

Let' s make waves with.....

November
2009

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



Well Saturday 22nd August saw not only Karen Throsby from Coventry in a round island attempt but no less than two other JLDSC swimmers also attempting the swim namely Bianca Kempster (17) and Neil Faudemer.

Bianca had spent a frantic evening the night before trying at the last minute to put together both a boat and crew for the morning as it looked like the only window of fair weather on the horizon. Her own swim date was in danger of being axed due to the prevailing bad weather conditions forecast to come. Largely due to her own efforts she succeeded in making it into the water for her round island swim at 06.20 a.m.

She had not only persuaded Chris Gordon and Andrew Vallois to put their rib 'Sea Quest' at her disposal but also Sally, Dee and Wendy to come aboard as observers and crew. The swim started well and Bianca was definitely up for the challenge, swimming along flanked by both Karen and Neil.

Some two and a half hours into the swim Bianca passed both other swimmers ending up about 2 miles ahead of them but unfortunately for her the dreaded 'mal de mer' caught up with her big time on the west coast.

While Bianca combated a dreadful bout of sickness they began drifting in the direction of Guernsey and her crew had to be careful that she did not become too exhausted to continue with her swim. Sea sickness accounts for many aborted swims as its effects can be crippling to a swimmer causing them not only to lose precious body heat but also bringing on exhaustion.

Well it was a day of ups and downs for Bianca but she finally completed her circuit in 11 hours and 4 minutes slightly behind Karen and ahead of Neil. Well done Bianca by all accounts you overcame all the odds to complete your swim.

Congratulations from all at the JLDSC.

Finally we must formally thank Chris Gordon and Andrew Vallois (pictured left) for putting 'Sea Quest' at her disposal.



Bianca Kempster still looking happy after just over eleven hours in the water!



Another Tick On The Wall



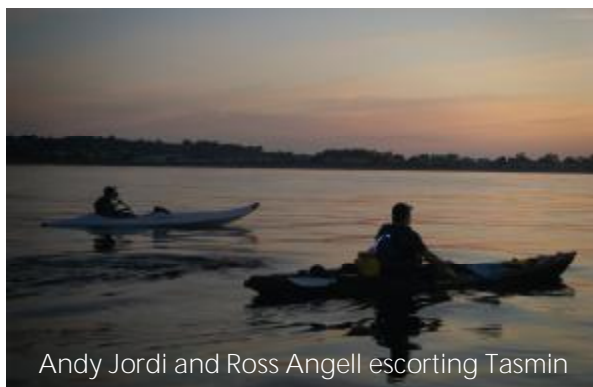
Tasmin Powell

Wednesday 19th August was a momentous day in the life of fifteen year old Tasmin Powell as it was the day on which 'Charlie' and the fates had decided that she should swim around the Island after months of training in the pool and sea. Mum, Korina and dad, Martin got her up at an unearthly hour that morning to set off to Fisherman's Wharf where the good ship 'Sea Swimmer' and crew awaited her arrival for her very early start.

Waiting at the harbour to see her off and wish her well, despite the unsociable hour, were her training buddies Bianca, Alice and Chantelle. But whilst they were ready to return to their nice warm beds, having arrived attired in their pj's, Tasmin was to be consigned to the auspices of the crew on board her pilot ship. Promises of "We'll take care of her dearie" from the ships captain brought tears from her mother as the ship set sail in the darkness, it's navigation lights grew fainter as she cut through the glassy sea towards Elizabeth Castle dark and foreboding in the moonless sky.

Faintly resembling Christmas trees our canoeists Andy Jordi and Ross Angell began their escort of Tasmin as she commenced her swim in the pitch black waters at 04.20 BST through the reclamation site and on towards Green Island, not an easy start for anyone and certainly daunting for a teenager.

Finally the sun rose magnificently over La Rocque to reveal a pleasant day, the canoeists peeled off in pursuit of their well earned breakfast and Tasmin had earned her high carbohydrate liquid feed and special treat of a chocolate bar. Without the aid of the canoeists the mission would have been impossible so a great big thank you to both Andy and Ross.



Andy Jordi and Ross Angell escorting Tasmin

As usual Grouville Bay is full of unpleasant foam created by the seeds of underwater plant life and Tasmin had to endure mouthfuls of it as we tried to cut a swath through the worst. Half way across Grouville Bay Tasmin found the concoction of feed, chocolate and palm fronds unsettling and began to heave it up in technicolour. Wendy Prunty slipped in beside her for companionship and support. Tasmin was visibly weakened by the illness which had caused her to lose a lot of body heat and we were fearful of the onset of exhaustion.



Supporters at La Rocque Harbour

As we passed the end of St Catherine's breakwater a small gang had assembled with banners, gesticulating madly to cheer her on as we got carried by strong tidal runs around into the long north coast. Tasmin had been weakened by constant bouts of sickness and her speed had dropped as Wendy came back aboard. We therefore needed to seek out the fast flowing runs which litter the north coast and the boat is placed in a position to make use of every last percentage of a knot and her normal swimming speed of one and a half knots are increased to five or six as we approach half way at Ronez Quarry.

The next couple of hours are a challenge for Tasmin but finally she manages to overcome the illness and her spirit and swimming improve, where she had been sluggish, she now forged ahead with enthusiasm and renewed vigour. The ever magnificent Corbiere slid past as family and well wishers cheered her on from their lofty vantage point. The bit was now well and truly between her teeth as we chased the elusive tidal stream below the cliffs and moved towards St Brelades Bay.

At Portelet Tasmin was further lifted as the 'Southern Bay Rose' and skipper Dennis brought his boatload of 'grockles' out to cheer her on as he circled us whilst the viewing public put their hands together for a brave and spirited swimmer. From Noirmont to the end is only a forty-five minute swim, yet one of the most important legs of the days outing. Mick skilfully curved the boat into St Aubins Bay just enough to miss either the run of tide which would suck us into the Bay or the opposite run which would drag us further out to sea and past the finish point.

As we approached the breakwater wall where our adventure had begun, both Wendy and Sally dropped in behind her for a sprint finish to the wall. A firm slap of the hand completed our day out in a time of eleven hours and thirty-four minutes. Tasmin looked slightly shell shocked as she experienced the elation of a job well done and we return her to her parents and friends on the quay side for the ceremonious breaking of bread and taking of wine which accompanies all our successful outings.

Well done Tasmin you can be very proud of your efforts and of the amazing sum of £405.50 you raised for the charity After Breast Cancer Support Group (ABC).

Let's make waves with the Juniors

My Foggy Circuit

By Chantelle Le Guilcher

23rd August 2009

The date above was not my actual set of tides, the "weather gods" fitted me in on that day, as my first set were at the beginning of August but sadly they were "blown out" because of high winds. I watched Alice complete her Jersey to France swim and then Tasmin, Bianca and an English lady, Karen, complete their Round Island swims which made me more fired up to do mine. Standing on Delta welcoming each one of them back from their successful attempts was so difficult, I had to be happy for their achievements but inside I was "gutted" for me so when Charlie came up to me and asked

me what I was doing the next day my reply was "swimming around Jersey!!!!!"

He nodded and told me he would weather watch for the rest of the evening but it was looking promising for the next day. Yippee! You have no idea how long an evening can be. So when he rang and said yes it was all systems go getting my bags and food ready for the morning and I have to say sleep was impossible that night. The weather was beautiful in the morning, the sun was shining and there was just a little wind and Sea Swimmer with me and my crew onboard we headed for the breakwater at Elizabeth Castle. Sally greased me and Andy Jordi bobbed about in his kayak patiently waiting for me to begin.

The time was 07.09 and I was off, excited, frightened and all my emotions buzzing around in my head. Then a very strange thing happened, about 15 minutes into the swim, the sun got weaker and weaker, the sky turned a funny colour and then thick fog rolled in around us blotting everything out. I couldn't see Sea Swimmer or any of the rocks Andy was guiding me through. I could barely see Andy who was now checking his compass to make sure we were heading in the right direction!!! Yes, it was really dense fog which, I am since told, engulfed the whole of the Island. It was not on any of the weather charts for the day and it hung around for four hours or so. Creepy!

Although the fog was rather disorientating not once did I feel frightened of the fact that I couldn't see. I knew I was very safe with my crew and my kayaker Andy. I can remember people waving and shouting to me at La Rocque Harbour so I gave a little wave as I swam past and I did the same again at St. Catherine's Breakwater as I sped past in the fast current. Apparently just before I got there four pods of dolphins were playing and I had them again on other parts of my swim - how lucky was that?

When I started out I thought I was going to have to occupy my mind for over 10 hours just singing songs and playing games to myself, but as I started to swim I managed to shut my mind off and think of nothing other than swimming to my next feed. As I swam the fog lifted and the sun shone and I really enjoyed looking at the island from a different perspective. It still hasn't really sunk in that I have done it, but it's most certainly a day I will never forget ! **Editor's note: Chantelle took just 10 hours and 37 minutes to complete the swim. Well done Chantelle from all at the JLDSC..**



Chantelle pictured with 'Mum' Marilyn

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Round Island Success



Karen Throsby

As previously mentioned Saturday 22nd August saw Karen Throsby a visiting swimmer from Coventry and no less than two other JLDSC swimmers namely Bianca Kempster and Neil Faudemer all attempting a round Island swim.

Whilst Karen had our trusty duo 'Charlie' and Mick at her disposal and Bianca her own crew and boat (see page 1) Neil was swimming under the auspices of the Jersey Swimming Club.

All three set off together in the early morning and all three swims had their own challenges to face. Karen was first past the post in a time of 10 hours 37 minutes followed by Bianca in 11 hours 04 minutes and finally Neil completing the swim in 11 hours 51 minutes. If you would like to read Karen's report of her swim go to:- <http://thelongswim.blogspot.com>

On Tuesday 8th September we saw the return of Lieutenant



Tim Lawrence

Colonel Tim Lawrence (USAF) no stranger to our shores. Tim has recently returned from service with the USAF in Afghanistan. Tim had not managed to do much swimming during his tour prior to his round island attempt but still managed to complete the circuit in a creditable 10 hours 39 minutes. All swimmers received the usual JLDSC welcome on their return.

Serco Junior Series Trophy Winners

It was lovely to see so many new faces this year taking part in the Serco Junior Series Open Water Distance Swims organised by the Club in St Catherine's Bay. The swims were subject to a variety of sea conditions ranging from flat calm to a very large swell. Nevertheless the children tackled all conditions bravely.

Indeed the varying sea conditions were the reason as to why many children completed their 1000 metre swim in less time than it took them to swim the 800 metres the previous week.

Still Open water swimming is all about beating the elements as well as overcoming your own demons. Congratulations to all those children who took part. Namely: **Dominic Holley, Mathieu and Jean Barbe-Pinel, Ciaran and Mirren McCutcheon, Grace Williams, Bella and Bethany Voak, Lucy Hacker, Alana Powell, Harry Torpy, William Allen-Le Bas, Fraser Brooke, Sam Healey, Bradley Rose, Molly Byrne-Shore and finally (but not least) Lucy Fox.** Trophy winners were as follows:

Girls 14-15 years Lucy Fox 10-11 years Mirren McCutcheon

Boys 12-13 years Bradley Rose 10-11 years Fraser Brooke 9 & under Dominic Holley