



May 2018

We are delighted to announce that Past President Marion Harvey has been made an Honorary member of the club.

Marion joined the club in 1978 and so this year marks her 40th Anniversary of membership!



She became Vice -President in 1982 and held the post for 5 years before taking over as President in 1987.

Marion has always been an active swimmer but her involvement with the club is varied and she has assisted with fund raising, escort swimming and encouraging the juniors. Many members will remember the club BBQ's that Marion hosted from her home and for many years Marion organised the hospitality for the New Year's Day swim including the making and decorating of the NYD cake!



Tour du Roc July 2003



Judith / Dee's RI training swim off club boat July 2003

JASA awards

At the recent JASA Awards and Presentations evening at the St Helier Yacht Club, all our local 2017 round island and Jersey to France swimmers were recognized with Certificates of Achievement.

Special mention to Robin Johnson who was awarded the Outstanding Open Water trophy for his record breaking swim from Jersey to France and Linda Breen who received an outstanding recognition award for her Windermere Swim.



BLDSA awards



At the annual BLDSA dinner in March, Linda Breen was recognised for her amazing swim of Windermere and awarded the William Keating Trophy.

Wendy Trehou and Linda Breen were proud to receive an award for the JLDSC in recognition of and to celebrate the ongoing friendship that the BLDSA and the JLDSC has had for many years.



Past President Sally Minty-Gravett was recently included in the Guinness World Records for being the oldest person to complete a two-way crossing of the English Channel. Another amazing achievement. However did you know that Charlie Gravett has also been included in the same publication?

Charlie was included in the 1972 Guinness World Records for his participation in an unprecedented six-man relay.

"Back in 1971, I was part of a relay squad from RAF Akrotiri in Cyprus who covered the 72 miles from southern Turkey to Cyprus in 33 hours. We had trained by swimming many, many solo trips between Akrotiri to Limmasol (6+ miles) plus many similar swims around Cyprus. One memorable trip was brought to a sudden halt when the bloke I was swimming with swam into an expired donkey which had escaped from a local abattoir. Its gums were drawn back in a hideous grin. We left it where was and swum on."

Break the Ice Swim

Bank Holiday Monday 7th May.
Meet at St. Catherine's slip at 11am
Bring lots of warm layers to wrap up



COMMITTEE BUSINESS

Sea Donkey



The inspirational story of an ordinary man's attempt to swim from Northern Ireland to Scotland – probably the most brutal open water swimming challenge in the world.

Club life member and friend of many in Jersey, Adrian Sarchet, otherwise known as Sea Donkey brings his film to Jersey on 22nd June at the Jersey Arts Centre. More information and tickets priced at £5 & £3 available direct from the venue. JASA arranged to bring the film over and will receive a share of the takings so please support it if you can.

English Channel swim slot

The 2019 slot has been awarded to Craig Swart. Congratulations and we wish you well with your training.



The 2020 slot is booked on the tide 28th July- 1st August. For more information and how to register your interest either for yourself or a relay you'd like to organise, please contact Jenny

Marilyn has filled a large jar full of lollipop sticks. Just guess the correct number (or nearest) to win! 50p a guess. Marilyn will bring it along to the pool on Tuesdays and to the sea swims.

We have also started a football card. £1 a go.



Sea Swimmer 2

Following our last service, the AIS transceiver has been fitted. This is an automatic tracking system enabling other ships and maritime authorities to track and monitor ship movements. To follow the club boat swims in future, follow the link;

<https://www.marinetraffic.com/en/ais/home/shipid:5427332/zoom:14>

We raised the fantastic amount of £703 from the Waitrose green token scheme for January.



Well done to everyone who contributed. Remember please keep saving your tokens for when we appear in the La Vallee des Vaux store.

Many thanks to Appleby for their £500 donation, through their Care in the Community scheme which will be put towards our boat finances.

Thanks to Dee for arranging this.

SWIM REPORTS

As mentioned in the last newsletter, Graeme Lowe has become the first Jersey resident to join the exclusive **ice mile swim club**. This is an adapted report of his swim;

An English Channel experience in under 40 minutes. That's what an Ice Mile offers if you accept the challenge.

I had travelled to Dublin to take part in the 6th Eastern Bay Invitational International Ice Mile Swim with swimming royalty Wendy Trehiou and Adrian Sarchet and supported by Linda Breen and Adrian's wife Andy.

An Ice Mile requires you to swim a mile in water below 5C dressed only in a swimming costume and one swimming cap.

After a briefing by Fergal Somerville, the event organizer, we waded into the black lake to start the first of four laps of the course. The water temperature was perfectly just under 5C at 4.5C but there was a strong bitter wind which made the cold air seem even colder.

The wind also whipped up the lake and made every leg of the rectangular course a challenge. The first 100m was uphill as you swam into the wind, then you rounded the turn and the waves hit you from the side. The downwind leg should have been easiest but we all had a tow float attached to us for safety and the wind blew it forward into my arms. The last leg was the hardest as I breathed into the waves and every time you swallowed water you felt its freezing cold go straight down to your core.

I seriously considered quitting on the first lap as the enormity of the challenge hit home. It was cold, the water was rough and I was worried I wouldn't finish. This was just the first 10 minutes but I remember having the same worries 3 hours into my English Channel swim. The response to both was the same, I settled down, focused on each stroke and decided just to swim until I couldn't.

This worked and the second lap was easier, the third lap was good except that I was so focused on swimming I forgot to look where I was going and swam head first into the giant yellow turn buoy. On the fourth lap I made the mistake of thinking I had it nailed. My left leg immediately cramped up, which never happens to me. I tried to stretch it out but worried that this was a sign that the cold was getting to me. Having never swum this far at this cold before meant I didn't know how my body would react. Fortunately, I could still swim and as I came to the end I paused mid stroke to thank the two kayakers who had kept me safe but all I managed was a garbled thank you as my mouth was too cold to work properly. I was elated walking up the beach as once you put your feet down you know you have made it, again a similar feeling to my English Channel but this only took 36 minutes rather than 13 hours. I was very pleased to be the first person from Jersey to complete an official Ice Mile, just behind Adrian as the first person from Guernsey.

Varne Ridge Robben Island Swim Camp 10 to 16 February 2018



Back in February Sally travelled to Cape Town to take part in the Robben Island Swim Camp organised by Roger Finch and Tracy Clark. Her aim was to complete the iconic 7.5km swim from Nelson Mandela's prison for 27 years, Robben Island to Blouberg Beach on the mainland of Cape Town.

Leading up to the swim they had a few days of training swims along Cape Town's stunning coastline to acclimatise to the water temperatures and talks on cold water adaptation and nutrition. Conditions on the day of the swim were perfect, the sea was 15.5 degrees Celsius and the air temperature was a hot 30 degrees!

On the boat ride out to Robben Island they saw penguins, sun fish, dolphins and seals. As if that wasn't enough, the swim start was even delayed by half an hour because

there were three southern right whales playing in the bay right where the swimmers were due to start. The 11 swimmers were set off in a staggered order dependant on speed and all completed the swim with times ranging from a speedy 1 hour 51 minutes to 3 hours 34 minutes.