

## Paul did us proud! 'An Oldie but a Goldie!'

28th Jan 2016 9:55 AM



Paul Seto Australian Pool Lifesaving 'old boy' winner

Regular swimmers on Bulcock Beach recognise the familiar figure of Life Saver Paul Seto of Ithaca -Caloundra City Life Saving Club undertaking his regular morning training routine of swimming to and fro Bribe Island, or kayaking through Pumicestone Passage.

Paul trains winter and summer and his hard work and preparation paid off last week.

The local Life Saver came home proudly bearing the trophy for 2016 Men's Over 60 years - Overall Champion from the 2016 Australian Pool Life Saving Championships which were held at the Gold Coast Aquatic Centre, Southport between 14th to 16th January (the venue for the 2018 Commonwealth Games).

Paul won three well deserved Gold Medals - the 100 metres Obstacles swim, the 100 metres Manikin Carry and the 50 metres Manikin Carry. "The competition was first and foremost run as an event for developing lifesaving skills with participants ranging from 13 - 75 years," said Paul.

"Every event tests practical lifesaving abilities, such as swimming under obstacles, rescuing manikins from the bottom of the pool, line throws to rescue patients in the water, or towing manikins to safety".

There was one new World Record set at the meet, by 57 year old Jenny Whitley from The Hills Club in Sydney, who broke her own 100 metres Manikin Tow record.

"We are very proud of Paul" said Lynda Barry, Club Captain. "He has worked hard in preparation for the event and we are thrilled that he was awarded the Overall Men's Over 60 year's trophy. He is continuing the very pleasing tradition that our club has in masters events. I'm sure the beach regulars will want to congratulate him on his achievement. Our club puts great value on the achievements of its older members. "

Ithaca Caloundra City Life Saving Club is one of the smallest clubs on the Coast and patrols Bulcock Beach. It is affiliated with Royal Life Saving Queensland.

For further information please contact: Paul Seto, Ph 5438 1078.

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