



# **2025 Russell Medal**

## **Reid de Coning**

On 7<sup>th</sup> September 2025 a 35 year old Male was rescued out of Nahoon River, Nahoon, East London, South Africa by a civilian.

When Reid de Coning, a 17 year old Lifeguard arrived at the scene, the casualty was not breathing and did not have a pulse. The casualty and his friends were under the influence of alcohol and made it very difficult for Reid to help.

Reid performed CPR on the casualty for 30 minutes until the ambulance arrived. When the ambulance arrived the casualty was not breathing but did have a pulse.

The casualty did survive.

**For his quick and courageous actions,  
Reid de Coning is awarded the 2025 Russell Medal**