Q How old were you when you became a volunteer?

A I started when I was 17 - you can't join before then

- but I've always wanted to be in the RNLI. I saw one rescue on TV when I was a boy and that was it!

Q How many times have you been out on a rescue?

A During the last year, I've been on three rescue missions

- we call them 'shouts'.

Q What happens if you're at work when you get a shout?

A Well, I'm still at college so it isn't a problem. I work part-time in a shop but I've been lucky - I've never had a shout while I was working!

Q Have you ever saved someone's life?

A Yes, I have. On one rescue, there was a 14-year-old girl who wa windsurfing with her dad. A storm started, and she went under the water. She was suffering from hypothermia.

Q Has the lifeboat ever been in serious danger?

A No, it hasn't - these boats are designed for bad conditions and the crew is very well trained.

Q How do you and the team keep fit?

A We usually train twice a week - we often go swimming or surfing I also enjoy mountain biking in my free time.

Q What does your family think about you being a volunteer?

A My mum sometimes gets worried, but in general they're all very supportive.

Q Would you like to get paid for this job?

A No, I do this because I love it. Everyone at the RNLI is a volunteer

Q Do you ever get annoyed with people who put their lives at risk?

A I'm usually quite patient, but sometimes it's a bit annoying when people do stupid things, like not wearing a lifejacket or going out to sea in bad weather conditions.