

Let's make waves with.....

October
2008

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



JLDSC OPEN CHAMPIONSHIPS

Sunday 21st September saw the first open JLDSC Championship taking place in St Catherine's Bay. The event commenced with a 3 km race for Juniors closely followed by a Senior 5km race. As luck would have it conditions were not ideal for the event. The junior event proved to be a test of endurance when the slight swell developed into a significant one as the turn of the tide approached with the wind also picking up as time passed. Nonetheless the children didn't let it phase them and turned in some quite credible times despite the conditions.

Katherine Lowe representing Tigers Swimming Club was the eventual winner of the ladies Junior race in a time of 55 minutes and 42 seconds and Thomas Nerac (JLDSC) won the junior men's race in 1hour 15 minutes 25 seconds. Both did well to stay on course despite the strong winds which pushed many off course.

In view of the weather the organisers decided to shorten the senior race to 3km. Although conditions did improve following the turn of the tide as predicted it was far too late to convey this to the swimmers who stuck to the course they were briefed on.

There was a good turn out for the senior race with the eventual ladies winner being our own Tracey Huish in a time of 1 hour 1 minute 53 seconds. Tracey is our Ladies Champion having won this accolade the week before and so adds another trophy to her growing collection.



Daniel Halksworth of Tigers Swimming Club was the eventual Senior Men's Champion in a time of 50 minutes 59 seconds. A full results schedule can be found on our website at www.jerseyseaswims.org.

We would like to extend our thanks to all those people that helped us on the day (sadly too numerous to mention here), without your support this event would not have been possible. Planning has already commenced for next year's event so get training!



I did it!

by CEDRIC BIRD



When my daughter Hannah was born prematurely in 2004 she spent a considerable time in the Special Care Baby Unit and I wanted to do something to raise some funds for the unit.

Ian and Sarah Jones' Channel swims in 2005 inspired me and when I undertook my first sea swim from Green Island to Havre des Pas my determination was sparked. I had hated the idea of sea swimming but soon began to enjoy the invigorating experience. Following a year's preparation and training (not to mention countless doughnuts) the summer of 2008 arrived. After two nerve wracking weeks in August spent waiting in the UK we were thwarted by the weather, and I returned home downbeat.

Picking myself up I kept in touch with my pilot Alison Streeter. After many phone calls and lots of pacing a window finally presented itself, Sophie, Sally, Ian Jones and I flew over to Gatwick on the evening of 12th September and made our way to Dover. Fate was with me as despite traffic problems I just made it to the boat on time, although two other boats were already 30 minutes ahead of me. I was not expecting this – a swim in the dark and sea conditions were not as calm as I was anticipating. After a reassuring "it will be OK" chat with Alison (I now know that she was fibbing) I swam the short distance to the pebbly beach at Abott's Cliff, cleared the water, raised my hand, and at 10:06pm got stuck in. The previous night Alison had had to fish a swimmer out with hypothermia. I was apprehensive, but fortunately, I never felt cold.

The first 3 hours were rough but fun - apart from swallowing loads of sea water and the diesel fumes from the boat - I really enjoyed the experience and the time flew by. After the first hour I really started to feel confident that I could make it with Wendy's words ringing in my ears, "don't get out until you touch France" The support team especially Sophie with her light sticks and Ian with his 'unannounced' support swim at 4am were great motivation. After 6 hours regular feeding we moved onto tea with maxim and stayed with this for the rest of the swim - unfortunately the hob-nobs got quite soggy!

All in all the swim went well. The only really difficult times were during the dawn period when it seemed to take ages to get light and France wasn't getting any closer. In the final hour the support crew wanted me to swim faster so as not to miss the Cap. I saw how the boat was pointing up-tide from the finish and I could see the Cap slowly sliding towards me. Thankfully Alison got me in the right place and at 9:52am on the 13th September (11 hours and 46 minutes after starting) it was all over as I touched rocks on the Cap. Sally told me that as it was rocks I did not have to clear the water - however in my delirious state I decided it would be a good idea and struggled to my feet on a slippery rock, promptly falling back in bashing my hip and cutting my toes. That is why I look in so much pain in my finishing photos.

Apart from a few hugs in the water and waving to a few French people on the Cap it was straight back onto the pilot boat and, before you know it, you are being whisked back to England. Some people sleep on the way back but I was so excited and as it was such a beautiful day I wanted to see where I had just swum and all the shipping I'd missed seeing.

One thing I have learned about Channel Swimming is that it is so important to have the right mental attitude and preparation. When Alison Streeter says it is 20% physical and 80% mental she is so right and such a lot of that happens even before you step into the water at the start. You need luck, determination and support in equal measures and I guess that what makes Channel Swimming such a challenge.

I am so proud to have achieved this swim and grateful to my family, support crew and everyone at the club for your support - you have all helped me to fulfil my dream to raise sponsorship for my charity.



Let's make waves with the Juniors

My Channel Swim

By Chantelle Le Guilcher



OMG we're at the airport the day has finally come!

It's like a photo shoot all our parents are here snapping away with their cameras. How embarrassing! We get our tickets, only just managing to get away with the weight of our suitcases especially mine! The smallest person with the biggest suitcase.

The plane journey was surprisingly quick and Sally greeted us at Gatwick airport. Here we spent at least 20 minutes trying to load ourselves and our gigantic suitcases into the hire car. An hour and a half later we arrived at Varne Ridge Caravan Park. As we rolled out the car one by one we were greeted by the Australians. We all sat in our very homely caravan ate cake (my Mum had baked and packed in my suitcase) and spent a lot of time chatting, we all hit it off straight away. It was like we had known each other for ages.



We found out that if the weather held off we might be going the next day, so we all piled back into the car, went for a quick dip in Dover harbour with the Aussies and then rushed off to Tesco's to stock up on food for the boat for the next day.

Standing on the boat ready and rearing to go! Chloe's going first and after saying goodbye to all our spectators we headed off round the pier head to Shaky Beach. Chloe standing on

the beach waiting for the signal to start the swim. Off she goes and our epic swim starts at 10.55am on 5th August 2008. Second I was in, the calm clear waters were beautiful and it stayed like that for most of the time. Tasmin was third, Amelia fourth, Alice fifth and last and by no means least Bianca 'the Seaweed Queen' took on all the clumps of seaweed without a moan or a care in the world! Chloe got in for the second time, she had the delights of the seaweed too, she didn't deal with it as well as Bianca, but she got through it and we were all so proud of her!

We all swam really well second time around, our spirits high as many dances, songs and jokes took place. When

Alice got in for her second time it started to get dark so out came the glow sticks. Along with the darkness we had thunder and lightening and when it came to Bianca swimming it was pitch black and the storm was moving ever closer towards us. Chloe got in and zoomed off! We thought she was going to make it as the coast was now in sight. But I got in for the last time and managed after 47 minutes with the lightening overhead to finally touch the rocks at Cap Gris Nez! Finished finally! Thirteen hours forty seven minutes the best time and experience of our lives. A perfect end to a perfect week was staying with Nick Adams and his Mum down in London. Thank you Nick, and thank you to everyone that helped us.



Sara Kelly performed outstandingly in the JLDSC Open Championships held on 21 September.

Despite the huge swell Sara was determined to finish the course and she did in just under 2 hours!

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Once again the night swim held on Tuesday September 30th was well attended even if the photography proved challenging! A good time was had by all .



Sadly Alana Powell had to leave before the awards ceremony so apologies Alana for the missing photograph.



Coniston Revisited

By
Thomas
Nerac



The day had finally come after a year of waiting and training. I was excited but nervous, and I did not know if the swim was definitely going ahead because of the high winds which were making big waves.

The swim did take place and it was very challenging, especially the last hour and mile. I was very pleased to finish and also relieved that I had.

I received my certificate and my trophy for finishing. I was also awarded the Trevor Morgan memorial trophy. It was a very tiring day and after about an hour or two I was sound asleep. I would like to say a big thank you to Mum and Dad for the support on the day and a massive thank you to Cliff Golding for rowing for me.



Diary Date

Bookings are now being taken for our Annual Dinner at the Hotel Ambassadeur, St Clement on 22nd November, 2008. Please give our social secretaries a ring to secure your places.

Club Championships



The annual Club Championships took place at St Catherine's on a truly remarkable day in September. Conditions were ideal as you can see from this photograph taken on the day. Everyone had a great time! Winners collected their trophies at the end of the event with Tracey Huish taking the honours for the ladies and Martin Powell and John Asplet sharing the honours for the men's event. Junior champions were Thomas Nerac and Tasmin Powell. Winners in the nine and under category were William Allen-Le Bas and Alana Powell.