S. - Miranda	30	150
Pacific Hills Christian School	284	1249
Penrith Anglican College	9	90
Red Bend Catholic College	159	1365
Redeemer Baptist School	326	1150
Regina Coeli P.S.	28	140
Richard Johnson Anglican School	28	76
Rosebank College	67	335
Sacred Heart Catholic P.S. - Mona Vale	14	70
Sacred Heart Central School - Cootamundra	50	610
Sacred Heart Infants School - Orange	12	60
Sacred Heart P.S. - Villawood	14	70
Sacred Heart P.S. - Wagga/Koorringal	20	100
Santa Sabina Clg - Strathfield	174	1180
Scone Grammar School	142	1141
Shearwater Steiner School	9	135
Shoalhaven Anglican School	33	405
Southern Highlands Christian School	25	375
St James P.S. - Forest Lodge	13	65
St Johns School - Baradine	9	135
St. Aloysius P.S. - Cronulla	17	85
St. Ambroses P.S. - Concord	23	107



	Awards	Points	Place		Awards	Points	Place
St. Annes School - Temora	65	671		St. Marys C.S. - Wellington	24	120	
St. Anthonys P.S. - Marsfield	14	70		St. Marys P.S. - Bellingen	13	65	
St. Bernards P.S.- Batehaven	24	360		St. Marys P.S. - Concord	21	105	
St. Brendans P.S. - Annandale	14	70		St. Marys P.S. - Corowa	12	60	
St. Brendans P.S. - Bankstown	17	85		St. Marys P.S. - Georges Hall	19	95	
St. Brendans P.S. - Ganmain	6	30		St. Marys P.S. - North Sydney	16	80	
St. Brigids P.S. - Coogee	22	110		St. Marys P.S. - Orange	21	105	
St. Catherine Laboure P.S.- Gymea	25	125		St. Marys War Memorial School -			
St. Catherine of Siena P.S.- Prestons	34	170		West Wyalong	12	60	
St. Catherines Catholic Clg - Singleton	43	220		St. Matthews C.S. - Mudgee	15	180	
St. Charles P.S.- Ryde	65	325		St. Michaels P.S. - Coolamon	17	175	
St. Christophers P.S. - Panania	24	120		St. Michaels P.S. - Daceyville	10	50	
St. Clares H.S. - Taree	91	575		St. Michaels P.S. - Dunedoo	8	120	
St. Columbas H.S. - Springwood	32	160		St. Michaels P.S. - Lane Cove	32	160	
St. Declans P.S. - Penshurst	25	125		St. Michaels P.S. - Meadowbank	24	120	
St. Felix P.S. - Bankstown	28	140		St. Patricks Clg - Sutherland	250	2126	
St. Fiacres P.S. - Leichhardt	8	40		St. Patricks Marist Clg - Dundas	60	890	
St. Francis De Sales P.S. - Woolooware	18	110		St. Patricks P.S. - Griffith	44	220	
St. Francis De Sales Regional Clg -				St. Patricks P.S. - Gundagai	13	195	
Leeton	112	1638		St. Patricks P.S. - Holbrook	6	30	
St. Francis Xaviers Clg - Hamilton	77	385		St. Patricks P.S. - Kogarah	23	115	
St. Francis Xaviers P.S. - Lurnea	28	140		St. Patricks P.S. - Summer Hill	14	70	
St. Gabriels P.S. - Bexley	31	155		St. Patricks P.S. - Sutherland	19	95	
St. George Christian School - Hurstville	11	165		St. Patricks P.S. - Trundle	5	25	
St. Gertrudes P.S. - Smithfield	148	348		St. Patricks Parish School - Cooma	17	85	
St. James Primary School - Muswellbrook	77	77		St. Pauls College - Walla Walla	75	1225	
St. Joachims P.S.- Lidcombe	18	90		St. Pauls Grammar School - Cranebrook	54	810	
St. Joan of Arc P.S. - Haberfield	21	105		St. Pauls H.S. - Port Macquarie	59	885	
St. John Bosco College - Engadine	96	750		St. Peter Chanel P.S. - Regents Park	26	130	
St. John Vianneys P.S. - Greenacre	23	115		St. Peters Catholic Clg - Tuggerah Lakes	17	170	
St. Johns Clg - Lismore	51	255		St. Peters P.S. - Coleambally	6	30	
St. Johns Junior School - Armidale (NEGS)	49	72		St. Peters P.S. - Port Macquarie	29	435	
St. Johns P.S. - Auburn	34	170		St. Philip's Christian Clg -			
St. Johns P.S. - Dubbo	25	125		Salamander Bay	44	220	
St. Johns P.S. - Riverstone	15	75		St. Pius X H.S. - Adamstown	58	290	
St. Joseph College - Banora Point	18	270		St. Thereses P.S. - Denistone	12	60	
St. Joseph The Worker P.S. - Auburn South	13	65		St. Thereses P.S. - Lakemba	28	140	
St. Josephs C.S. - Blayney	11	55		St. Thereses P.S. - Mascot	35	175	
St. Josephs H.S. - Aberdeen	26	310		St. Thereses P.S. - Padstow	15	75	
St. Josephs Hastings Regional School -				St. Thereses P.S. - Sadler	26	130	
Pt Macquarie	42	630		St. Thomas Aquinas P.S. - Springwood	235	339	
St. Josephs P.S. - Belmore	28	140		St. Thomas Mores P.S. -			
St. Josephs P.S. - Boorowa	7	35		Brighton-Le-Sands	69	137	
St. Josephs P.S. - Como/Oyster Bay	28	140		St. Vincents P.S. - Ashfield	27	135	
St. Josephs P.S. - Enfield	31	155		Sutherland Shire Christian School	28	150	
St. Josephs P.S. - Finley	2	30		The Hills Grammar School	366	994	
St. Josephs P.S. - Junee	10	50		The Illawarra Grammar School	148	1285	
St. Josephs P.S. - Leeton	27	135		The McDonald Clg - Strathfield	49	245	
St. Josephs P.S. - Lockhart	15	215		The Riverina Anlican Clg	23	126	
St. Josephs P.S. - Moorebank	26	130		The Scots School - Albury	71	765	
St. Josephs P.S. - Oatley	12	60		Trinity Catholic Clg - Auburn	89	445	
St. Josephs P.S. - Orange	17	85		Trinity School - Murrumburrah (Harden)	8	40	
St. Josephs P.S. - Riverwood	22	110		Tyndale Christian School	7	44	
St. Josephs P.S. - Rockdale	16	80		Unity Grammar School	25	375	
St. Josephs School - Glenn Innes	15	75		Wagga Wagga Christian College	12	180	
St. Kevins P.S. - Eastwood	17	85		Wellington Christian School	7	28	
St. Laurences School - Forbes	16	80		Xavier Catholic Clg - Ballina	34	410	
St. Lawrences C.S. - Coonabarabran	12	60		Xavier H.S. - Albury	87	595	
St. Lukes P.S. - Revesby	32	160					
St. Marouns College - Dulwich Hill	21	105					
St. Mary - St. Joseph P.S. - Maroubra	20	100					



THE ALWYNNE WAGSTAFFE TROPHY

for Primary Schools 1st Class

Harrington Street P.S.	76	380	1st
Hurstville P.S.	63	315	2nd
Greenacre P.S.	56	280	3rd
Artarmon P.S.	40	200	
Auburn P.S.	42	210	
Auburn West P.S.	28	140	
Bankstown P.S.	19	95	
Berala P.S.	54	270	
Blacktown South P.S.	44	220	
Cabramatta P.S.	17	135	
Caddies Creek P.S.	53	265	
Castle Hill P.S.	45	225	
Dalmeny P.S.	3	15	
Dubbo South P.S.	54	270	
Fairfield Heights P.S.	22	110	
Forster P.S.	13	37	
Georges Hall P.S.	43	215	
Hampden Park P.S.	31	155	
Harbord P.S.	47	235	
Harrington Park P.S.	45	225	
Hassall Grove P.S.	45	225	
Lindfield East P.S.	38	190	
Matthew Pearce P.S.	55	275	
Narellan Vale P.S.	42	206	
Newport P.S.	31	155	
St. Andrews P.S. - St. Andrews	4	20	
St. Johns Park P.S. - St. Johns Pk	16	230	
Strathfield South P.S.	30	150	
Tacking Point P.S.	43	215	
Westmead P.S.	46	230	

THE M CULLEN TROPHY

for Primary School-2nd Class

Lindfield P.S.	75	810	1st
Macquarie Fields P.S.	73	365	2nd
Bidwill P.S.	72	356	3rd
Albury P.S.	36	180	
Batemans Bay P.S.	44	220	
Belair P.S.	25	125	
Bennett Road P.S.	33	165	
Birrong P.S.	37	185	
Bowral P.S.	26	130	
Brighton-Le-Sands P.S.	41	205	
Cabramatta West P.S.	10	50	
Calare P.S.	39	195	
Camden South P.S.	30	150	
Campbelltown North P.S.	15	75	
Campsie P.S.	43	215	
Canley Heights P.S.	43	215	
Caringbah North P.S.	18	90	
Carlingford West P.S.	52	260	
Carlton South P.S.	42	210	
Cecil Hills P.S.	30	150	
Chester Hill P.S.	28	140	

Clemton Park P.S.	37	185
Colyton P.S.	33	165
Crawford P.S.	40	200
Croydon P.S.	36	180
Cudgegong Valley P.S.	31	155
Curran Hill P.S.	26	130
Earlwood P.S.	34	170
Eastwood P.S.	43	215
Edgeworth P.S.	5	25
Fairfield P.S.	21	105
Flinders P.S.	39	195
Forestville P.S.	26	130
Glendenning P.S.	29	145
Gosford P.S.	31	155
Granville P.S.	39	195
Guildford West P.S.	24	120
Gunnedah South P.S.	28	140
Haberfield P.S.	38	190
Hammondville P.S.	36	180
Hazelbrook P.S.	11	55
Helensburgh P.S.	3	15
Hobartville P.S.	32	160
Holsworthy P.S.	29	145
Homebush P.S.	35	175
Hornsby North P.S.	43	215
Illaroo Road P.S.	58	290
Ingleburn PS	32	160
Kellyville Ridge P.S.	31	155
King Park P.S.	36	180
King Street P.S.	31	155
Kurri Kurri P.S.	4	25
Lansvale P.S.	44	220
Leumeah P.S.	34	170
Marayong P.S.	54	270
Marsden Road P.S.	42	210
Maryland P.S.	30	150
Milton P.S.	45	225
Minchinbury P.S.	27	135
Moree P.S.	44	220
Mosman P.S.	30	150
Moss Vale P.S.	35	175
Mount Annan P.S.	35	175
Mount Druitt P.S.	29	145
Mount Terry P.S.	46	230
Mudgee P.S.	34	170
Narranga P.S.	39	195
New Lambton P.S.	32	160
North Rocks P.S.	29	145
Nowra P.S.	42	210
Oak Flats P.S.	22	110
Oatley West P.S.	29	145
Oxley Park P.S.	30	150
Parkes P.S.	34	170
Parklea P.S.	44	220
Parramatta West P.S.	39	195
Peakhurst P.S.	30	150
Pennant Hills P.S.	31	155
Picton P.S.	22	110
Plumpton P.S.	37	185
Prairievale P.S.	4	20
Prestons P.S.	23	115



	Awards	Points	Place
Punchbowl P.S.	62	310	
Pymble P.S.	25	125	
Quakers Hill East P.S.	43	215	
Quakers Hill P.S.	32	160	
Ramsgate P.S.	28	140	
Regentville P.S.	30	150	
Robert Townson P.S.	32	160	
Rockdale P.S.	25	125	
Rosehill P.S.	28	140	
Samuel Gilbert P.S.	32	160	
Samuel Terry P.S.	24	120	
Sans Souci P.S.	30	150	
Sarah Redfern P.S.	38	190	
Shalvey P.S.	62	310	
Shelley P.S.	36	180	
St. Ives North P.S.	36	144	
Strathfield North P.S.	36	180	
Tamworth P.S.	53	265	
Tanilba Bay P.S.	17	85	
Terrigal P.S.	43	215	
Thomas Acres P.S.	29	145	
Thornleigh West P.S.	26	130	
Thornton P.S.	33	165	
Turramurra P.S.	24	120	
Ulladulla P.S.	59	295	
Vardys Road P.S.	23	115	
Wahroonga P.S.	6	30	
Wamberal P.S.	27	135	
Wattle Grove P.S.	40	200	
Westlawn PS	32	160	
Wiley Park P.S.	49	245	
Woollahra PS	30	150	
Woy Woy P.S.	33	165	
Yagoona P.S.	38	190	

THE H.F PAULL TROPHY

for Primary School-3rd Class

Mittagong P.S.	60	300	1st
Peakhurst West P.S.	124	276	2nd
Lakelands P.S.	41	205	3rd
Anna Bay P.S.	6	30	
Armidale City P.S.	64	173	
Ashbury P.S.	20	100	
Avoca Beach P.S.	1	5	
Balgownie P.S.	2	10	
Banksia Road P.S.	23	115	
Barnsley P.S.	15	75	
Bellevue Hill P.S.	27	135	
Belmore North P.S.	37	185	
Beresfield P.S.	39	195	
Beresford Road P.S.	24	120	
Berowra P.S.	118	202	
Bexley P.S.	31	155	
Blaxland East P.S.	7	35	
Bligh Park P.S.	27	135	
Bogangar P.S.	4	20	
Bolwarra P.S.	22	110	
Bossley Park P.S.	22	110	
Broken Hill North P.S.	36	185	
Broulee P.S.	16	80	

	Awards	Points	Place
Burke Ward P.S.	34	170	
Cambridge Gardens P.S.	16	80	
Castle Cove P.S.	29	145	
Chullora P.S.	21	105	
Claremont Meadows P.S.	20	100	
Claymore P.S.	2	10	
Concord West P.S.	27	135	
Condobolin P.S.	28	140	
Coonabarabran P.S.	31	155	
Corowa P.S.	21	105	
Croydon Park P.S.	16	80	
Eastwood Heights P.S.	32	160	
Eglington P.S.	29	145	
Epping North P.S.	1	5	
Erina Heights P.S.	20	100	
Faulconbridge P.S.	14	70	
Gladesville P.S.	23	115	
Glen Innes P.S.	40	196	
Glendore P.S.	2	10	
Glenmore Road P.S.	9	45	
Grahamstown P.S.	2	10	
Granville East P.S.	27	135	
Grays Point P.S.	15	75	
Gymea North P.S.	16	80	
Hamilton South P.S.	9	45	
Inverell P.S.	26	130	
Jamisontown P.S.	17	85	
Kareela P.S.	22	110	
Kegworth P.S.	21	105	
Kiama P.S.	12	60	
Kingswood P.S.	27	135	
Kogarah P.S.	23	115	
Koonawarra P.S.	29	145	
Lakemba P.S.	30	150	
Lavington East P.S.	20	100	
Leeton P.S.	1	5	
Leichhardt P.S.	21	105	
Lisarow P.S.	1	5	
Lynwood Park P.S.	17	85	
Marayong South P.S.	20	100	
Marton P.S.	17	85	
Medowie P.S.	3	15	
Merrylands P.S.	27	135	
Metford P.S.	3	15	
Miller P.S.	15	75	
Minnamurra P.S.	28	140	
Moama P.S.	23	115	
Morgan Street P.S.	27	135	
Narraweena P.S.	20	100	
Narromine P.S.	21	105	
Newington PS	21	105	
Noumea P.S.	24	120	
Nulkaba P.S.	26	130	
Oatley P.S.	20	100	
Oyster Bay P.S.	20	100	
Padstow Park P.S.	3	15	
Panania North P.S.	22	110	
Panania P.S.	34	170	
Penrith P.S.	23	115	
Penrith South P.S.	30	150	
Penshurst P.S.	27	135	



	<i>Awards</i>	<i>Points</i>	<i>Place</i>		<i>Awards</i>	<i>Points</i>	<i>Place</i>
Picnic Point P.S.	22	110		Brookvale P.S.	21	105	
Picton P.S.	22	110		Buninyong P.S.	36	180	
Quirindi P.S.	22	110		Burnside P.S.	14	70	
Raymond Terrace P.S.	29	145		Busby P.S.	23	115	
Revesby South P.S.	18	90		Callala P.S.	22	110	
Ryde P.S.	20	100		Campbellfield P.S.	17	85	
Sanctuary Point P.S.	33	165		Campbelltown East P.S.	1	5	
School of the Air	12	60		Carramar P.S.	16	80	
Seaforth P.S.	23	115		Cartwright P.S.	10	50	
Shell Cove P.S.	30	150		Chipping Norton P.S.	15	75	
South Wagga P.S.	22	110		Clarence Town P.S.	16	80	
Springwood P.S.	15	75		Cobbitty P.S.	11	55	
St. Marys North P.S.	40	200		Comleroy Road P.S.	2	10	
Surveyors Creek P.S.	24	120		Concord P.S.	16	80	
Tregear P.S.	29	145		Cootamundra P.S.	20	100	
Truscott Street P.S.	1	5		Cronulla South P.S.	20	100	
Tumut P.S.	25	125		Culburra P.S.	14	70	
Tuncurry P.S.	20	100		Curran P.S.	26	130	
Turvey Park P.S.	28	140		Dee Why P.S.	18	90	
Villawood North P.S.	29	145		Dubbo North P.S.	24	120	
Wakehurst P.S.	17	85		E A Southee P.S.	15	75	
Waniora P.S.	16	80		Eastlakes P.S.	17	85	
Warners Bay P.S.	22	110		Elderslie P.S.	22	110	
Warragamba P.S.	21	105		Enfield P.S.	18	90	
Wentworth Falls P.S.	19	95		Engadine P.S.	29	145	
Wentworthville P.S.	14	70		Finley P.S.	13	65	
Werrington P.S.	27	135		Forest Hill P.S.	18	90	
West Pymble P.S.	24	120		Franklin P.S.	17	85	
Westport P.S.	6	30		Frederickton P.S.	2	10	
Wingham Brush P.S.	10	50		Galston P.S.	20	100	
Wingham P.S.	26	130		Gilgrandra P.S.	32	160	
Winmalee P.S.	19	95		Glenfield P.S.	21	105	
Woonona P.S.	22	110		Glenwood P.S.	17	85	
Yowie Bay P.S.	24	120		Glossodia P.S.	21	105	

THE PERCY MARKS CUP

for Primary School-4th Class

Berkeley West P.S.	63	315	1st	Henry Fulton P.S.	16	80	
Revesby P.S.	51	255	2nd	Hornsby Heights P.S.	19	95	
Richmond P.S.	40	200	3rd	Howlong P.S.	13	65	
Albury North P.S.	70	157		Hume P.S.	33	165	
Aldavilla P.S.	28	140		Illawong P.S.	16	80	
Alfords Point P.S.	15	75		Irrawang P.S.	29	145	
Ambarvale P.S.	28	140		Jannali East P.S.	1	5	
Ashcroft P.S.	20	100		June North P.S.	27	135	
Asquith P.S.	18	90		Kandos P.S.	5	25	
Austinmer P.S.	21	105		Katoomba North P.S.	15	75	
Bellambi P.S.	15	75		Kearns P.S.	10	50	
Berinba P.S.	21	105		Kemps Creek P.S.	13	65	
Berry P.S.	14	70		Kent Road P.S.	17	85	
Bert Oldfield P.S.	19	95		Kenthurst P.S.	16	80	
Blayney P.S.	38	190		Kingswood Park P.S.	11	55	
Bomaderry P.S.	1	5		Kirrawee P.S.	22	110	
Bondi Beach P.S.	16	80		Kootingal P.S.	11	55	
Bonnyrigg P.S.	29	145		Kotara South P.S.	33	165	
Bourke P.S.	28	140		Kurmond P.S.	12	60	
Braddock P.S.	31	155		Kyogle P.S.	23	115	
				Lalor Park P.S.	22	110	
				Lapstone P.S.	13	65	
				Laurieton P.S.	20	100	
				Leonay P.S.	16	80	



	<i>Awards</i>	<i>Points</i>	<i>Place</i>		<i>Awards</i>	<i>Points</i>	<i>Place</i>
Manning Gardens P.S.	38	190		Cawdor P.S.	6	30	
Martins Gully P.S.	9	45		Chillingham P.S.	8	40	
Matraville P.S.	3	15		Coutts Crossing P.S.	6	30	
Menai P.S.	13	65		Cowan P.S.	6	30	
Merewether Heights P.S.	24	120		Darlington Point School	92	92	
Middleton Grange P.S.	12	60		Douglas Park P.S.	8	40	
Millthorpe P.S.	2	10		Drummond Memorial P.S.	25	125	
Milperra P.S.	20	100		Duri P.S.	28	140	
Minto P.S.	15	75		East Hills P.S.	15	75	
Mount Kuring-gai P.S.	8	40		Ganmain P.S.	6	30	
Nabiac P.S.	15	75		Hamilton North PS		50	
Narellan P.S.	18	90		Henty P.S.	13	65	
Newling P.S.	18	90		Horsley Park P.S.	9	45	
North Wagga P.S.	19	95		Huskinson P.S.	13	65	
Nyngan P.S.	15	75		Iluka P.S.	11	55	
Oatlands P.S.	10	50		Ingleburn North P.S.	9	45	
Old Guildford P.S.	21	105		Iona P.S.	6	30	
Oxley Vale P.S.	28	140		Jannali P.S.	8	40	
Pagewood P.S.	10	50		Kangaroo Valley P.S.	12	60	
Parkes East P.S.	19	95		Koorawatha P.S.	7	35	
Parkview P.S.	16	80		Largs P.S.	7	35	
Parramatta East P.S.	23	115		Leppington P.S.	8	40	
Pelaw Main P.S.	14	70		Lochinvar P.S.	5	25	
Pendle Hill P.S.	13	65		Lyndhurst P.S.	21	105	
Plattsburg P.S.	15	75		Marrickville P.S.	15	75	
Railway Town P.S.	13	65		Matong P.S.	5	25	
Regents Park P.S.	16	80		Melrose Park P.S.	7	35	
Shortland P.S.	23	115		Millfield P.S.	8	40	
Springdale Heights P.S.	25	125		Minmi P.S.	7	35	
St. Clair P.S.	26	130		Mount Kanawary P.S.	8	40	
St. Ives Park P.S.	12	60		Mount Keira P.S.	24	24	
Stanwell Park P.S.	18	90		Neville P.S.	8	40	
Stockton P.S.	15	75		Nowra Hill P.S.	25	125	
The Grange P.S.	12	60		Orange Grove P.S.	20	100	
The Meadows P.S.	15	75		Orchard Hills P.S.	7	35	
Tighes Hill P.S.	15	75		Plunkett Street P.S.	9	45	
Toongabbie West P.S.	12	60		Pretty Beach P.S.	8	40	
Tower Street P.S.	12	60		Riverwood P.S.	12	60	
Villawood East P.S.	17	85		Rye Park P.S.	22	34	
Wallsend P.S.	25	125		Rylstone P.S.	13	65	
Warrimoo P.S.	11	55		Salt Ash P.S.	8	40	
Warwick Farm P.S.	24	120		Stroud P.S.	16	80	
Wattawa Heights P.S.	17	85		Table Top P.S.	10	50	
West Wollongong P.S.	14	70		Tintinhull P.S.	7	35	
Widemere P.S.	13	65		Tomerong P.S.	13	65	
Windang P.S.	15	75		Walla Walla P.S.	14	70	
Woodberry P.S.	22	110		Wangi Wangi P.S.	8	40	
Woodland Road P.S.	9	45		Willawarrin P.S.	3	45	

THE DOMINELLI FORD TROPHY

for Primary School-5th Class

Colo Heights P.S.	19	285	1st
Wongarbon P.S.	51	255	2nd
Cudal P.S.	101	185	3rd
Albury West P.S.	17	85	
Arcadia P.S.	10	50	
Berrima P.S.	6	30	
Bodalla P.S.	11	55	
Bonville P.S.	53	151	
Burren Junction P.S.	20	100	

THE BRIGHTON –LE-SANDS RSL CLUB TROPHY

for Primary School-6th Class

Enngonia School	20	276	1st
Ilford P.S.	35	175	2nd
Rockley P.S.	12	140	3rd
Beckom P.S.	3	15	
Ben Lomond P.S.	1	5	
Cabramurra P.S.	8	40	
Caragabal P.S.	1	5	
Goolma P.S.	1	5	
Greenethorpe P.S.	8	20	



	Awards	Points	Place
Grong Grong P.S.	7	35	
Hill End P.S.	9	45	
Rand P.S.	3	15	
Sofala P.S.	24	120	

THE JACK STILWELL FLYNN MEMORIAL CUP

for Central Schools-1st Class

Dubbo School Of Distance Education	17	195	1st
Bulahdelah C.S.	1	5	2nd

THE HELEN DRAPER TROPHY

for Central Schools-2nd Class

Walcha C.S.	100	958	1st
Balranald C.S.	143	584	2nd
Lightning Ridge C.S.	71	485	3rd
Braidwood C.S.	27	370	

THE H.C. BAMFORD TROPHY

for Central Schools-3rd Class

Boorowa C.S.	91	1182	1st
Coolah C.S.	59	563	2nd
Coleambally C.S.	174	390	3rd
Barraba C.S.	16	240	
Batlow Technology C.S.	6	70	
Brewarrina C.S.	34	170	
Dunedoo C.S.	40	370	
Guyra C.S.	49	385	
Hillston C.S.	5	45	
Lake Cargelligo C.S.	42	340	
Portland C.S.	18	90	
Trangie C.S.	10	140	
Warren C.S.	30	310	
Woodenbong C.S.	10	75	

THE ROWLEY VASS MEMORIAL TROPHY

for Central Schools-4th Class

Yeoval C.S.	51	535	1st
Tullamore C.S.	30	280	2nd
Barellan C.S.	42	268	3rd
Ariah Park C.S.	11	55	
Baradine C.S.	13	195	
Binnaway C.S.	12	180	
Collarenebri C.S.	20	100	
Emmaville C.S.	16	49	
Goodooga C.S.	17	85	
Gulargambone C.S.	16	80	
Mendooran C.S.	21	198	
Oaklands C.S.	11	55	
Quandialla C.S.	16	80	
Tooleybuc C.S.	31	212	
Tottenham C.S.	1	5	
Trundle C.S.	32	189	
Ungarie C.S.	12	60	
Urana C.S.	19	260	

THE CLIVE AUSTIN TROPHY

for Central Schools-8th & 9th Class

Hunter School of Performing Arts	91	605	1st
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THE F.D LEANEY TROPHY

for Schools for Specific Purposes

Kariong Mountains School	43	535	1st
Aspect Autism Wetherill Pk School	72	360	2nd
Aspect Vern Barnett School - Forestville	69	345	3rd
Anson Street School	41	205	
Aspect South Coast School	38	190	
Bates Drive School	27	135	
Broderick Gillawarna School	36	180	
Canterbury Vale School	6	30	
Carenne School	28	140	
Coreen School	21	105	
Cromehurst School	23	115	
Fisher Road School	21	105	
Five Islands School	12	60	
Fowler Road School	13	65	
Girrakool School	9	90	
Glenvale School	41	205	
Halinda School	41	205	
Highlands School	9	45	
Holman Place P.S.	6	90	
Hopetown School	6	30	
Kandeer School	9	45	
Karningul School	16	80	
Kurrambee School	45	225	
Lakeside School	18	90	
Lawrence Hargrave School	26	130	
Lomandra School	11	55	
Mary Brooksbank School	29	145	
Mian School	24	120	
Minerva School	20	100	
Para Meadows School	51	315	
Putland Education and Training Unit	27	135	
Redbank School	20	100	
Rivendell School	22	110	
Rowland Hassall School	16	80	
Shepherds Park School	26	185	
Tempe H.S.	62	310	
Wewak Street School	17	85	
Willans Hill School	21	105	
William Rose School	30	150	
Woniora Road School	8	40	

THE BILL ARTHUR CUP

for Special Schools- Welfare

Frank Baxter J.J.C.	1	5	1st
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THE R.E BURGOYNE MEMORIAL TROPHY

for RSL Youth Clubs

Rooty Hill RSL YSC	20	222	1st
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THE AUSTRALIA SHIELD

for Army, Navy & Air Force Units

RAAF Base - Wagga Wagga	23	230	1st
Australian Air Force Cadets	13	175	2st
T.S. Culgoa - Army, Navy Cadets	11	165	3rd
RAAF Base - Randwick	10	100	

THE ROTH SHIELD

for Affiliated Life Saving Clubs

Scully Park S.& L.S.C.	103	827	1st
Wellington A.S.C.	87	448	2nd
The Hills S & LSC	54	341	3rd
Enfield LSC	37	276	
Glen Innes Swimming Club	45	206	
Inner West MLC Lifesaving Club	20	184	
Port Hacking Lifeguard Club	17	170	
Woronora LS & RPC	111	325	

THE KELSO KING EXCELLENCE SHIELD

for Affiliated Amateur Swimming Clubs

Scully Park S.& L.S.C.	103	827	1st
Wellington A.S.C.	87	448	2nd
The Hills S & LSC	54	341	3rd
Engadine ASC	12	63	

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CROYDON NSW 2132

WORONORA LS & RPC

Clare Carroll
2 The Crescent
WORONORA NSW 2232

PORT HACKING LIFEGUARD CLUB

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SOUTH SUTHERLAND NSW 2232

Acknowledgements

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Partners

Sport and Recreation Communities NSW
NSW Department of Emergency Services
NSW Department of Education & Training
NSW Department of Local Government
NSW Health
NSW Maritime
NSW Water Safety Advisory Council
Department of Education, Employment and Workplace Relations
Hills Shire Council
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North West Community College
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Central West Community College
Orange Community College
Bathurst Community College
Young Community College
Forbes/Parkes Community College

NSW Registered Club Partners

Castle Hill RSL Club
Seven Hills – Toongabbie RSL Club
Dooleys Lidcombe Catholic Club
St George Masonic Club
Barooga Sports Club
Mulwala Ski Club
Parramatta Leagues Club
Rooty Hill RSL Club
Riverwood Legions Club
Canterbury-Hurlstone Park RSL Club
Ingleburn RSL Club
Smithfield RSL Club
Western Suburbs Leagues Club
Riverina Australian Rules Football Club
Dapto Leagues Club
Collegian Rugby Club
Port Macquarie Hastings Council Clubs
Bathurst RSL Club
Bathurst Panthers
Wests Group

NSW Schools

Aldavilla Public School
Anson St School
Aquinas College Menai
Ascham School
Avondale College
Baradine Central School
Bates Dr School
Birrong Boys High School
Blacktown Girls High School
Bonnyrigg Public School
Boorowa Central School
Bourke High School
Braddock Public School
Brisbane Water Secondary College Umina Campus
Broderick Gillawarna School
Cabramatta West Public School
Camden High School
Canowindra High School
Cartwright Public School
Cobar High School
Colo High School
Coonamble High School
Coreen School
Cronulla South Public School
De La Salle College Revesby
Dubbo College Senior Campus
Dubbo College South Campus
Eastwood Heights Public School
Engadine ASC
Evans High School
Figtree High School
Forbes High School
Francis Greenway High School
Georges River College Oatley Senior Campus
Glenfield Public School
Gloucester Public School
Granville South High School
Haberfield Public School
Halinda School
Hammondville Public School
Harrington Park Public School
Heathcote East Public School
Henschke Primary School
Hill End Public School
Holy Spirit Primary School North Ryde
Hornsby North Public School
Hunter Valley Grammar School
Ingleburn North Public School
James Busby High School
John Edmundson High School
John Therry Catholic High School Rose Meadow
Katoomba High School
Kemps Creek Public School
King Park Public School
La Salle Academy Lithgow
La Salle Catholic College Bankstown
Lake Cargelligo Central School
Lithgow High School
Mackillop Catholic College Bathurst
Macksville High School
Macquarie University



Acknowledgements *continued*

Marayong South Public School
 Marton Public School
 Mary MacKillop College Wakeley
 Merewether Heights Public School
 Merewether High School
 Mian School
 Minmi Public School
 Model Farms High School
 Narooma High School
 Newton Public School
 Orchard Hills Public School
 Our Lady of Lourdes Primary School Earlwood
 Our Lady of the Rosary Primary School Kensington
 Parramatta West Public School
 Peakhurst Public School
 Pennant Hills Public School
 Picton Public School
 Port Hacking Lifesaving Club
 Quakers Hill Public School
 Regents Park Public School
 Regentville Public School
 Revesby Public School
 Riverstone High School
 Robert Townson Public School
 St Ambrose Primary School Concord
 St Clair Public School
 St George Christian School Hurstville
 St Ignatius College Lane Cove
 St Johns Junior School Armidale
 St Josephs High School Aberdeen
 St Josephs Primary School Lockhart
 St Josephs School Glenn Innes
 St Kevins Primary School Eastwood
 St Michaels Primary School Lane Cove
 St Patricks Primary School Sutherland
 St Peter Chanel Primary School Regents Park
 St Vincents Primary School Ashfield
 Tangara School for Girls
 Taree High School
 Terrigal High School
 The Kings School
 The Scots School Albury
 Tomaree High School
 Trinity Catholic College Auburn
 Trinity Grammar Preparatory School
 Vincentia High School
 Wellington High School
 Wollongong High School of the Performing Arts
 Wyong High School
 Yass High School
 Young High School

Swim and Survive Partner Pools

Splash Swim School - Dubbo
 Ryde Aquatic Leisure Centre
 Mingara One
 Maitland Aquatic Centre
 Canterbury Aquatic Centre
 Penrith Swimming Pool
 Roselands Aquatic Centre

Blacktown Leisure Centre - Stanhope
 Woolgoolga Swimming Pool
 Glen Innes Swimming Pool
 Emmaville Swim Centre
 Stadium Fitness Centre
 Tivoli Swim School
 Melissa's Swim School
 Springwood Aquatic & Fitness Centre
 Lawson Swim Centre
 Blackheath Pool
 Katoomba Sports & Aquatic Centre
 Glenbrook Swim Centre
 East Maitland Aquatic Centre
 Charlestown Swimming Centre
 West Wallsend Indoor Swimming Pool
 Swansea Swimming Centre
 Speers Point Swimming Centre
 Rosemarie Glover Swim School
 Macarthur Learn to Swim
 Orange Bush Nippers
 Cabarita Swim Centre
 Drummoynne Swimming Centre
 Alstonville Aquatic Centre
 Oak Flats Swimming Pool
 Albion Park Swimming Pool
 Goulburn Aquatic Centre
 Tweed Regional Aquatic Centre
 Gary's Swim School (Using Boorowa Pool)
 Gilgandra Learn to Swim
 Oberon Pool Complex
 Narellan Swimming Academy
 Melissa Corby's Learn To Swim School
 Lake Cargelligo Swimming Pool
 Grenfell Swimming Pool
 Country Club Swim School - Woolgoolga
 Shane Dowel's Swim School
 Aquatic Safety Training Academy – Seven Hills
 Oasis Regional Aquatic Centre
 Queanbeyan Aquatic Centre
 Big Blue Swimming
 Sally Preston Swim School
 Tenterfield Pool
 Emerton Leisure Centre
 TAS Swim School
 Kendall Swimming Pool
 Laurieton Swimming Pool
 Caringbah Leisure Centre
 Brewer Swimming
 Albury Swim Centre
 Albury North - Lavington Swim Centre
 Little Swim Stars - Maitland
 Mosman Swim Centre
 Swim Stars Swim School (Mona Vale Hospital)
 Cobar Memorial Swimming Pool



Notes

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LifeSavers are everywhere in the community

They can be teachers, students, mums, dads, firemen, plumbers or accountants.

They patrol the houses, streets, workplaces and parks of the communities in which they live.

They don't always wear a uniform but they can and do save lives.

Royal Life Saving is dedicated to turning everyday people into everyday community lifeSavers.

We achieve this through:

- Education • Training • Research • Health promotion • Risk management
- Advocacy • Sport and participation • Research

We have been doing this for over 115 years.

Our programs are well researched.

They are available to all.



www.royalNSW.com.au