

## **Australian Pool Lifesaving Championships 2025 January 2025 Meet Overview**

The Australian Pool Life Saving Championships were held in mid-January, with our athletes performing well across the meet!

Nick Hodgers put together an amazing meet finishing top 8 in all his events, with a Silver in the Men's Open 100m CPR. He was rewarded by being named in the Team of the Meet. Additionally, Nick's results have led him to be selected for the Australian Team to compete in the 2025 RLSS Commonwealth Lifesaving Championships in Wales – Congratulations Nick!

Not to be outdone, Ben O'Donnell also had an outstanding meet, doing personal best times in all his races! Ben has taken great steps forward over this past season and continues to impress each time he races.

Also competing at the meet was RLSNSW staff member Teana Hodgers, who did a great job in all her races, her best event being the Line Throw.

Report: Gavin Stewart

