

Let's make waves with.....



# Jersey Long Distance Swimming Club

## Newsletter

Affiliated to : A.S.A.S.E.R, B.L.D.S.A., J.A.S.A. and CS & PF

President : Mrs Sally Minty-Gravett



Heidi McGinty & Ian Lucas

## 2009 Master's Champions

Sunday 19th July saw the competitors for the annual master's race lining up at Mike's slip for the 2009 event.

Although the weekend weather had been a mixed bag the weather gods smiled at us for the duration of the event and the wind calmed. Entrants have to be aged 25 and over and there

are trophies for both the fastest male and female swimmer.

The course this year was from Mike's slip to Archirondel with the winners being judged to be the first to touch the breakwater wall below the Tower an approximate distance of some 800 metres. Jenny Fitzgerald was this year's organiser and she was aided by several other committee members.

Heidi McGinty was the outstanding leader of the field and was the first to reach the wall at Archirondel. However, she had veered a little off course and was redirected to the pre-designated finish point, eventually touching in tandem with the men's masters winner Ian Lucas in 14 minutes 40 seconds. (Full results and times are published on page 4)

Afterwards it was lovely to see the Senior's returning to Mike's slip escorting some of the Junior members of the club on their return swim.



The objective



The adjudicators



The winners



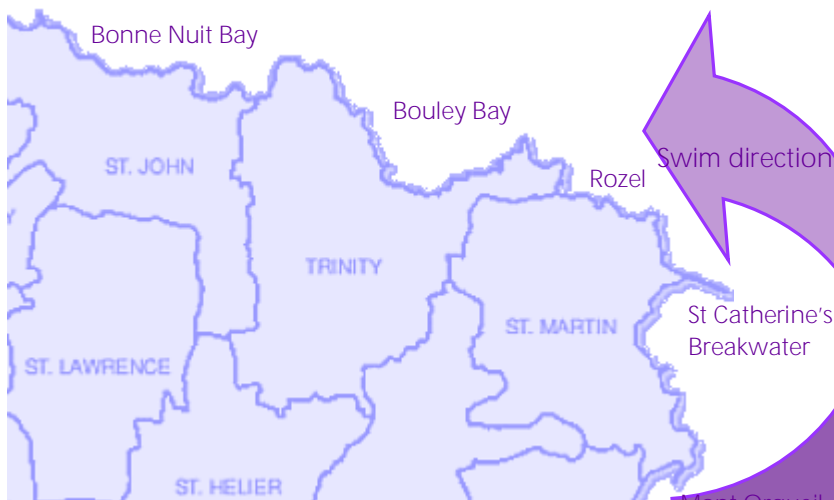
The trophies

# Let's make waves with ..... the Seniors

## PILOTING – A BLACK ART – OR A GRUMPY WAY TO SPEND A LOVELY SUMMERS DAY AT SEA

(Part two— continued from June Newsletter )

by  
'Charlie' Gravett

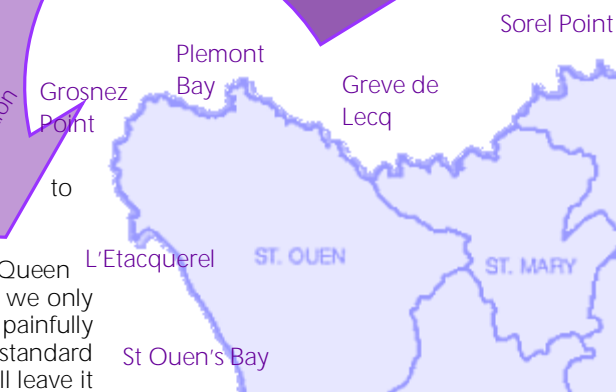
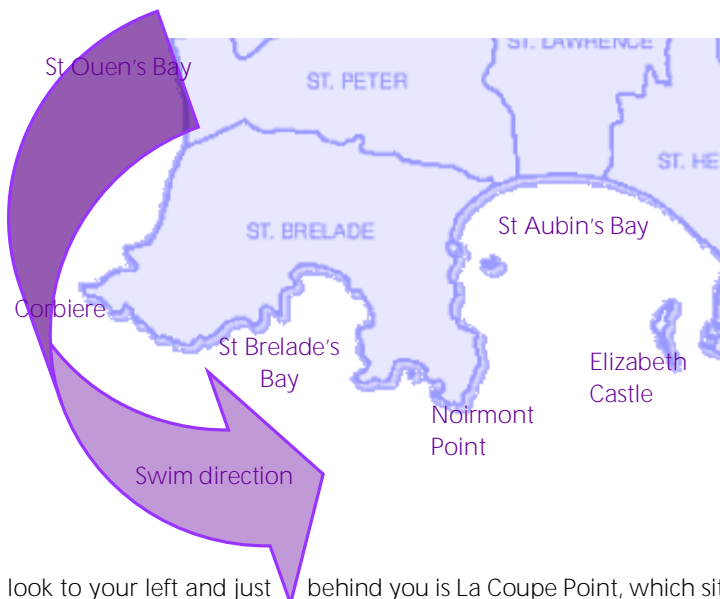


We speed past St Catherine's breakwater in a maelstrom of churning seas as tidal races converge and throw us headlong into the route along the northern coast. If we've got it right we can ride above the deep gullies catching the run which helps us cut down on three hours slog past Rozel, Bouley Bay, St John's, Sorel and Plemont headlands before we round Grosnez riding the rollers of the incoming Atlantic. We line up for the run south to Corbiere moving out to miss the sharp edges of Le Grand Étaquerel reef, to give it its correct title and hunker down for a good two to two and a half hour plod with diminishing assistance from the tide as slack water approaches the low water mark.

Normally after eight hours swimming we eventually pass below the magnificence which is Corbiere lighthouse and round the corner to move in close to

the towering cliffs as we again receive little help from the tide until we reach the entrance to St Brelades Bay opposite Les Kaines the towering rocks which sit at the western entrance to the Bay and hopefully we see a bit of a pull from the water. An hour and a half after Corbiere we should be off Noirmont and we at last see the hatched markings out in the distance on our target, Elizabeth Castle's breakwater. Before then though, is the matter of a not inconsiderable tricky course across St Aubin's Bay.

The tide is running at full chat by now and we have curve a course slightly into the Bay to stop us getting dragged out and missing the finish point, or being dragged too far in and smacking into the Castle battlements! Good Queen Bess would not be amused, or was that Vickie? You'd think I'd know we only lived around the corner from them. Both options have been painfully 'experienced' previously and fortunately our swimmers were of a standard which caused less panic than may have been expected from others! I'll leave it as that;



and having learned from my mistakes move on. Having used two cans, a cigarette and a chimney, a St Aubin nautical code for getting it right, we cruise into the general area of the breakwater and deliver our swimmer with a slap of the palm onto the wall, their frustrations eased and the elation of success. It takes a good swimmer to last the course and we just hope we've been up to the job aboard 'Sea Swimmer'.

Now getting to France is quite another matter. Instead of chugging round with the tide we are cutting across tides as they change direction a tad over every six hours and a smidgeon four times a day, we have to account for this and factor it into the swim. It is similar but fortunately not as complex as a Channel swim which has a much larger force of water moving through the Straits of Dover. But then again I'm no Uncle Albert RN Ret'd so this route is just about right for me! On a good day from a distance of 14 nautical miles at the Café end of St Catherine's you can see our goal. A large yellowy/white building sits on the Normandy shore line at St Germain-Sur-Ay Plage. Now

look to your left and just behind you is La Coupe Point, which sits below a nautical marker beacon.'

'Ere begins another journey me old ship-wrecks! We leave here around the time of low water, or just before. With a bit of ducking, diving and dodging about it's not too far off a straight line course, but of course the navigator has worked his magic to

(Continued on page 3)

# Fancy That!



Sunday July 12th saw some 44 members of the Club take to the water for the revival of the Fancy Dress swim under the auspices of **Alice Harvey** the Junior members Club committee representative. Of course not all of the swimmers participated but there were lots of nautical themes amongst the Junior participants who had great fun trying to swim in their outfits.

There was a clash of ideas for costumes among the girls with **Bella, Bethany and Collette Voak, Rianne and Shaina Couley and Isobel Kelly** all turning up as Jellyfish! They all looked very pretty, just like the real thing.

Several boys also came up with a common theme too and we had some very threatening looking pirates represented by **Dominic Holley, Jean-Luc**

**Pinel, Joshua Voak, Bradley Rose and William Allen-Le Bas.** **Jean and Mathieu Barbe-Pinel** also shared their idea of being footballers, whilst **Mirren and Ciaran McCutcheon** turned up as the Hula-Hula kids, very tropical !

**Tasmin Powell** teamed up with **Sara Kelly** to represent the 118-118 directory enquiries a great joint effort and very original, 'Zeetah—New Species' was **Chantelle Le Guilcher** and **Alana Powell** frightened us to death as 'The Thing'! Finally **Alice Harvey** dressed up as the Hen Party Girl in a very pink Ballerina outfit!

The judging proved to be very difficult as there had been such a good variety of ideas and colourful costumes. Eventually the winners were chosen and they were:-

**Girls winner : Rhianna Reynolds.** **Rhianna** was dressed as 'Swan Lake' which the judges thought was very well thought out as she had an inflatable swan rubber ring to complete her costume!

**Boy's winner : James Bell.** **James** was an 'army guy'. A very simple costume but very effective. Both winners won a jar of sweets and a beach ball.

**Rhianna** got a sea horse shaped pen and a fish sharpener and **James** got a rhino shaped pen and a frog sharpener.

*Alice*



James Bell and Rhianna Reynolds



Les Erehous by Peter Knight

## PILOTING – A BLACK ART – OR A GRUMPY WAY TO SPEND A LOVELY SUMMERS DAY AT SEA

(Part two continued from page 2 )

by 'Charlie' Gravett

the n'th degree, (it says here!). Pulling out from shore we tend to move south initially before looping back with the tide and moving into mid Channel. We pass about two miles south of the yellow and black southerly cardinal marker, the 'Ecreviere Bell' which marks Les Erehous where wind and tide usually begin to increase making the second part of the swim getting into the French coast more difficult than the first.

So far on nine out of ten of the eight swims I've done (!) we've been entertained by dolphin pods playing around the boat at this point in our journey, ask Sarah-Jane Jones and Dee Richards. The big fish obviously have family units living in the area, which is nice! We cross a relatively strong run of tide as we move into the beach and the last few miles are a bit of a struggle, with wind and tide not normally in our favour to any degree. The escort boat sits off shore by a couple of hundred yards due to the shallow waters and cockle beds and we peer into the falling light as French beach bums and couples out for an evening stroll look on in amazement as we shout, scream and holler to advise them of the great feat just ending.

It's almost as big an effort to return to Jersey at this point as the tide runs at right angles against us for most of the way, but once again we hope we have a satisfied customer on board and our record books swell with pride and facts!

So there you have it, all done and dusted in a couple of pages. Well done to all swimmers who have completed either or both courses. As Capt Webb said; 'Nothing great is easy'. Thanks to the club committee which back us and given a good smooth flat sea Mick and I enjoy the day out too.

# Insider's Info.

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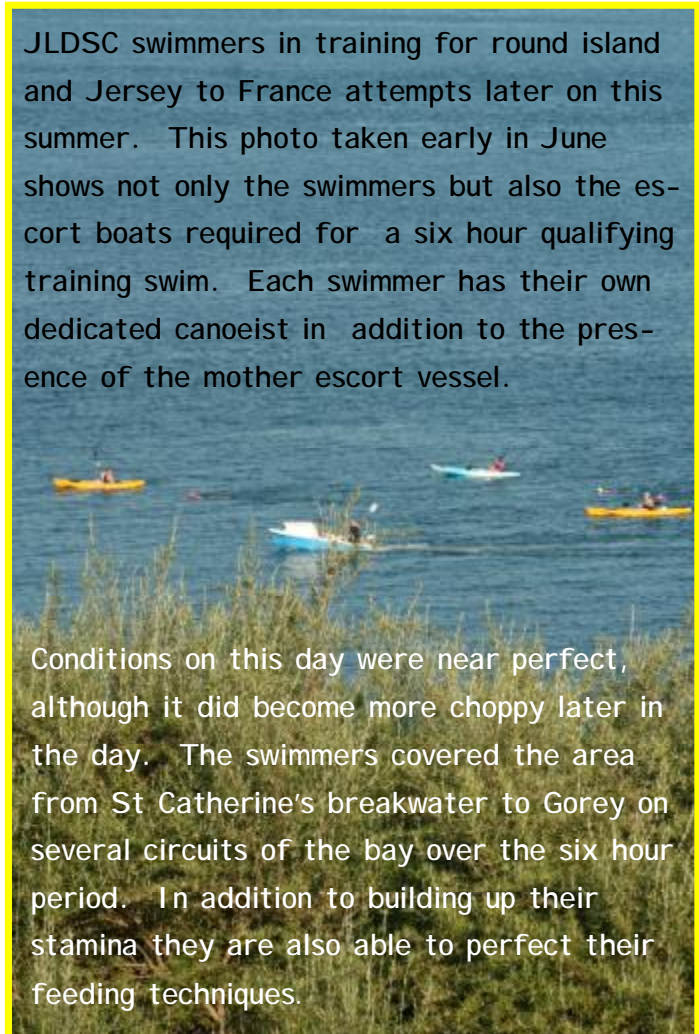
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Did you miss the last newsletter and the start of 'Charlie's' article? Don't worry simply go to the website [www.jerseyseaswims.org](http://www.jerseyseaswims.org) Select the button marked **The Club** and choose **Newsletter** from the drop down box that appears and then simply choose which newsletter you want to read.

JLDSC swimmers in training for round island and Jersey to France attempts later on this summer. This photo taken early in June shows not only the swimmers but also the escort boats required for a six hour qualifying training swim. Each swimmer has their own dedicated canoeist in addition to the presence of the mother escort vessel.



Conditions on this day were near perfect, although it did become more choppy later in the day. The swimmers covered the area from St Catherine's breakwater to Gorey on several circuits of the bay over the six hour period. In addition to building up their stamina they are also able to perfect their feeding techniques.

## Master's Results

Ladies' Race		Men's Race	
Heidi McGinty	14.40		
Annette Campbell	16.02		
Christine Lakeman	16.18	Ian Lucas	14.40
Chantelle Rose	17.21	Martin Powell	15.17
Sylvia Trehou	18.32		
Ann Kelly	18.59		
Carolyn O'Brien	(retired)		



**To all our swimmers who are awaiting their tidal slots for Round Island and Jersey to France swims. This season is again proving to be a challenging one where the weather is concerned!**