



Commonwealth Lifesaving
The Royal Life Saving Society

2010 Russell Medal

Jamie Hemingway

On Tuesday 9th March 2010, Jamie Hemingway, a RLSS UK award holder aged 16 years, was crossing a road in Bromley during the early morning rush hour. A car approached Jamie at speed and realising it was not going to slow down or stop Jamie managed to get out of its way. A lady behind Jamie on trying to avoid the car by turning back was clipped by the car, she then fell unconscious. Several other people were around but no-one knew what to do. Using his first aid and lifeguard training Jamie administered CPR for just over five minutes until the lady started to breathe again. He then put her in the recovery position while taking care of her broken left clavicle and leg. On arriving at the scene the paramedics took over but thanked Jamie for his actions that possibly saved the lady's life.

The lady, Sarah Hillcott was taken to hospital and it was confirmed that she had a broken left clavicle, a broken tibia and fibula and had suffered concussion.

It transpired that the driver of the car was driving with an expired license and has since been charged with reckless driving and driving without a license.

For his quick assessment of the situation and response to the casualty,

Jamie Hemingway is awarded the 2010 Russell Medal