

JLDSC NEWSLETTER

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SUCCESSFUL SEASON SO FAR!

What a start to the season! We have been blessed with good weather this year and the sea temperature has been rising steadily. Wendy Trehiou was the first to take full advantage of these conditions by conquering a round island in May. Wendy completed the swim in 11 hours 25 minutes in water temperatures of 13°C.

Next up was Sam Jones from the UK however with a dreadful Force 4 wind in the forecast her swim was called off at the last minute. Sam disappeared back to the high seas of the English Channel and we hope to see her back in Jersey waters soon.

On the next set of tides we had Adrian Sarchet from Guernsey. Although it wasn't a sunny day the winds remained low and Adrian completed the swim in 11 hours 29

minutes and became the first Guernseyman to swim around Jersey. Strangely it was the exact same time it took for him to swim around Guernsey too! Many thanks to Pilots Charlie Gravett and Mick Le Guilcher and crew Graeme Lowe.

Along came the neap tides in preparation for Jersey to France swims but the weather wasn't looking great. Charlie continually checked the weather and saw a window and went for it. American lady Michelle Macy stormed her way across 'Le Manche deux' and smashed the ladies record in 6 hours 42 minutes. More on her swim on page 3.

Before we knew it the spring tides had returned and it was time to go round the island again and the winds were in our favour. Fresh from swimming the English

Channel we had Emma France who had a tough day swimming against the wind all day but she finished in 11 hours 46 minutes.

The following day the winds dropped right off and Michelle Macy was back for more. She once more stormed the swim and broke the record in 9 hours 29 minutes. More on page 3.

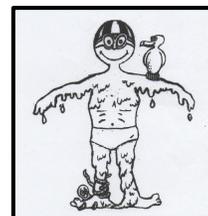
Christine Addison completed a Round Jersey in 2011 and returned to take on Jersey to France. It was a choppy day and the wind didn't ease off until the sun went down. She completed the swim in complete darkness but finished nonetheless in a courageous time of 14 hours 24 minutes.

Rob Healy was unfortunately blown out but will be back later in the season.

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3 Record breaking swims Reports of Michelle Macy's record breaking swims



Club President Sally Minty-Gravett has wanted to swim from Sark to Jersey for many years now. Sally was due to attempt the swim a few years ago but a blip with the navigational equipment put a stop to the swim before it even started. With the tide and weather looking good, Charlie had plotted a swimmable course and Sally started the swim from Dixcart Bay in Sark in the early hours of 22nd June. Under the guidance of pilots Charlie & Mick, Sally gradually got closer and closer to Jersey. A swim that has not been done many times before we had no idea where she would make landfall on Jersey so it was a case of constant updates from the boat and watching the tracker. After 8 hours and 42 minutes of swimming, Sally touched rock below Grosnez to become the first woman to complete a Sark to Jersey swim. Once back on board Sally and her crew made their way back to the harbour to a traditional JLDSC welcome.



TOP ROW. (L-R) Sally at the start of her Sark to Jersey swim, Emma France and her crew at the start of her round Jersey swim, Wendy and Dee and the start of Wendy's cold water round island.

BOTTOM ROW. (L-R) Adrian Sarchet with his crew at the end of his round Jersey swim, Christine Addison in some tough conditions on her way to France, Christine Addison with her husband Alistair before leaving St Catherine's to start her Jersey to France swim.

RECORD BREAKING SWIMS



Michelle Macy arrived in Jersey hoping to conquer both Jersey to France and a round Jersey swim.

On Monday July 8th there was a break in the weather. Not ideal swimming conditions but it was swimmable. Charlie gave the go ahead and Michelle started from La Coupe at 6:30am.

Here is a short passage from Michelle's blog that describes the swim:

"I wish I could say that there was all sorts of exciting stuff that happened during the swim other than me just swimming and eating, but that was pretty much the extent of it. We were hoping for a dolphin escort...there wasn't one. I got stung by one jellyfish, which thankfully keeps my record of being stung on every swim complete. Then there was a close-ish encounter with a sailboat. Mostly we just watched it zip by with its sail full of the wind that had decided to show up, but that wasn't predicted. So me, the lumpy sea, the jellyfish, a sailboat and my excellent crew and pilots, that's the gist of this swim."

Michelle landed at St-Germain-sur-Ay, France in 6 hours and 42 minutes breaking the ladies record which was previously held by Alison Wood in 8 hours 7 minutes. Michelle also became the first American woman to swim from Jersey to France.

Just 9 days later the weather was once again in our favour and Michelle set off around the island, looking forward to seeing the island from a different vantage point.

Michelle describes the swim as a 'textbook swim' and with a phenomenal pilot and crew, she made our way around the island under the glorious sun of Jersey.

As Michelle rounded Corbiere, the last 'corner' of the island, her crew told her that the record was close but she would have to work for it. The crew pointed out Noirmont and explained once you reach that point. There is about 40 minutes to the end. Michelle did some maths and figured that she had around 1 hour to get to the new marker identified and then 40 minutes to push to the finish. That would give a 20 minute cushion on the record.

Despite having already swum hard and focused for 7 hours 30 minutes, she needed to swim faster for the next 2 hours. Michelle admits to being a competitor at heart, so started to push for Noirmont. After 30 minutes Michelle was getting closer to Noirmont and she hoped to be there after another 30 minutes. As all long distance swimmers know, landmarks play havoc with our mind and they never seem to get closer! Michelle experienced this approaching Noirmont and in the mean time developed a strong hate/love relationship with her crew as they kept yelling for her to push harder.

Noirmont slowly came into view and slid

past. Michelle had 40 minutes to go with the record still in reach.

The finish of the Round Jersey is Elizabeth Castle with its black and white striped at the end. When you're in the water it is visible in the distance for a long time and similar to all the other markers, it seems as if it will never get closer. Michelle promised herself that she would not look at the wall after Noirmont but soon broke that promise! Across St Aubin's Bay, Michelle picked up the pace but the crew were tapping their watch as if to say go even faster!

This is Michelle's description of the moments when she finished her swim:

"I finally hit the wall and for a moment there was silence. Did I have the record or not? Did I just 'sprint' for 2 hours and get the icing or did I miss it by a hair of my chin?"

"By a hair of my chinny chin chin the overall and women's record was now mine! I finished the swim in 9 hours 29 minutes, a mere 3 minutes to spare on the record. Guess my crew was right and the 'sprinting' was definitely worth the effort."

A huge congratulations to Michelle who leaves the island having conquered both swims and claiming two records.

Thank you for the use of her blogs to write this article.

JUNIOR CORNER

Our club has a strong section of juniors and always does the club proud whether it's taking on a personal challenge or representing JLDSC in the JSC swims. Some of our juniors have even travelled to the UK to compete in BLDSA swims.

A bit closer to home the club offers lots of opportunities for our juniors to take part in competition and win trophies. A few weeks ago we had the Ann Flambard swim at Havre des Pas. Although this trophy is not necessarily for juniors, it is awarded to whoever the swim organizer thinks deserves it the most. This year it was awarded to Jack Duncan and Piers Willis for their enthusiasm and determination whilst swimming. A week later we held the De Caux swim at Ouaisne where the conditions were horrible! The De Caux trophy is awarded to youngest boy and youngest girl on the day. Swim organizer Adrian Follain awarded the trophies to Piers Willis and Zahra Bell.

The next competition for the juniors will be the series swims in September. Juniors have to compete in all distances to qualify for the overall award. Each week the distance will be further than the week before. Club Secretary Jenny FitzGerald will be handing out entry forms in August.

We also have a junior representative on committee. Alana Powell, who has completed a round Jersey relay, a Jersey to France relay and completed the BLDSA Coniston race attends committee meetings and is able to bring up any issues or questions that our junior members may have. So juniors, if you have an idea for something you want to see happen in the club, speak to Alana on the slipway and she will be able to pass on your question to the rest of committee!



LEFT: Jack and Piers receiving the Ann Flambard trophy from Alice Harvey at Havre des Pas



RIGHT: Piers and Zahra with their De Caux trophies at Ouaisne

JERSEY ROOKEEZ

You may remember an article from July 2013 about the Rookeez, a relay team of 5 youngsters hoping to do a round island relay. Sadly they never got the chance to complete their challenge last year due to weather conditions but this year they are back with a vengeance!

The line up has changed slightly and the team now consists of Charlotte Vernon (captain), Henry Clark, Harry Willis, Zahra Bell and Dominic Holley. They have all been training hard in the sea and will be taking on the challenge in the first week of August.



(L-R) Zahra, Charlotte, Dom (front), Henry (back) & Harry



IN BRIEF:

JSC Swims

Congratulations to everyone who has taken part in the JSC Green Island to Havre des Pas swim and St Aubin's Fort swim. Both had some challenging conditions but JLDSC was well represented and many of our juniors took the honour of being 1st & 2nd junior home.

Castle to Harbour is Sunday 21st September, check in by 2.30pm. Swim at 3.30pm.

Round Island vantage points

For those of you eager to follow swims, rather than watch the tracker you can actually follow swimmers as they go around the island. Green Island, La Rocque pier and St Catherine's breakwater are great places to watch the swimmer go by.

The next vantage point is a few hours later for the swimmer and a drive across the island to Grosnez where you can watch them swim around the corner into St Ouen's Bay. Shoot down the hill and see them go over the reef at L'Etacq. Then you can have lunch somewhere along the bay and wait for them to reach Corbiere. The final point is the gun tower at Noirmont before rushing through the traffic back to town to see them in on the pontoon. It makes a good day out (if the weather's nice!) and swimmers always appreciate support and encouragement from the land.

COMMITTEE CONTACT DETAILS

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