

JLDSC NEWSLETTER

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MORE SUCCESS FOR THE SEASON!

Following on from all the success stories in July, we have plenty more to report on!

First up on the spring tide for a round island swim was Andrew Flanagan of County Galway, Ireland. Thankfully the wind had calmed down and it was all systems go for 7th August. Andrew set off from Elizabeth Castle breakwater at 0536 in pouring rain. The crew were as wet as Andrew and he was in the water! Rounding St Catherine's breakwater and passing White Rock dolphins were spotted from the boat. Andrew had a very nifty feeding device (pictured on the next page) and was feeding on maxim and jelly babies.

Reaching Corbiere there was a very noisy bunch of supporters in the form of Alice, Bianca, Tasmin and Alana who were then joined by Chantelle Le G at Noirmont to

shout more words of encouragement for the final stretch. Andrew finished his swim in a time of 10 hours 20 minutes and was greeted by the usual welcome party at La Collette with a can of Guinness to celebrate.

A few days later on 12th August it was the turn of Mickey Helps from Surrey. Mickey is an adventurer having conquered many amazing feats to raise money for a variety of different charities. His round Jersey swim was in aid of Prostate cancer. After a lumpy and windy start from Elizabeth Castle at 0750, the sea eventually flattened out in Grouville bay. Throughout the north coast there was heavy drizzle and poor visibility. After rounding L'Etacq, St Ouen's bay was like glass and the sun shone intermittently until the end. Mickey's stroke rate remained at 48 strokes per minute all day, fed regularly

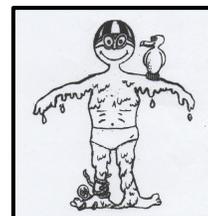
on the hour and finished his Round Jersey swim in a time of 11 hours 20 minutes. He had an amazing swim and loved every bit of it.

The next set of spring tides saw the turn of the ladies! Michaela Richard from Cheshire left Elizabeth Castle breakwater at 0524 on 21st August under a full moon. A lovely sunrise as Michaela headed towards La Rocque set her up for a perfect day at sea. Michaela had a combination of feeds including rice pudding and chocolate rolls! Her technique and stroke was faultless throughout the day and after a tough last stretch, she arrived back at the breakwater in 9 hours 41 minutes. Third fastest person and 2nd fastest lady since the swim started in 1969.

INSIDE THIS ISSUE...

2 Photos! Various photos from all our success stories so far

3 Junior success in JSC annual swim A number of juniors did the JLDSC proud in the annual JSC Green Island to Havre des Pas swim



Moving on from round Jersey swims, we revisit the JJ's (May newsletter) who completed their Jersey to France relay on 15th August in a time of 8 hours 25 minutes. The JJ's had a perfect day for their Round Jersey swim back in 2011 and this year was no different. Leaving St Catherine's behind them they had flat calm waters and sunshine. First in the water was Brad Rose, followed by Rhianna Reynolds. Third swimmer in was Alana Powell and last but not least was William Allen-Le Bas. During the second stint, the team were joined by dolphins during Rhianna & Alana's swim however by the time Will jumped in, the dolphins disappeared and the jellyfish were in full force! Will had even said that the jellyfish seem to scout him out!! Like a true long distance swimmer he powered through them and completed his hour. Brad jumped in to swim ashore and finish the relay whilst the others swum in behind him. Some great finishing photos on a busy French beach but the locals didn't seem too bothered that 4 people had just swum ashore! Sally M-G joined the juniors on board to observe and take lots of photos! A great day out for all and a fantastic result.



TOP LEFT. The JJ's on board Sea Swimmer 2 before leaving St Catherine's to start their swim.

TOP RIGHT. Brad, Rhianna, Alana and Will on their way to France.

BOTTOM LEFT. Michaela Richard rounding Corbiere. Andrew Flanagan's feeding device. Mickey Helps during his swim.

BOTTOM RIGHT. Mickey Helps' with his crew, including his two sons, Charlie, Sally and Mick. Sporting prostate cancer t-shirts.

JUNIOR SUCCESS IN JSC SWIM

Our juniors have been doing the club proud in recent Jersey Swimming Club swims. The 11th August saw the annual Green Island to Havre des Pas swim organised by the JSC and despite organisers getting the tide times wrong, the swim eventually started half an hour late. Club junior and star of the JJ's Brad Rose had a phenomenal swim finishing 3rd overall. He also took 1st place in the junior boys category. William Allen Le Bas finished in a time of 50.54 to take 2nd in the junior boys whilst Dominic Holley came in a minute later to secure 3rd place. We also had a JLDSC 1, 2, 3 finish in the junior girls category too. Rhianna Reynolds finished in 45.45 to take 1st place, Alana Powell finishing in 48.41 to take 2nd and Charlotte Vernon finished in 51.09 to take 3rd for the junior girls.

Their success did not stop there however, as 10 days later the rescheduled St Aubin's Fort swim took place. The setting sun caused a few problems sighting for the finish but Brad Rose had another fantastic swim taking 3rd junior boy. Rhianna and Charlotte will need to expand their trophy cabinets soon with another 1st place in the junior girls for Rhianna and 3rd place for Charlotte.

We must also mention the success of our older members. Green Island to Havre des Pas saw Fay De Gruchy collect 2nd, Sarah Pierce 1st and Sylvia Trehieu 2nd in their respective age groups. Sylvia also took 2nd in her age group at the St Aubin's Fort swim.

Congratulations to all swimmers.



TOP ROW. (L-R) Rhianna, Will, Charlotte, Dominic and Brad with their awards at the Green Island to Havre des Pas swim.

BOTTOM ROW. (L-R) Brad, Rhianna and Charlotte with their awards at the St Aubin's Fort swim.

BIRTHDAY SWIM

Club member and past president Marion Harvey celebrated her 50th birthday back in June. She celebrated with an overnight stay at Seymour Tower with friends however wanted to challenge herself with something she had not done before. She decided to swim the last stretch of a round Jersey swim from Corbiere to Elizabeth Castle breakwater. Marion completed the swim in 1 hour 58 minutes, saying that from Noirmont to the finish was the hardest part with a strong tidal current pulling her into the bay. Maybe we'll see Marion complete another section of the round island swim in 10 years time to celebrate her 60th birthday!!



Marion Harvey swimming past Noirmont during her '50th Birthday Swim' with the South Coast Cruises boat sailing by.



IN BRIEF:

Congratulations to recent graduates

Congratulations to two of our members who have graduated from university this summer. Alice Harvey and Bianca Kempster, both round island swimmers and English channel relay swimmers have been living in the UK for the past 3 years studying for their degree.

Alice graduates with a BSc (Hons) in Geography from the University of Plymouth whilst Bianca graduates with a BSc (Hons) in Psychology from the University of Glamorgan. We wish them luck in job searching and any future studies they pursue.

Disappointment for juniors

Unfortunately due to early start times, swimming in the dark, wind blowing up and other commitments the Jersey Rookeez team, captained by Charlotte Vernon has been postponed until September. We keep our fingers crossed that the weather will stay calm for them and they can complete their swim.

The Rookeez are raising funds for MS Jersey so if you would like to sponsor them please contact any member of the team or their parents.

Swims still to come...

Good luck to Graeme Lowe who travelled to America this week to swim the Catalina Channel. Alice Harvey is due to travel to the UK this week for her Windermere swim on 31st August. Alice will also be travelling to the UK again in 2 weeks time with Sally M-G and Fay de Gruchy to swim the OSS 10k Dart swim along with Lucy Biard and Rob Healey.

COMMITTEE CONTACT DETAILS

President: Sally Minty-Gravett	07797713252
Vice President: 'Charlie' Gravett	07797713251
Vice President: Wendy Trehiou	07797774209
Secretary & Welfare Officer: Jenny FitzGerald	07797716480
Treasurer: Marilyn Le Guilcher	07797776083
Committee members:	
Dee Richards	07797777844
Adrian Follain	07797788091
Chantelle Le Guilcher	07797852176
Martin Powell	07797730455
John Asplet	07797751049
Alice Harvey	07797821798
Alana Powell	c/o Martin Powell