



In the final Interstate discipline for 2016 the NSW Pool Rescue Team was unable to halt the Queensland juggernaut on the Gold Coast last weekend finishing the competition with the Silver medal.

The hosts powered to victory with 474 points followed by NSW (372) while Western Australia (360) claimed third spot on the podium.

With the competition taking place on the first morning of The Australian Championships, the NSW members had to hit the pool running.

Lachlan Braddish got the NSW side off to a flying start finishing first in the U14 Men's 200 Metre Obstacle Swim, while **Rachel Wood** (U17s) and Bradley Woodward (19s) also claiming first place in their divisions.

“From a coaching perspective it was really impressive to see how our younger competitors handled the competition. All of them swum personal bests and really rose to the occasion of racing the best in Australia. I think their futures look very bright,” he concluded.

The 2016 Australian Pool Rescue Championships were held immediately following Interstate, and for many of the athletes was their last event of the winter before they hit the beach for their next summer season.

Over 100 competitors from clubs across NSW made the trek north. Queensland clubs dominated finishing in the top three on the overall standings and by hosting rights were able to field huge teams. But to their credit the NSW athletes weren't overawed with **Umina the best placed southern club in fourth position.**

2016 NSW Pool Rescue Interstate Team members from Umina were:

Lachlan Braddish, Kaylah Holmes, Jemma Smith, Rachel Wood

2016 Australian Pool Rescue Championships Top 5 Clubs

- 1st • Currumbin Beach Vikings
- 2nd • Marochydore
- 3rd • Northcliffe
- 4th • Umina**
- 5th • Sunshine Beach