Sea rescue award winner says he was just doing the job he loves

In the fourth of our profiles on the Stars of Norfolk winners.

DONNA-LOUISE BISHOP finds out more about one man’s bravery

He reached Courtney quickly and used a float to take her to shore.

The man was able to get back on his own, while Mr Moore treated Courtney, who was in shock and had swallowed a lot of water. A keen surfer and swimmer, Mr Moore said: “I noticed two swimmers wading out into the shallower, that leads to one of the rock reefs. It’s an area where we have lots of rescues, so I started heading over to tell them to come back.

“Before I got there, they were swept off the bar by the current. They were pulled out into the deep water. Her life was in immediate danger. Her friend would only have been able to keep her afloat for a little while.”

He added: “Courtney was a non-swimmer and was with her parents’ friend. She grabbed him and was hanging onto his shoulders. “He was going underwater as well, as he tried to keep her afloat. I went out with a rescue tube and clipped her in. I took her back to shore.”

Mr Moore said he was “not nervous” as the adrenaline kicked in. But he admitted it was the most dramatic of a number of rescues he had been involved in.

Courtney was not believed to be seriously hurt, but was taken to the Norfolk and Norwich University Hospital.

Mr Moore said: “Whoever was on that day and put in my position, the outcome would have been the same — I was just doing my job. Unfortunately Mr Moore was away on a university trip to the London Stock Exchange and was unable to attend the awards ceremony.

His mother, Nicola Moore, and aunt, Kate Moore, accepted his award, sponsored by Mustard TV, on his behalf. A massive rugby fan, he received two tickets to see rugby in Leicestershire.

Mr Moore added that he was already looking forward to returning to “the best summer job ever” and showing any new lifeguards the ropes."