

DECEMBER 2014: MOUNT MAUNGANUI LS



SURF LIFE SAVING  
NEW ZEALAND



## RESCUE OF THE MONTH

RECOGNISING OUTSTANDING RESCUES

EASTERN WINNER

*In it for life*

**Date: December 25, 2014**

**Location: Clyde Street, Mount Maunganui**

**Lifeguards involved: Alex Sefton, Leigh Sefton and  
Quentin Cribb**

Off duty lifeguard Alex Sefton (19) was among many other people enjoying the beach on Christmas Day when she noticed two teenage boys struggling to stay afloat in a very fast and dangerous rip.

After first dialling 111, she then instinctively ran straight into the water and swam out to them and was about three metres away when one of them went under the water.

She reached down under the water and returned the drowning teenager to the surface. A nearby surfer and body-boarder helped Alex get the two boys onto their boards. One of the patients had taken on a lot of water; he was pale and was struggling to talk or support himself.

Alex then swam the boy back in across the raging rip current towards the beach. She was joined by fellow off duty lifeguards Leigh Sefton and Quentin Cribb along with Regional Lifeguards Aidan Ward and Joshua Lee who all assisted with returning the two patients to shore.

One of the teenagers was put on oxygen by the Regional Lifeguards before the arriving ambulance staff took over and transported him to Tauranga Hospital.

There is no doubt that this incident would have ended in tragedy if Alex, with her experience and courage, hadn't been there to assist.