



## **2009 King Edward VII Cup**

### **Citation for Mr John B Long**

Mr Long has given over 50 years of sterling service to the Royal Life Saving Society, both in the United Kingdom and around the Commonwealth.

Mr Long has been a member of the Royal Life Saving Society since 1957. During 34 years of Police Service Mr Long was responsible for the Force Lifesaving teams' training in both Suffolk and Warwickshire. On a volunteer basis Mr Long has been President of the Warwick Life Saving Club since its formation in 1982 and has recently stood down as Chairman of the RLSS West Midlands Region, a position he has held since 2001.

In 1992 Mr Long was appointed Interim Commonwealth Secretary of the RLSS and remained in that post until his retirement in 2009. During his time as Commonwealth Secretary Mr Long was instrumental in the setting up of life saving initiatives in India, which is recognised to this day. He served for 11 years as the RLSS Observer to the Board of Directors of the International Lifesaving Federation.

Mr Long is the holder of a number of lifesaving honours and in 2000 was appointed a RLSS Commonwealth Vice-President. In 2002 awarded RLSS UK's Medal of Distinction and in 2004 was awarded HRH Prince Michael of Kent's Certificate of Merit. In 2004 was made a Knight in the Order of Lifesaving by the International Life Saving Federation.

In January 2008 Mr Long received the prestigious Order of the Dolphin from the Hong Kong Life Saving Society in recognition of his service to international Life Saving and in September 2008 received the RLSS UK Long Service Medal for 50 years Service to the Society.

**For a lifetime of outstanding service to the Royal Life Saving Society Mr John Long is  
awarded the 2009 King Edward VII Cup**