



International Life Saving Federation
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CARA LANGENDAM
LIFESAVING WORLD CHAMPIONSHIPS RESULTS
INDIVIDUAL RESULTS

Championship	Event	#	Competitor
Interclub Open 2002	Beach Flags	2	Cara LANGENDAM - Bulli Surf Life Saving Club (AUS)
Interclub Open 2002	Beach Sprint	3	Cara LANGENDAM - Bulli Surf Life Saving Club (AUS)
Interclub Open 2004	Beach Flags	7	Cara LANGENDAM - Bulli Surf Life Saving Club (AUS)
Interclub Open 2004	Beach Sprint	5	Cara LANGENDAM - Bulli Surf Life Saving Club (AUS)
National Team Open 2008	Beach Flags	2	Cara LANGENDAM - Australia National Team (AUS)
National Team Open 2008	Beach Sprint	2	Cara LANGENDAM - Australia National Team (AUS)
Interclub Open 2008	Beach Flags	2	Cara LANGENDAM - Bulli Surf Life Saving Club (AUS)
Interclub Open 2008	Beach Sprint	2	Cara LANGENDAM - Bulli Surf Life Saving Club (AUS)

DISCLAIMER: These are sports results as retrieved on 15 Aug 2022 and are subject to change due to corrections.

If you think the displayed result is incorrectly presented, please raise a flag at The ILS Lifesaving Sport Website.



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**CARA LANGENDAM
LIFESAVING WORLD CHAMPIONSHIPS RESULTS
TEAM RESULTS**

Championship	Event	#	Competitors
Interclub Open 2002	Oceanman/Oceanwoman Relay	1	Bulli Surf Life Saving Club (AUS) Skye HENESS, Cara LANGENDAM, Lilli MILLER, Kristie-Lee OGILVIE
National Team Open 2008	Beach Relay	1	Australia National Team (AUS) Cara LANGENDAM, Alicia MARRIOTT, Kristy MUNROE, Sarah WINDSOR
National Team Open 2008	Oceanman/Oceanwoman Relay	1	Australia National Team (AUS) Naomi FLOOD, Cara LANGENDAM, Alicia MARRIOTT, Kristy MUNROE
Interclub Open 2004	Beach Relay	3	Bulli Surf Life Saving Club (AUS) Skye HENESS, Cara LANGENDAM, Nicole SHEEDY, Kylie SIMPSON
Interclub Open 2008	Beach Relay	4	Bulli Surf Life Saving Club (AUS) Cara LANGENDAM, Penny LOCKE, Hannah MINOGUE, Brittany SHARKEY
Interclub Open 2004	Rescue Tube Rescue	5	Bulli Surf Life Saving Club (AUS) Skye HENESS, Cara LANGENDAM, Nicole SHEEDY, Kylie SIMPSON

Championship	Event	#	Competitors
Interclub Open 2002	Beach Relay	6	Bulli Surf Life Saving Club (AUS) Skye HENESS, Cara LANGENDAM, Kristie-Lee OGILVIE, Nicole SHEEDY
Interclub Open 2008	Oceanman/Oceanwoman Relay	6	Bulli Surf Life Saving Club (AUS) Cara LANGENDAM, Penny LOCKE, Hannah MINOGUE, Brittany SHARKEY
Interclub Open 2004	Oceanman/Oceanwoman Relay	8	Bulli Surf Life Saving Club (AUS) Skye HENESS, Cara LANGENDAM, Nicole SHEEDY, Kylie SIMPSON
National Team Open 2008	Line Throw	9	Australia National Team (AUS) Cara LANGENDAM, Alicia MARRIOTT

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