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For more tips on open water safety, please see: outdoorswimmer.com/open-water-safety

outdoorswimmer.com

Editor's Letter

Confession time – contributing editor Alice and myself are sat in the OS office shivering because we skived off work to go swimming this morning... despite the warmer weather the water is still deliciously cool. No better way to start the day!

If, like us, you swim outdoors all year round then the warmer water is a welcome relief from months of cold water swimming. But if you are new to swimming outdoors, check out our guide to getting started this spring (p50) and our tips on sea swimming (p26). Have fun and stay safe!

This issue we celebrate Marilyn Bell and the 1954 marathon swim around Absecon Island that turned her into a global swimming star (p32). But outdoor swimming isn't all about massive distances – we also hear about a swim revival in the Czech Republic in memory of a Holocaust survivor (p60) and meet the swimmers of Henley Open Water Swimming Club (p86). Let me know if you would like us to come and swim with your local group!

Happy swimming,



Jonathan Cowie
Editor



Get in touch...

Email me at editor@outdoorswimmer.com or connect on social media. It's good to talk!

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OUTDOOR SWIMMER / SELKIE READER PHOTO CONTEST

Submit your best swimming photos for a chance to see your photography featured in an upcoming issue. In each issue we will pick an Editor's Choice image, and the photographer will receive a great prize from outdoor swimming clothing company Selkie. selkieswim.com

Send photos to

editor@outdoorswimmer.com

PHOTOGRAPHER

Barry Moir

Swimmer

Angela Moir

Location

Lake Taupo 40km solo swim, New Zealand

SELKIE
SWIM CO



**SECOND
PLACE**

PHOTOGRAPHER

Ely Uemura

Swimmer

Simon Olliver

Location

Glacier-fed Lake Hawea in Queenstown
Lakes District, New Zealand

SELKIE
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**THIRD
PLACE**

PHOTOGRAPHER

Paul Mitchell

Swimmer

John Wisner

Location

Breca swimrun race, Buttermere

SELKIE
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ENGLISH CHANNEL SEASON OFF TO A RECORD BREAKING EARLY START



Image © Stuart Gleeson

Team Les Français Givrés (Givrés translates as “frosted” but can also mean something like “bonkers”) took advantage of the unexpected and sudden change in the weather for an early season three-person English Channel relay on 21 April. Subject to ratification, this is a new record for the earliest relay of the year. Philippe Fort, Frederic Kocen and Denis Colombe, all accomplished cold water swimmers from France, took 12hr25mins to reach Cap Gris Nez accompanied by Sea Leopard. Pilot Stuart Gleeson

described the conditions as mainly flat and calm with a chilly start in the dark at 2:25 in the morning. The water temperature was between 9 and 10.2 degrees.

The swim had been planned as a record attempt and was in fact brought forward a few days because of the advantageous weather conditions, even though this meant swimming on a big tide.

The record for the earliest solo swim of the year is 16 May, set by Howard James in 2016.

Team Les Français Givrés celebrate their new Channel record

IMSHOF CLASS OF 2018

The International Marathon Swimming Hall of Fame (IMSHOF) has inducted 16 new members. The “Class of 2018” highlights the global nature and diversity of marathon swimming, with 13 different countries represented, more women than men, a wide range of ages and an impressive spectrum of achievements. Those recognised included world champions, Olympians, record breakers, coaches and volunteers. Among the recipients of the coveted green sash were Trent Grimsey, the current English Channel world record holder in a staggering time of 6hrs 55 minutes; Sarah Thomas, world record holder for the longest ever marathon swim of 104.6 miles; and Jacques Tuset, who adds an unusual twist to his marathon swims – he “escapes” from prison islands. He has escaped from 25 so far.

The full list of recipients honoured this year is: Cindy Cleveland (USA), Albert Coward (GBR), Pilar Geijo (ARG), Martina Grimaldi (ITA), Trent Grimsey (AUS), Zhang Jian (CHN), Linda Kaiser (USA), Kathrin Lammers (GER), Mohamed Ahmed Marouf (EGY), Jaimie Monahan (USA), Rohan Dattatry More (IND), Anna-Carin Nordin (SWE), Poliana Okimoto (BRA), Sarah Thomas (USA), Hugh Tucker (RSA) and Jacques Tuset (FRA).

HELP SECURE SALTDEAN LIDO'S FUTURE

Saltdean Lido has launched a crowdfunding campaign to raise money to transform its café into a community hub, tourist destination and heritage resource. The Grade II-listed lido reopened last year to swimmers, but further funding is required to restore and preserve the main Lido building. The lido aims to raise £100k to restore the café which will help unlock an additional grant of £4.19m from the Heritage Lottery Fund which can be spent on preserving the rest of the building. spacehive.com/saltdean-lido

LEAP INTO THE PONDS

The Ponds is a new feature-length documentary about year-round swimmers at Kenwood Ladies’ Pond, the Mixed Pond and the Men’s Pond on Hampstead Heath. Due for release later this year, the film makers are looking for swimming groups to host screenings in unusual locations. Email patrickmclennan@gmail.com





One happy turtle...

Action on plastic pollution

The Maldives conjures picture-postcard images of tropical atolls and palm-fringed islands. However, this ocean paradise also has a dark side: plastic pollution.

On a recent swimming holiday, SwimQuest guide Mia Russell saved a turtle trapped in a plastic fishing net.

"The increasing levels of ocean-bound plastic and pollution are not only an eyesore for a country that relies so heavily on tourism as their primary source of income, but is also having a devastating effect on the local wildlife," says Mia. "It is estimated that around 50% of sea turtles have plastic in their stomachs and it is predicted that by the year 2050, all seabirds will have ingested plastic."

To help reduce the pollution, the Maldivian government has announced an aggressive plan to fight plastic pollution, including plans for fishermen to sweep plastic rubbish from the sea while they fish.

Meanwhile in the UK, Theresa May has proposed the banning of cotton buds, plastic straws and stirrers. May called on other Commonwealth states to join the UK in reducing plastic waste to protect the world's oceans. Green campaigners welcomed the move but called for tougher targets on the phase-out of all but the most essential plastics.

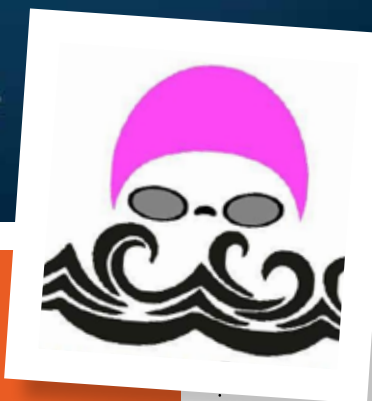
SWIM THE OCEANS SEVEN IN YOUR POOL!

The Open Water Ladies Relay is a team of middle aged British women on a mission – to swim the Oceans Seven two ways. And you have the chance to join them – swimming the Oceans 7 Challenge from the comfort of your pool!

Each month there will be a new channel to swim virtually – either solo or in a team – starting with the North Channel. Complete your swims in the pool, a lake, a river or the sea over the month. Log your miles online and receive a unique badge for each ocean, along with information about the challenges these endurance swims pose.

"We want to get people swimming, exceed their own expectations and push their boundaries," says team member Vicki Watson. "We want others to see that age, gender and perceived ability is no barrier to achievement of goals previously felt impossible."

Sign up to the challenge at: bit.ly/2HW4NhK



SHARK ENCOUNTER

Hiroko Ashikawa is attempting to be the first Japanese swimmer to complete the Oceans Seven, but her challenge got off to a hairy start. In the Molokai Channel she not only swam into a box jellyfish and a Portuguese man of war, but also had a head-on encounter with an oceanic white tip shark.

"[The shark] came straight at me in the kayak as Ashiko clambered up the back," posted kayaker Shelley Oates-Wilding on Facebook.

Ashikawa was forced to end her attempt to swim the 42km channel, but has vowed she will return.

NEW RULES

CS&PF English Channel solo 6-hour qualifying swims must now take place no more than 18 months prior to 1 June in the year of the application, as opposed to within 30 months previously.

CONTINENTS SEVEN

Diego Lopez is attempting to be the first swimmer ever to compete in a major, challenging race in each of the seven continents in a single year. "Each swim is individually one of the most revered of its respective continent, either for water conditions (0 degrees Celsius in Antarctica), altitude (3,800 m in Titicaca) or length (36 miles in North Dakota)," says Diego. In addition to the Continents Seven swims, Diego will also attempt "smaller" swims, including the 34km Catalina Channel.

Diego is swimming to raise funds for Ocean Recovery Alliance, a charity fighting plastic waste in oceans, rivers and lakes.

"Swimming on behalf of the oceans was the perfect cause and motivation," says Diego.

Follow Diego's progress at globalswimmer.com



ROHAN MORE

Rohan Dattatry More from India is the youngest person (at 32) and first swimmer from Asia to complete the Oceans Seven, the world's seven toughest channel crossings

What inspired you to take up open water swimming?
My mother inspired and supported me in open water swimming adventures. When I was 10 she used to take me training for one of the channel swims in India. I started loving open water swims, particularly ocean swims.

Why did you decide to take on the Oceans Seven?
Initially I just wanted to swim across the English Channel. I wasn't even aware of Oceans Seven. But I read about different swims on the internet and I came across the Oceans Seven. So, after my English Channel swim, I thought, let me try the Oceans Seven.

How does it feel to be the youngest person to complete it?
I never had that in my mind, but I was very excited to become first Indian and Asian swimmer to achieve it. It is like creating the history. It's also made the sport more popular in my country.

Which was the hardest swim?
The North Channel. It was brutally cold and full of jellyfish. For an Indian guy like me who never came across such



"The North Channel was brutally cold and full of jellyfish"

cold weather in his entire life, this challenge was damn difficult.

Which was your favourite swim?
Catalina Channel. I loved that night swim, sky full of stars, and swimming with dolphins.

Do you think what you have achieved will inspire other people in India?
Yes, when I started people only knew about English Channel and nothing else. Now I know at least two guys from India who are planning to swim the Oceans Seven.

What next?
I am planning to do 10km open water races, working towards competitive swimming in the future.

Rohan was inducted into the International Marathon Swimming Hall of Fame in 2018



5 THINGS TO DO THIS MONTH

WATCH IT!
The FINA/HOSA Marathon Swim World Series 2018 lands in the Seychelles on 20 May. Watch the action live as the world's best marathon swimmers race in the third leg of the elite 10k circuit. finatv.live

READ IT!
The Lido by Libby Page is the latest outdoor swimming book to hit the shelves. Set in Brixton, it is a tale of friendship, lido life and the importance of community. **Available online and in all good bookshops.**

LEARN IT!
How do you best use sport for charitable fundraising? Arctic Circle swimmer Christopher Woodward and Atlantic rower and actor Bertie Portal talk about their unusual and inspirational fundraising challenges at the Garden Museum, London, on 17 May. swimquest.uk.com/seminars

TRAIN WITH IT!
This issue we test training kit (p80). Hone your technique with the Finis Agility paddles – some of our favourite toys to train with. finiswim.com

BOOK IT!
Celebrate outdoor swimming at the Outdoor Swimmer Show at the Henley Mile on 15 July. Inspiring talks, all the latest kit and scenic swimming in the Thames. henleyswim.com

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STAR LETTER



Life changing!

I've been swimming outdoors for nearly a year, I can't believe how much it has changed my life!

I'm 41 and I've always been a swimmer but only in the pool, my journey started last year when I decided to swim the Great North Swim for charity.

A week later I was invited to join a group of open water swimmers, "Badass" Blyth and District All Season Swimmers, in the sea.

Well that was it! I'm hooked, I don't think I've looked at so much as a puddle the same way since I started outdoor swimming.

Amazing, brilliant, exhilarating, life changing.

Paula Fletcher

Paula wins a Zoggs Duffle Bag



Refreshing!

Loving the magazine. It's refreshing to see real, average people doing what they love, swimming! Sometimes in the nude. Refreshing! Liberal. Relatable. Confident content. Unlike my tri and running mags with young or elite athletes wearing fashionable workout wear photographed with makeup and special lighting. Superficial. Keep up the great work!

Morgan Lee Walby

Weight training

Is weight training a good idea for open-water swimmers, particularly to help offset the gradual loss of strength as we all get older? I'm starting to wonder whether it might be helpful in maintaining speed, even on longer swims.

Jim Egan

Ed: We will explore this more in our Fit for Life issue in August, but I would say that strength training is definitely useful as we get older.

Endurance events and feeding

I love this magazine and have read it cover to cover ever since I started subscribing (to H2Open) in 2014. An idea for an article that occurred to me as I contemplated a list of events I'm too under-confident to enter: endurance events and feeding. I know longer events often have feeding stations, and marathon swimmers feed from their support boats, but I have never swum outside for longer than an hour (the North Sea is pretty cold even in summer) so I've never attempted to eat or drink on the wave, as it were. I have no idea how feeding stations work, or how to organise my own feeds if I were to go for a longer swim with boat support, and fear of this particular unknown puts me off trying longer events. Advice from swimmers who have would be very welcome!

Rhiannon Purdie

Ed: As luck would have it, our June issue will feature an article on endurance events and feeding, written by the experts at the British Long Distance Swimming Association. Hopefully we can give you the confidence to enter an endurance event!

Not the Photo Contest



I don't think this is competition worthy as the river was pretty fast running and there was a lot of foam, but as we trekked to find it and froze for a good 10 minutes trying to get a half decent photo I thought I'd send it in anyway! Photographer: Philippa Murphy; swimmer: Saffron Craig; location: Sharrah Pool, Dartmoor, Devon

Saffron Craig

Ed: It might not be a competition winner, but we are very glad you made the effort!



Congratulations Lorraine!

Ed: Lorraine Kirby models goggles in the glamorous location of her back garden! Lorraine won a pair of Swans prescription goggles in our reader survey prize draw.

The great wilderness



My husband is a mountain leader and keen landscape photographer. Thanks to his navigational skills, I can get to some remote lochs for a swim even in winter. This one was taken below An teallach, near Dundonnell, in an area known as 'the great wilderness'. In reality, the loch was a little shallow for a really successful swim, but it was a spectacular place to be (even if the windchill was around minus 12!).

Karen Hodgson

GOT SOMETHING TO SAY ABOUT OPEN WATER SWIMMING?

Email us at editor@outdoorswimmer.com and you could win next issue's star prize: a Zoggs Duffle Bag worth £25.



outdoorswimmer.com



CLUB OF THE MONTH

The South West Seals

An informal group of chunky dunkers and winter swimmers, the South West Seals has grown beyond recognition over the past four winters.

That 'first Sunday of the month' meet from October to April is the only set date in the Seals' calendars. Usually meeting at the wonderful Clevedon Marine Lake or on the beach to swim under Clevedon Pier, we explore open water around Bristol and Somerset, from the murky Bristol Channel with its extreme tidal range and tell-tale silt beard, to the clear, still waters of local quarries.

Susie Baker and Kim Bird founded the group in 2014. Since then it has steadily grown, this year being the biggest yet with around 75 swimmers ranging in age, ability, dedication and swimwear. The 2017-18 season saw South West Seals competing in ice galas at Buckfastleigh and Portishead Lidos, heading to Tallinn for the Winter Swimming World Championships, and swimming at Clevedon Marine Lake with the wonderful East German Ladies Swimming Team.

The group seeks wild swimming adventures across the south west, meeting informally to swim or dip whatever the weather wearing anything from full wetsuits to team swimwear to nothing at all (very occasionally)!

This summer, we'll meet ad-hoc, and plan on going on a few 'Seals on tour' swimming and camping trips. We will then reconvene for the winter season on the first Sunday of October.

We always welcome new members and visiting swimmers. **Search South West Seals on Facebook to join the group.**

Instagram: @southwestseals

Email editor@outdoorswimmer.com if you would like your swimming group to feature as club of the month.



Club trips to ice galas both in the UK and abroad



Swimming at Clevedon Pier

#SWIMSNAPS

Send your swim selfies to editor@outdoorswimmer.com



my friend Amanda Gray at Pelter Bridge car park near Rydal Water in the Lake District demonstrating the strategic moves required to put on a wetsuit!
Clare Lord



Me being distracted from the chilly water temperature (you can tell by my clenched hands!) by the beautifully clear water in Berneray, Outer Hebrides, before brushing past an otter on my swim!
Ellen Taylor



A rainbow sea shot of me and Jules Emmerson swimming at Brighton & Hove.
Rachael Hunter Dunn



A cheeky skins swim on Tresco, Isles of Scilly!
Anna and Ruth



Gail McLean captured by drone swimming at Cala Formentor in Mallorca.
Craig McLean



Outdoor swimming is obviously very good for the health and has no detrimental mental health effects whatsoever! **Warren Jones**



Jackie Hunt swimming in the River Frome at Farleigh Hungerford.
David Hunt



The Iceberg pool Bondi, Australia... it was a bit rough that day!
Jackie Blastland



A chilly swim in Snowdonia in Llyn y Gadair under Cader Idris. What a buzz!
Beccy Mullett



VIEW FROM THE WATER

Simon Griffiths asks what we should be looking for in open water swimming coaches

What do you need in an open water swimming coach? For those of us with a background in competitive sports, the role of a coach is clear. It's about helping you to improve performance. In pool swimming and competitive open water racing, the metric is simple. You want to get to the other end as fast as possible.

Over the past year, we've been working with STA* to help them develop their revised open water coaching qualification. As part of that process, we've had to reflect on what an open water coach should do and what skills do they need. What's become clear is that anyone wanting to coach open water swimmers needs a broader perspective than pure performance.

If you were to go hiking in an unfamiliar place, you might ask for a guide. You would expect your guide to lead you on safe paths, to advise you on what kit you should pack and perhaps offer some tips on how to conserve energy so you don't exhaust yourself on the first climb. Your guide will point out interesting things along the way and do their best to ensure you have an enjoyable experience.

Isn't this similar to what we might often want from an open water swimming coach? Some of my best open water experiences have been in unfamiliar swimming spots where I've been guided by a local swimmer. We know, through our surveys and conversations with readers, that the majority of open water swimmers are not doing it so they can compete. Their concerns are more practical: where can I swim; how do I cope with the



Keri-anne Payne
coaching open
water swimmers

cold; do I need a wetsuit; how do I stay safe and how do I swim efficiently so I don't get exhausted too quickly? Those aren't necessarily questions for a performance coach.

That said, we also know that most swimmers would love to be able to swim a little faster.

You don't have to be aiming for the podium to enjoy the satisfaction of swimming a little quicker than you did the year before.

The ideal open water swimming coach therefore needs to combine the abilities of a performance coach with those of a guide and open water expert. In addition, coaching in open water, I believe, requires a passion for swimming outside and broad experience of doing it. But this raises the question: if you already have the passion and the experience, and perhaps a pool-based coaching qualification, do you need an

open water qualification too?

There are good practical reasons why you should consider it if you want to coach open water swimmers. Firstly, a qualification is a route to insurance and a degree of legal protection. Secondly, doing and teaching are not the same thing. Taking a qualification can help structure your thinking and planning around how you deliver a coaching programme and will provide guidance on how to ensure your sessions are run safely. Thirdly, a qualification signals the seriousness of your intent. There is a cost in both time and money to become qualified, which is a deterrent to those with only a passing interest.

A great coach, whether for open water or the pool, requires many attributes, not all of which can be taught or developed through a qualification. Still, holding a qualification is an important part of the package. That the option now exists to obtain a coaching qualification covering the range of open water swimming activities, not just the competitive side of it, is a measure of the growth in the sport and recognition of its unique and specific requirements.

COACHING IN
OPEN WATER, I
BELIEVE, REQUIRES
A PASSION FOR
SWIMMING
OUTSIDE



*** Please note, this article reflects my own views on this, not necessarily those of the STA or other members of the working group**



Open water swimmers have been swimming the Solent with Aspire for five years. Swim one way to the Isle of Wight or take on an extra challenge and swim back again.

www.aspire.org.uk/solent-swims



For further information email swim@aspire.org.uk or call 020 8420 8951

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To enter the competition go to outdoorswimmer.com/ win and answer the following question:

Head Swimming sponsors the Ötillö Swimrun World Series. Which group of islands hosts the UK Ötillö event?

Outdoor Swimmer competition terms and conditions

Competitions are open to readers of Outdoor Swimmer Magazine. Employees, sub-contractors or contributors are not allowed to enter. Entries must be received by 31 May 2018. Outdoor Swimmer magazine cannot take responsibility for lost or delayed entries. Only one entry per person (multiple entries will be disqualified). A list of winners will be available on request. There is no cash alternative. The judges' decision is final. Submission of entry will be taken as acceptance of these rules.

WHAT THE TEAM ARE UP TO...

Jonathan Cowie, editor

Outdoor water temperatures may now be in double figures, but I am still getting the shivers as I up my distance. I also may have inadvertently signed up to a Channel relay!



Alice Gartland, contributing editor

I am loving teaching swimming at my local leisure centre. At my local lido, I am really enjoying the acclimatisation process as the water warms up.



Simon Griffiths, founder & publisher

I responded to a Facebook post looking for a swimrun partner and one week later found myself on the start line for Ötillö Swimrun Hvar, Croatia. We managed to win the men's sprint race, despite a serious lack of run training!



Joanne Jones, sales executive

After a few years of focussed training, this year I'm taking the season at a more leisurely pace. Having done little swimming since last summer, it's lovely being back in the open water.



TEAM TALK

All the latest news from OS Towers!

WELCOME ALL

Last issue I wrote about how important it is that we feature 'real swimmers' on our covers. It is an ethos that extends to the OS team – Outdoor Swimmer magazine is written by swimmers, for swimmers.

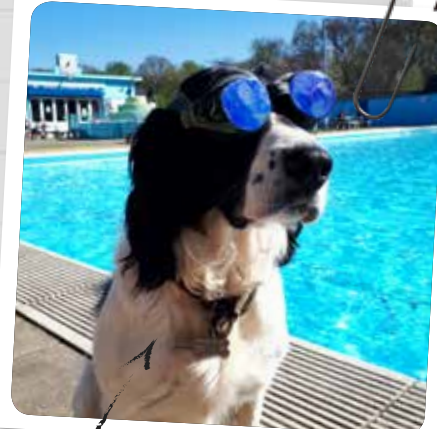
Publishing a magazine on outdoor swimming isn't going to make us rich, but it does make us happy – and hopefully that spirit shines through in these pages. This month we welcome Joanne Jones to our team as our new sales executive, and in true OS style she is also a badass swimmer in her own right. Last year she swam the English Channel, aged just 24, in 12 hours 26 mins.

Outdoor swimming, like swimmers themselves, comes in many shapes and sizes – long distance sea swimming sits happily alongside dipping in tarns. Many people will do both. After years of hard training, Joanne says she now has a fresh enjoyment of swimming: "That I still love swimming is such a joy. Having swum the Channel means this year the pressure is off, and I can swim purely for enjoyment and that's revolutionising

my personal swimming experience."

Whether you are a Channel swimmer, wild swimmer, lido lover, cold water dipper, swimrunner, beginner or experienced, we aim to have something between these pages that will appeal to you. No matter what your swimming tribe, we all have one thing in common: our relationship with swimming outside will have changed our lives for the better. Whether through the friends we have met, the mental and physical health benefits or our deeper connection with the natural world, we emerge from the water better versions of ourselves. We are all part of the outdoor swimming community. As Joanne says: "Open water swimming is truly inclusive and encouraging."

Welcome one and all.



Office mascot Beano helping out by testing goggles!

PUTTING ON A SHOW!

With the promise of summer finally on the horizon, we are getting excited about the Outdoor Swimmer Show at the Henley Mile on 15 July. Swim a scenic mile down the Thames, test your speed in the Suits vs Skins challenge, listen to inspirational speakers, check out all the latest kit, sign up to a swim holiday or tune up your technique in our endless pool. All in a beautiful setting on the banks of the Thames. Sign up henleyswim.com





MAYFLIES

Take time to notice insects, says **Susanne Masters**

Ahaze of mayflies dancing over water heralds the arrival of summer. We notice them more in their final life stage when they are airborne and fluttering their diaphanous wings, and miss their nymph life stage which is when they live underwater. Perhaps nymph conjures up images of nubile water sprites – certainly not what I think about on seeing the bristly many-legged critters that are mayfly nymphs.

WATER TO AIR

There are about 2500 species of mayfly. Green drake mayfly (*Ephemera danica*) is common around unpolluted water in Britain. As nymphs they live in lakebeds and river bottoms where there is sand or gravel to dig into and form their burrow. Collecting particles of organic debris from the water is how they feed themselves. They complete their life cycle in two years, sometimes three years or one year. In all cases most of their life is spent living underwater in their juvenile form of a nymph. Their life on land is ephemeral – the etymology used by entomologists to

name the genus *Ephemera* was the Ancient Greek word ‘ephemerous’: lasting only a day.

Their transition from water to air is achieved in two stages. When growing is complete the nymph rises to the surface and hauls itself out of its skin, emerging as a winged subimago. It now has wings but no mouthparts as it will never eat again. After a few hours resting on a leaf and drying it sheds its skin again and emerges as an imago – the adult form. Male

mayflies gather in a swarm and dance above the water. Dancing to attract a mate is the penultimate use of their energy. After copulating in flight the male falls down exhausted and dies, and the female dies after dropping her fertilised eggs in water.

As nymphs mayflies are preyed on by fish and carnivorous invertebrates. Resting subimagos are eaten by spiders and mammals. In flight mature adults are consumed by birds. After mating mayflies that fall on water are fish food again. Fly fishermen spend time and effort copying the appearance of mayflies to adorn fishing hooks in a manner that attracts fish accustomed to grooming on mayflies.

DAINTY WINGED CREATURES

Mayfly nymphs’ transformation into dainty winged creatures isn’t magic, it takes work eating, growing, shedding skins, and moving from a watery realm to get there. Mayflies that hatch after a year of growth don’t just have their life span halved, they are smaller and lay fewer eggs than those that

AFTER COPULATING IN FLIGHT THE MALE FALLS DOWN EXHAUSTED AND DIES



Mayflies spend most of their lives underwater

take longer to grow. Shorter duration of the nymph stage is associated with increasing river temperatures. How the change in mayfly populations will impact wildlife that feeds on them is not yet known

WHERE TO SEE MAYFLIES

Fly fishermen provide both a location cue and a prompt that negotiation or cunning timing might be needed to enjoy swimming while other water users enjoy the space in their way. Take advantage of long summer nights on weekdays with a swim followed by picnic watching mayflies dance in the light of the setting sun.

- **Loch Awe**, Argyll and Bute, Scotland
- **River Teith**, Callander, Stirling, Scotland
- **River Teme**, Ludlow, Shropshire, England
- **River Bure**, Norfolk, England
- **Lough Sheelin**, Counties Westmeath, Meath & Cavan, Ireland

Illustration by Alice Goodridge

Wildlife & Swimming

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- Shelf life 18 months

Disease

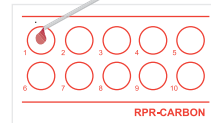
Leptospirosis, caused by the Spirochete Leptospira, is a zoonotic disease affecting human and animal populations worldwide. The symptoms and severity of Leptospirosis vary greatly from febrile illness to fatal hemorrhagic (ictero) forms that may resemble other infectious diseases.

Transmission

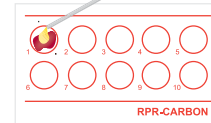
Leptospirosis is usually transmitted by the urine or body fluids of infected animals. In humans infections are usually derived from contact with contaminated water, food or soil.



Procedure



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BREAKING WAVES

Head for the beach and try sea swimming

Often more challenging than lakes and rivers, the ocean has a power and grandeur that can make sea swimming both thrilling and challenging. With tides, currents and changeable conditions to contend with, an organised sea swim event or race can be a good way to safely tackle waves and choppy conditions. Here are our top tips for organised sea swimming events.

1 Assess the conditions before you swim. Look at wave height, the regularity of the waves and time between waves. Look how the waves break. Look how choppy the water is. Check the wind direction and strength. Look for rip currents and drift along the shore.

2 Ask more experienced swimmers and lifeguards about the conditions and what the things you see mean for your swim.

3 Find out what's happening with the tide, what the tidal range is and whether the tide will have any impact on your swim – e.g. changing currents or uncovering hazards (such as rocks).

4 If you have a beach start look to see what you'll be running over and how steeply the beach slopes. How far will you run before you start swimming? Will you dive under or jump over the waves?

5 In the water the waves look much bigger than they did from the shore. Use your first minute or so in the water to adjust and get a feel for the rhythm of the sea. Resist the temptation to go in too hard. You might need the energy later.

6 Once swimming you may find it difficult to see the marker buoys because of the waves and chop. Accept that you might have to look up several times before you can see where you're going and don't be too concerned if you can't see where you are immediately.

7 As well as trying to sight by looking forwards, also look back towards the beach. This will almost certainly be easier to see and will help you to know that you've swum out straight or whether the current has dragged you one way or another. You can also use the shore for sighting when you're swimming parallel to it.

8 Try to resist the temptation to stop if you can't see where to go. Unless you've gone far off course in most cases it's better to maintain momentum.

9 Try to sight when you're on top of a wave.

10 If the current is strong you may need to angle your body diagonally to the direction you want to go in for the most direct line.

11 In rough conditions your normal stroke rate will be disrupted. Trying to force it will exhaust you quickly. Instead try to match your stroke to the pattern in the waves, even if it's a lower stroke rate than you'd normally use.

12 Forget about a fast time and concentrate instead on keeping your stroke as good as possible.

13 Allow the sea to bounce you around. Don't fight it. Try to enjoy being tossed about by the waves.

14 Sometimes you get smacked in the face by a wave just as you turn to breathe. Be ready to shut your mouth quickly and hold your breath until the next stroke.

15 When swimming with the waves coming from behind kick harder and increase speed as the wave picks you up and relax once it's gone underneath you.

16 As you finish, it's usually quicker to keep swimming until your fingers hit the bottom, and watch the waves as you stand up to make sure you don't get knocked straight back down.





An organised sea swim like the British Heart Foundation Bournemouth Pier to Pier swim is a safe way to enjoy sea swimming bhf.org.uk

LIBBY'S LIDO NOVEL MAKES A SPLASH



**Ella Foote swims
with Libby Page,
author of *The Lido***

You don't swim somewhere for years and then you do two swiminterviews in the same spot in the space of a month. I am back at Brockwell Lido, which is no bad thing, meeting another famous swimming sibling. This time I swim with swimming sister Libby Page, whose book, *The Lido* is out now after much anticipation and hype.

I first learnt about the book around this time last year, when @theswimmingsisters announced on Instagram the book was to be published. I commented then it would be good to do a swiminterview and after much media frenzy, including selling the film rights to the title, it was great to finally swim with Libby and hear her side of the story.

BRIXTON SPIRIT

There was only ever going to be one

place for us to meet – Brockwell Lido, where the majority of the book is set. The story tells the tale of two women who form a friendship while trying to save their local community pool. While there is a little artistic licence in the book, much of the community spirit of Brixton and the local lido is captured in this light and easy-to-read fiction. Libby and I meet on a very wet day, the lifeguards are hunched under umbrellas and yet despite the heavy rain the lido is still busy with local swimmers. Much like the picture Libby paints in her book, the lido that morning is a mix of all kinds of people. We all smile and chat to each other like old friends, despite not knowing each other at all.

“Lidos are places where people of all kinds of backgrounds come together and connect,” says Libby. “When we are all in our swimsuits, our guard is down and people are more willing to talk to each other and form connections. As I started writing, I really got into swimming and I wanted to write about those special sensations of getting into the water, the people you meet and chat to in changing rooms. I am so interested in people’s stories, the lido is a perfect place for people watching.”

OVERNIGHT SUCCESS

The media have been quick to report on Libby’s success. Once the book was picked up, Libby signed a two-book deal in the UK, it was sold internationally and is set to make it onto the big screen after selling the film rights. Despite the perceived overnight success, it has taken time and work for Libby to get to this stage. She didn’t always intend on writing a swimming book, but she did always want to be a writer. “I can’t remember a time when I didn’t want to be an author,” says Libby. “As



**Ella and Libby swimming
at Brockwell Lido, aka
Brixton Beach**



LIDOS ARE
PLACES WHERE
PEOPLE OF
ALL KINDS OF
BACKGROUNDS
CONNECT



← I got older I realised that it isn't just something you go out and become, it is a bit more difficult than that. I studied Journalism at university, so that I could still write, but it would be more of a career. My first job out of university was writing at The Guardian in their student/education section. However, I found that writing all day at work meant I didn't have the headspace to write creatively, so I switched to a role in marketing and was able to write creatively again."

Libby started writing the book back in 2015. She had lived in Brixton as a student and had been surprised by the sense of community there. "I had moved from a small town in Dorset where people said hello to each other walking down the street," says Libby. "When I first came to London it felt like there wasn't that community feeling, but in Brixton there was a community spirit, however it was very much under threat. Around that time, shops that had been run for generations were closing down, blocks of fancy flats were being built and big chains were moving in. It made me want to write about how important community spaces are, what they mean to our towns and cities and what we lose when they are gone. It was the starting point for the book, but I had also come to really love outdoor swimming."

SWIMMING SISTERS

The book is dedicated to her swimming sister Alex, who taught her to swim. "It was down to Alex that I got into outdoor swimming, she gave me lessons," says Libby. "I had been a nervous swimmer, I learnt to swim when I was young, but never proper front crawl. I found swimming lessons quite stressful and after school didn't really swim much apart from splashing around on holidays. I was very uncomfortable being out of my depth and it wasn't until a colleague of mine, who used to swim every day before work, talked about it relaxing and invigorating her before her day I considered joining her. I loved that time together in the morning at the pool, it was completely for myself and I wanted to get better at it, that is when

I FOUND SWIMMING LESSONS STRESSFUL AND AFTER SCHOOL DIDN'T REALLY SWIM MUCH



Libby and her sister Alex

I asked Alex for some lessons." Alex was a confident swimmer and so after some lessons and lots of practice, she convinced Libby to join her in the Lake District for outdoor swimming. "It was so special," says Libby. "When we were growing up we didn't have much in common. Alex was sporty and outdoorsy, I was often inside writing stories and reading books. But now we spend time together walking and swimming as much as we can, it has definitely brought us closer."

LIVING THE DREAM

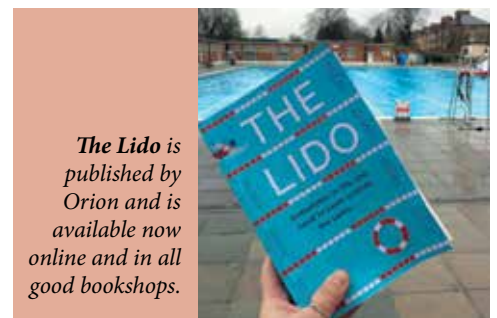
The book took around a year to write, Libby wrote it around her full-time job and took six weeks out to live and write in Paris, something she had always wanted to do. She spent mornings writing and afternoons swimming. The search for an agent began in 2016 and took another year before the deal came. "By the end of that year, sending the book and getting rejections, I thought maybe I will just write another book and see if that does any better," says Libby. "But I then read about a new agency seeking to fill their list of authors, I thought it would be my last go at it. Within about half-an-hour I had a reply, they loved the idea and a few weeks' later I had a publishing deal."

Two days later Libby quit her job to



become a full-time writer. "Friends and family have shared in celebrating the success of the book," says Libby. "They know it is something I have always wanted to do. I didn't get it through who I knew in the industry, or through celebrity culture, I did it through hard work and perseverance. I think it is good to hear a story of someone doing what they love and are passionate about and not giving up. I never believed it would happen like this, certainly not on this scale, but now I keep going around telling everyone to follow their dreams!"

Libby is now working on her second book as well as touring with The Lido. As for swimming ambitions: "There are loads of places I want to swim," says Libby. "Especially in the UK, but also Finland and Greece. I would love to become a daily swimmer, I see how happy it makes people. I would also love to explore more of the Lake District, it is my favourite place to swim. Where Alex and I first outdoor swam together and where Alex now lives, there is always somewhere new to swim." 🏊‍♀️



The Lido is published by Orion and is available now online and in all good bookshops.

Entries open

What will your event be?

20th May – Colwick Park Championship (Nottingham) – 5km and 1km No Kayaker Required

26th & 27th May (inc. night swim) – Wykeham Lake Championships (Nr. Scarborough) – 5km, 1km* and 2 miles No Kayaker Required

16th June – Champion of Champions (Dover Harbour) – 5 miles, 3 miles and 1 mile **SOLD OUT**
No Kayaker Required

23rd June – Champion of Champions (Ellerton Lake) – 5 miles, 3 miles and 1 mile No Kayaker Required

30th June – Torbay – 8 miles and 4 miles **SOLD OUT**
BLDSA can help supply kayaker

7th & 8th July – Llyn Tegid (Bala Lake, North Wales), 1km*, 3 miles* and 6 miles No Kayaker Required

28th July – Coniston Veterans – 3.25 miles
29th July – Coniston – 5.25 miles

11th August – Ullswater – 7 miles

12th August – Derwentwater – 5 miles and 2 miles

25th & 26th August – Loch Lomond – 1km & 21.6 miles

1st September – Windermere – 10.5 miles **SOLD OUT**

8th September – St. Mary's Loch (Scottish Borders) – 1km*, 6 miles and 3 miles*

22nd September – Lynn Regis (Norfolk) – 1km, 1.5km and 4.5km No Kayaker Required

*indicates wetsuits-permitted

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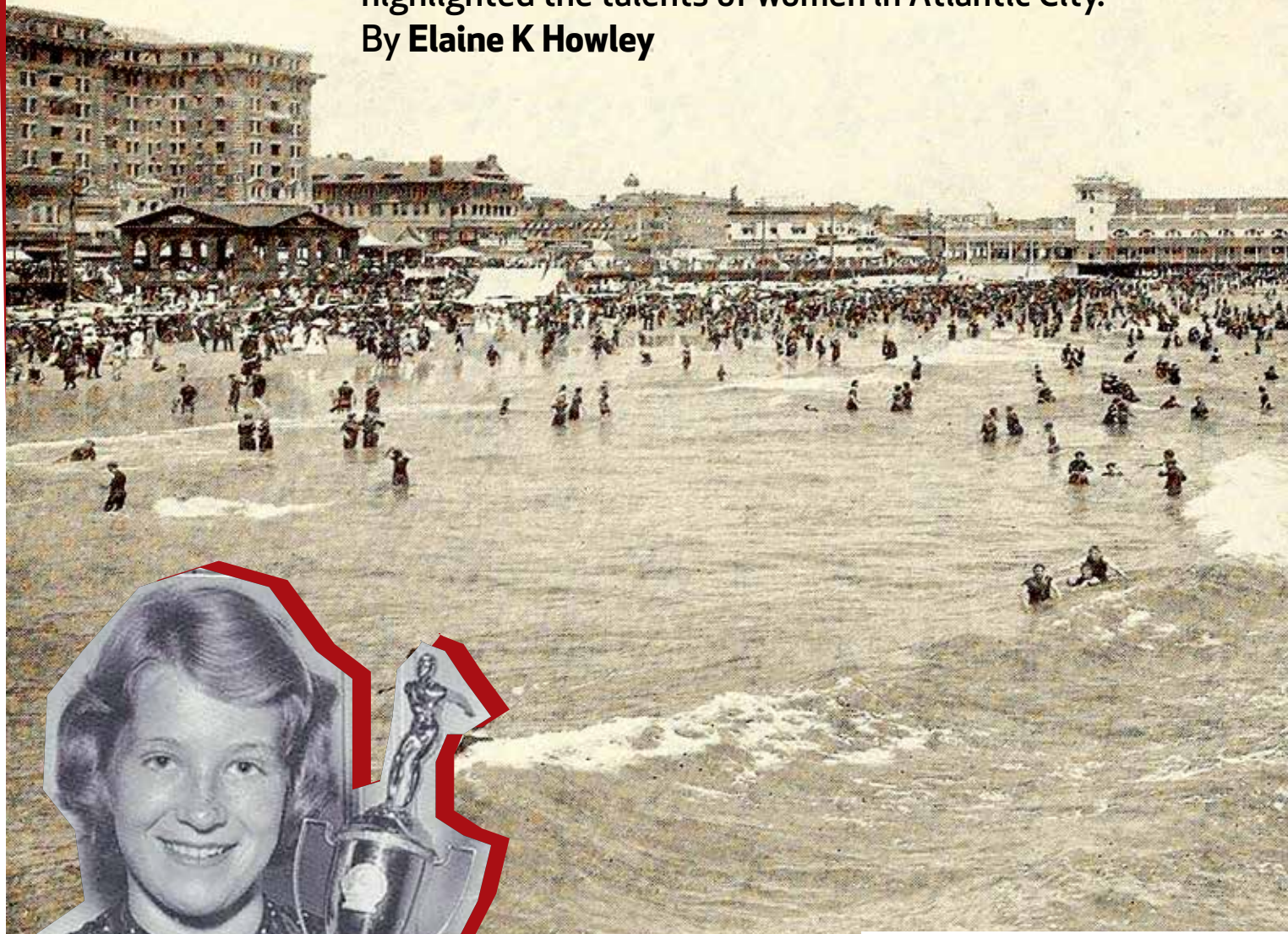
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BELLE DE JOUR

In 1954, a different kind of swimsuit competition highlighted the talents of women in Atlantic City.
By Elaine K Howley



Morilyn Bell

The then-unknown 16-year-old Canadian was just getting started in marathon swimming

If your only exposure to the “Jersey shore” has come via that appalling reality television show by the same name, then you’ve sadly missed out on one of America’s real gems. The Atlantic coast of the small but mighty state of New Jersey in the eastern United States is home to a wealth of delights – primary among them the series of 11 barrier islands that run the length of the state and buffer the mainland from the brunt of the ocean’s strength.

One of these islands, Absecon – a





**ATLANTIC CITY:
GAUDY, KITSCHY,
AND DOWNRIGHT
WONDERFUL**

Pier, a stretch of boardwalk that jutted half a mile straight out into the sea and housed myriad entertainments, including that most quirky of high-stakes attractions – high-diving horses. The Miss America pageant gained instant fame for including a racy swimsuit competition, in which pretty ladies from around the country flaunted their figures in the latest aquatic fashions. But 33 years after that gala of gals launched, a different kind of swimsuit competition – starring a different type of bathing beauty – would leave a lasting impact on the world of marathon swimming.

CELEBRATING THE CENTENNIAL WITH A CIRCUMNAVIGATION

In 1953, Atlantic City’s leadership determined it needed to pull out all the stops to celebrate the municipality’s coming centennial. Before long, the idea of hosting a marathon swim around the island surfaced, no doubt buoyed by the fact that marathon swimming was enjoying a heyday. Naturally, any great marathon swim event needs a test run, and two Atlantic City lifeguards answered the call.

In his 2005 tome, “History of Open-Water Swimming,” Captain Tim Johnson wrote, “The idea of swimming around Atlantic City, located on Absecon Island, was conceived by Jim Toomey, but at the time, no one had ever swum around Atlantic City. Jim hired two lifeguards, Eddie Stetser and Eddie Solitaire, to make the attempt for \$100 each, and the rest is history.” According to the 7 August 1953 edition of the Courier-News, a newspaper based in nearby Bridgewater, New

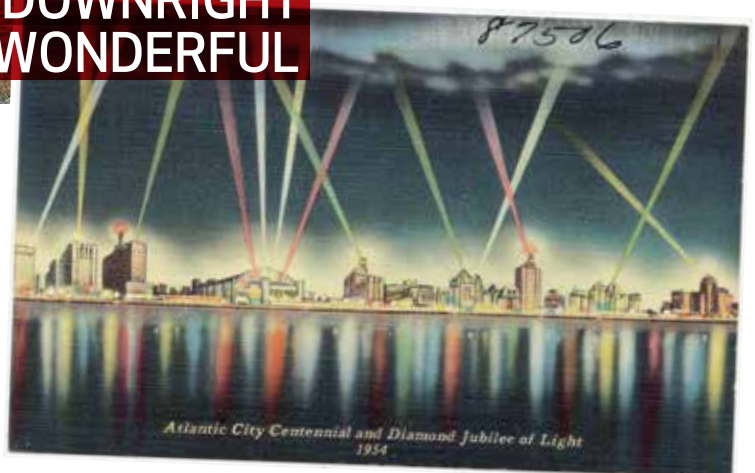


word that means “little water” in the Unami language spoken by the Lenape people who originally inhabited the coastal region – is home to one of the most storied, gaudy, kitschy, and downright wonderful examples of Americana anywhere in the country: Atlantic City.

Once affectionately dubbed the vacation capital of the nation, Atlantic City was built right on the sand at the northern end of Absecon Island. Officially founded in 1854, the city started out as a sort of health resort

for well-to-do Philadelphians. As the city grew, more tourists flocked, and amusements multiplied, ranging from casinos and music shows to vaudeville performances, fortune tellers and carnival rides. By the 1920s, the world-famous Atlantic City boardwalk was the place to see and be seen all summer long.

Beginning in 1921, the Miss America Pageant drew even more spectators to storied Steel





Bell cruised to an easy victory among the women in 10:07:28, earning a \$1,000 prize in addition to a \$100 "lap purse" for leading the field



Founded in 1854, Atlantic City was once affectionately dubbed the vacation capital of the nation



← Jersey, Solitaire and Stetser finished the swim with minimal hardship in 13 hours 31 minutes and 15 hours respectively, proving that the swim was possible. "They were helped by a calm ocean and southward currents as they swam past the beachfronts of Atlantic City, Margate, Ventnor, and Longport," the newspaper reported. The Eddies and subsequent swimmers have always swum clockwise around the island with the tide.

The swim was originally billed as being 26 miles, but modern measurements have determined a full circumnavigation is actually 21.8 miles (35K). Either way, it's a long way to swim in varied conditions. The water on the "bay side" of the island – the gap between the mainland and the island – tends to be warm, turbid and shallow while the ocean side can be rough and cold. Jellyfish abound in both sections and the dreaded biting greenhead fly can make life miserable for crew and swimmer alike.

MARILYN BELL WAS BY FAR THE YOUNGEST SWIMMER IN THE FIELD AND TINY TO BOOT

"It's the hardest race I've ever done. The English Channel was a 'gimme' by comparison," swimmer Chris Derks wrote about the AC swim on the Marathon Swimmers Forum. Derks swam on the FINA professional circuit in the 1990s and early 2000s and

raced around Atlantic City in 1994 and 1995. (The swim ran from 1954 through 1964. It was revived in 1978 and ran through 2006, often as a stop on the FINA professional circuit.) Derks noted that "constant changing of conditions, weather, tide, temperature, and swimming behind a beach patrol dory boat by only a few inches," all added to the challenge. "I had to lift my head each stroke to make sure I was right with the boat." The tradition of being supported by two AC lifeguards rowing a wooden dory endured right through the final run of the event.

But in 1954, with the test swim in the rearview, it was time to build the field. About 40 swimmers signed up to swim in the inaugural outing. The legendary Florence Chadwick was rumored to be considering joining the swim, but didn't turn up. Reporting on the field the day before the race, the Philadelphia Inquirer noted that

Canadian Winnie Roach was “heavily favored,” to win the race among the women “because she has swum the English Channel.” Her fiercest rival would be “Lies Put, Dutch-Canadian, who never finished worse than third in three Canadian National Exposition Swims.” On the men’s side, prognosticators predicted a toss-up among several highly-qualified contestants including Jerry Kerschner, Tom Park, Jimmy Woods, Steve Wozniak, Baptiste Pereira and Oscar Lopez Magallanes.

DEBUTANTE BELL

No one made much mention of a little-known, 16-year-old Canadian swimmer named Marilyn Bell when her name appeared on the roll of registered swimmers. Although she swam under renowned coach Gus Ryder and trained with the accomplished Cliff Lumsdon, Bell was just getting started in marathon swimming. But when she learned Lumsdon would attempt the around Absecon Island swim, she decided she wanted in, too. But first, she had to

convince her coach that she was ready.

“The most I had ever swum at that point was 7 or 8 miles, so I said to Gus, ‘do you think that I could swim that far?’ He said, ‘to be sure, you would have to swim for 10 hours nonstop.’ I said, ‘OK.’” So in June she completed a 10-hour training swim, mostly alone. Her father was supposed to support her from a canoe, but he was delayed, and she got started on her own. Seven hours later he arrived and unexpectedly found Marilyn still swimming. She hadn’t had the best experience up to that point – fear and doubt had worked their dirty magic – but as soon as her father turned up, she bounced back. “I was a mess, but I was determined I would do it.” When Ryder turned up at the end of the session, he was “horrified” that she’d

swum so much of the training session alone, but was pleased with how fresh she appeared and how she’d managed to fight through the demons and hang in there. She was ready for her first big outing on the international marathon swimming scene.

Still, she was by far the youngest swimmer in the field and tiny to boot.

“As the professional swimmers began to arrive on the beach [in New Jersey], they saw me and remembered me as being the kid who followed around after them when they were doing their professional races in

Toronto every fall. They would say to me, ‘why are you here? Are you the mascot? You can’t swim this race!’” But Bell was much stronger than they realised, and she held her own against a strong field of male professional swimmers, slipping past several of



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**IN 2016, LEGENDARY
MARATHON AND ICE
SWIMMER JAIMIE
MONAHAN SWAM SOLO
AROUND ABSECON
ISLAND**





← them with ease.

Bell cruised to an easy victory among the women in 10:07:28, earning a \$1,000 prize in addition to a \$100 “lap purse” for leading the field. She finished seventh overall and was the only woman to finish out of six female starters. According to Bell’s daughter, Jodi DiLascio, Bell caught the event organisers unprepared to recognise her accomplishment. “What’s interesting about the trophy Mom received for being the first female finisher is that the race organiser didn’t have one prepared for the women’s division. Perhaps they didn’t think a woman could finish.”

Across the board, that first year was a Canadian extravaganza. Thirty-year-old Tom Park of Hamilton, Ontario, edged out Cliff Lumsdon of New Toronto, Ontario, by four minutes after Lumsdon had led the field for the first half of the event. Park was awarded \$5,500 for placing first, and Lumsdon took a prize purse of \$1,500 for placing second in addition to a “lap prize” of \$150 for having led during a portion of the race. (An enterprising restaurateur offered additional prizes to swimmers for various achievements. A whopping \$400 was promised to the first swimmer to reach his boardwalk eatery located about a mile and a half from the finish line.) Third place went to Steven Wozniak of Buffalo, New York, and Philadelphia swimmer Roland Aronovitz finished fourth in 9:51:35.

TROPHY HUSBAND

Certainly, the money and the award she got were nice, but DiLascio says “the greatest trophy [Mom] ever won” also resulted from that swim – though it came in a very different form from the wooden and metal prizes we’re used to seeing swimmers clasp triumphantly. No, her best trophy wasn’t an object, it was her future husband, Joe DiLascio.

Joe was the 19-year-old Atlantic City lifeguard who’d been assigned to help Bell during training swims in the days leading up to the race. But the chance pairing was far from romantic →

“If you put your feet down, crabs will bite your toes.” Marilyn Bell and husband Joe DiLascio



Seeing Pink Elephants


Marilyn Bell DiLascio laughs heartily remembering one authentically New Jersey aspect of the swim around Absecon Island in 1954 – her encounter with Lucy. “I was swimming down the [ocean side of the island]. I was getting close to Margate and remember looking and seeing this enormous elephant on the beach. I started to say to Gus, ‘Oh, my God, there’s an elephant!’ But I caught myself and put my head back in the water. I didn’t talk to him because I was afraid he was going to think I was hallucinating and he’d pull me out. I knew that was always a possibility, that swimmers could hallucinate. I don’t think in all my swimming career that I ever did hallucinate – that was the only time.”

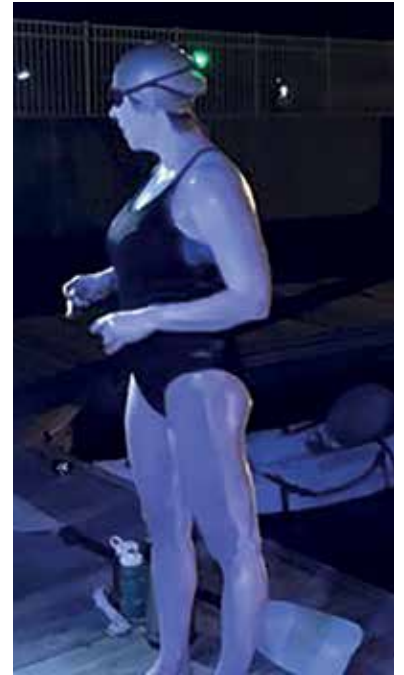
Only the next day did Bell find out that she hadn’t hallucinated at all. Rather, she’d spied Lucy the Elephant, a 65-foot-tall novelty hotel built in the shape of an elephant in 1882 that stands watch over the tiny town of Margate.

← initially. On her first training swim, she asked Joe whether there were any fish in the water – she was deathly afraid of what might be swimming beneath her. “He said, ‘no, the fish won’t bother you, but if you put your feet down, crabs will bite your toes,’ and I hightailed it back to the beach. I did not present a positive picture of somebody who was ready to swim 26 miles,” she says.

At the time, Bell says she couldn’t have conceived that she and Joe would marry three years later – “he was a sophomore in college, I was in grade 11 for heaven’s sakes!” But the pair got to know each other a bit during her time in Atlantic City. They kept in touch via letters afterward, and a long-distance romance blossomed. “We figured out after we were married that we’d been in each other’s company face-to-face for like 30 days,” over the three years they courted. “It was all letters and phone calls.”

Bell retired from swimming when she and Joe got married in 1957 and settled in Camden, New Jersey. She

says the timing was right. “Maybe if our romance hadn’t worked out there’s a possibility I would have continued to swim,” she says, but she was ready to move on. She’d accomplished what she wanted to with swimming – Atlantic City, Lake Ontario, the English Channel and the Strait of Juan de Fuca – and she was ready to tackle new challenges: motherhood, going to college, and becoming a teacher. “I had other fish to fry,” she says 



Jamie Monahan circumnavigated Absecon Island in 13 hours 59 minutes





Passing the Baton

She stood atop Steel Pier and fired a starter's pistol "with the longest barrel I've ever seen," Marilyn



Bell DiLascio recalls, in reference to that most famous of swimmers, Gertrude Ederle, who acted as official race-starter for the 1954 around Absecon Island marathon swim. Ederle discharged her duties and the gun all while clad in the demure white gloves, strand of pearls, modest fit-and-flare midi dress, and Juliette cap that defined style for decorous women of the era.

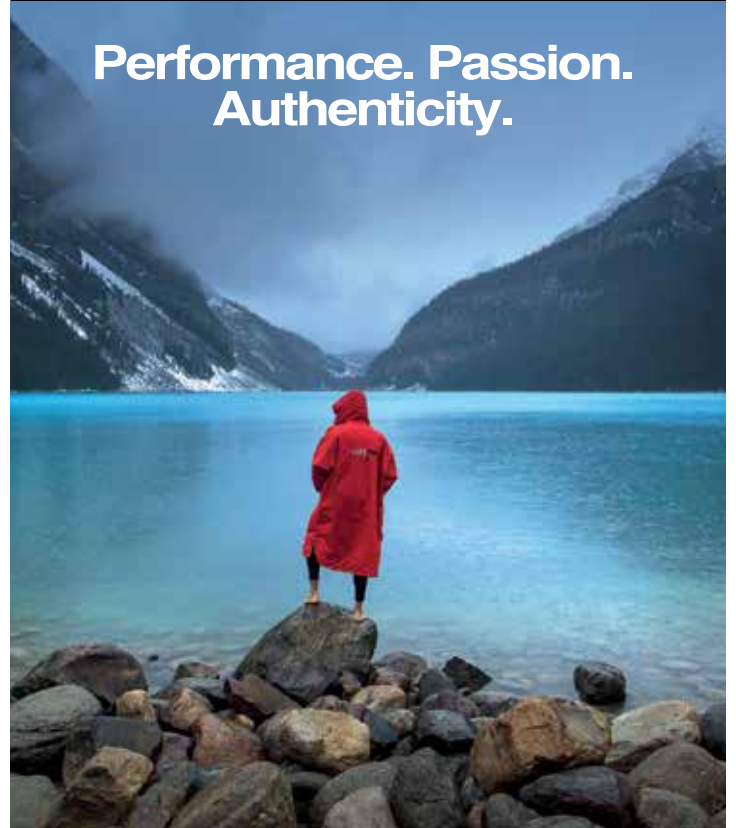
"The coolest thing," Bell says, "was I did have a conversation with her. She was very interested that this was my first marathon and she was very encouraging." Bell says Ederle told her that she'd have to try the Channel someday. Bell took that advice the following summer, crossing from France to England in 14 hours and 36 minutes on 31 July 1955. She had claimed the record for youngest swimmer to make it across, at age 17.

Bell says she was reminded of Ederle's kindness toward her when she recently received a box of clippings and memorabilia from her swimming days that had been left behind in Canada. "My friend brought me this box of history that I thought I'd jettisoned. When I was going through it this fall, I found one or two, maybe even three, telegrams from Trudy Ederle wishing me good luck when I was trying the Channel. That was a pretty neat thing." Indeed, to have well wishes from the original Queen of the Waves herself would be prime motivation for honouring her legacy.

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PERFORMANCE ZONE

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SPORTS CLOAK

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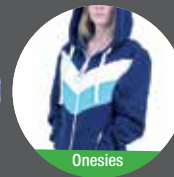
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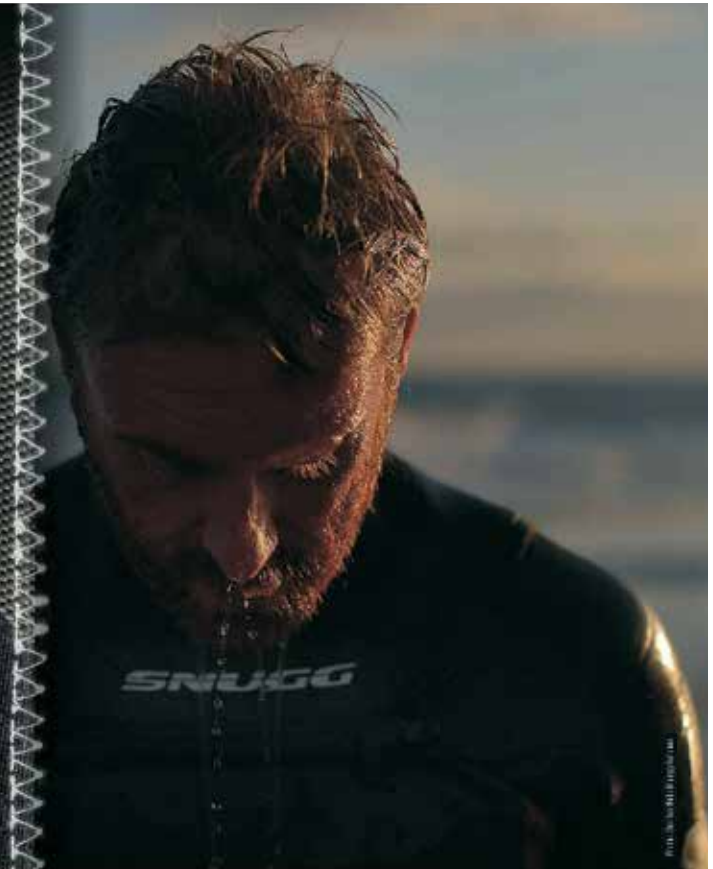


Photo: Steve Hill / iStockphoto.com



COACH CASSIE

Our resident Olympian answers your swimming questions



I have just completed my first 1km (slow and steady at 38mins!) and want to work up to 2km. I thought I might try 1250m this week but not sure if a 25% uplift is too much? I swim at least twice a week. Joyce Turton

This is a good question, it very much depends on how you're feeling when you increase your distance. I would say 10-20% is a good amount to increase if you're swimming at a steady level and you're pain free. If you do get any pain in your shoulders etc then don't jump up the distance by as much, but aching in your arms is to be expected.

If you can swim a third session a week that would also assist in upping the distance. If you do put a third session in then keep that session shorter at first so your body can get used to the larger volume you'll be swimming.

**What are the best drills to practise bi-lateral breathing?
Colin Campbell**

One thing people forget is that you can mix up patterns. I used to hate breathing every three as I find turning my head to the left uncomfortable. I used to breath 3-2-2-3 so I would put a third breath in as this assists in evening out my stroke and also in open water it helps to see all around you. But then I would breath 2x to my right as this feels more natural. As for drills, just practise and persevere – it will get easier!

Cassie Patten won bronze in the first ever Olympic 10km marathon swim, in the Beijing 2008 Olympics.

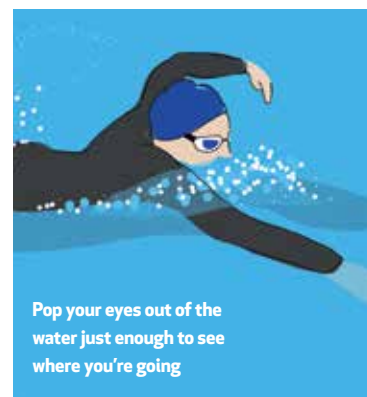
Cassie now coaches and is a commentator at open water events.
cassiepatten.co.uk
@cassiepatten

**Any tips on sighting?
Sighting frequency/
navigating in general?
@thefizzeo**

People underestimate the importance of sighting, it can have a huge impact on your open water swimming. One way to improve your sighting is to practise it in the swimming pool when you train. A lot of people only ever sight in the open water and never work on it in training.

One thing I used to do while swimming a longer distance set would be on every even length to pick a point at the far end of the pool and sight for it. An efficient way to sight is to pop your eyes out of the water just enough to you can see where you're going but not so much that your hips sink. If you can then turn your head into a breath it makes the sighting process more efficient.

I used to sight every 8-10 strokes as I knew I was good at swimming in a straight line. If you know you need to improve your ability to swim in a straight line in the pool start squinting your eyes (if safe to do so) so you are not relying solely on your eyes to make you swim straight.



Pop your eyes out of the water just enough to see where you're going

Email your questions to: editor@outdoorswimmer.com with the subject 'Coach Cassie'



Make sure your move back to swimming outdoors doesn't undermine a winter's worth of hard training, says Fiona Ford

SPRING SESSIONS

A well-invested block of training during spring will help convert a solid winter of training into performance gains for the upcoming open water season. But, unless you pay attention, you can quickly lose speed when you swap winter pool-based sessions for the delights of swimming outdoors. Hopefully, you will have been developing your endurance, pacing skills and sustainable speed (using your Critical Swim Speed (CSS)) along with correcting technical issues in your

SWIM SMOOTH SQUAD TRAINING AND VIDEO ANALYSIS SESSIONS

Triathlon Europe provides weekly Swim Smooth squad training in South West London. The squad enjoy training all year round in fabulous indoor and outdoor 33m pools. Fiona offers swim training plans, 1-2-1 video analysis sessions and stroke correction sessions on weekday mornings and weekend Swim Smooth workshops.



Find out more:
triatloneurope.com

stroke to become more efficient in the water over the winter. Protecting the gains made over the previous six months should now become a priority.

When swimming in open water there's a tendency to relax your focus on accurate pacing and excellent technique, both of which are detrimental to speed. In addition, if you don't brush up and hone your open water skills, you will also be at a disadvantage. My suggested sessions this issue therefore focus on pacing and open water skills to ensure you make the most of all the training you've done through the winter.


For those seeking to maximise performance in open water, ideally your endurance training session each week should now be taken outdoors and completed in a wetsuit if that's what you use for racing. In my SwimSmooth Richmond squad we see an improvement of up to 20 seconds

per 100m with wetsuit use. Those with non-swimming backgrounds tend to benefit the most from the improved buoyancy and body position whereas some very experienced swimmers can feel completely unbalanced. It is

essential to understand how swimming with a wetsuit affects your speed so you can train at the correct pace.

Secondly, having confidence and competence in deploying open water skills requires practice.

But it's worth noting that practice does not make perfect, but rather, permanent! So ensure

that you utilise skill and strategy practice relevant to your particular stroke anomalies. The difference between being skilled at open water strategies or not will determine whether you can execute the desired swim times in racing based on your (wetsuit) open water CSS in training. Enjoy working on both critical aspects in the sessions below 

IT IS ESSENTIAL TO UNDERSTAND HOW SWIMMING WITH A WETSUIT AFFECTS YOUR SPEED

SESSION 1: Pace awareness (do in a wetsuit if that's what you use for racing)

Total distance: 3,000 to 4,000m

Warm up

3 x 400m stroke rate contrast set as:

- 1) 400m freestyle at easy, relaxed stroke rate (2-3 Strokes per Minute (SPM) below your Base Stroke Rate (BSR)) focusing on consistent exhalation and effective breathing technique.
 - 2) 400m freestyle at BSR or normal stroke rate rhythm, practising versatility in breathing patterns (bilateral, unilateral, 3/2/3/2).
 - 3) 400m freestyle at a slightly elevated stroke rate (2-3 SPM above your BSR); experiment with a more open and relaxed arm recovery and finishing stroke to thighs.
- Take 30-60s rest after each 400m.

Main set 1: TIMED SWIM

1,000m freestyle at fastest sustainable pace

Calculate your average pace per 100m after the session, to use for training sets in open water. If you wear a wetsuit this may be a vastly different pace to your non-wetsuit CSS. It is important to have an accurate pace to use in open water with a wetsuit. 60 seconds rest

Recovery set:

200-400m easy freestyle (relaxed stroke rate) with paddles, ensure stroke is finished to thighs.
30 seconds rest

SESSION 2: Open water skills

Total distance: 3,200 to 4,000m

Warm up

5x200m as:

- 1) 200m easy aerobic pace
- 2) 200m freestyle, open turns no wall push-off. Work on re-establishing stroke rate rhythm after each turn.
- 3) 200m freestyle, sighting every 6 or 8 strokes. Practise co-ordination of brief sight forward before turning head to breathe in.
- 4) 200m freestyle, hip drafting a partner, breathe towards them to monitor speed, proximity and co-ordinating stroke rate around theirs
- 5) 200m freestyle, as 4) but swap leader. Breathing pattern 3/2/3/2 working at CSS pace

Main set 1:

10x100m at CSS pace (from session 1). Deep water starts and no wall push-off. Practise a range of turns (backstroke flip turn or single arm turn) +15 sec rest in between.

Main set 2:

6 to 10 x 100m drafting in pairs or small groups (3-4 swimmers) practising hip and feet drafting positions. Lead swimmer to dictate pace, varying from CSS to sprint over each 100m to provide non-static speed for drafting swimmers to dial in drafting skills, observation skills and anticipation of pace changes. Swap leader after each 100m. Work on close drafting and versatile breathing patterns to ensure lead swimmer is kept in sight to not become dropped!

2 to 3 x 500m drafting practice, swapping lead every 100 to 200m. Utilise sighting to remain on the feet or breathe towards partner if hip drafting to remain in good proximity and benefit from up to 20% in energy saving, in their draft. 60s rest after each 500m

Cool down:

200-400m easy. Include some backstroke.

200-500m easy, include some backstroke.

Open water option:

Both of these sessions can be adapted to open water. You may need to be a bit creative to mark out a measured course but use GPS or maps to measure distances between buoys and landmarks and set up loops or out and back routes of say 400m, 750m or 1000m.



CRITICAL SWIM SPEED (CSS) IS YOUR THRESHOLD OR SUSTAINABLE SWIMMING PACE. YOUR CSS IN OPEN WATER WILL BE DIFFERENT TO THE POOL, ESPECIALLY IF YOU WEAR A WETSUIT WHICH RESULTS IN A SIGNIFICANTLY FASTER CSS FOR MANY SWIMMERS. YOU WILL ALSO BE AFFECTED BY SIGHTING AND THE LACK OF TURNS.



Over-reaching with a dropped elbow

**BAD
TECHNIQUE**

SWIMMER'S SHOULDER

Coach James Ewart and surgeon Jeremy Granville-Chapman look at a common fault in swimmers' strokes and how to correct it



A straight-arm catch places huge forces on the shoulder



JAMES EWART is a Total Immersion swim coach with The Swim Business theswimbusiness.co.uk totalimmersion.net

JEREMY GRANVILLE-CHAPMAN is a consultant orthopaedic surgeon specialising in shoulder and elbow surgery and sports injuries. He regularly treats swimmers with shoulder pain. Find out more about shoulder problems on his website: windsorupperlimb.com

Coach James Ewart:

Following on from last month's article on arm recovery, the next most common fault I see in swimmers with shoulder issues is an over-reach forwards, which results in a "locked" elbow and a straight arm catch

under the water. So, instead of the hand 'catching' and pulling the swimmer forwards efficiently, it presses down like a windmill blade. This long lever arm places huge forces on the shoulder. This can be further exacerbated by a crossing arm which results in the arm sweeping outwards.

Keep your elbow
higher than your
wrist

GOOD
TECHNIQUE

Allow the
elbow to bend
during the
catch

Surgeon Jeremy Granville- Chapman:

I also see patients with poor shoulder blade control and pain along the inside ridge of their shoulder blade. A straight-arm catch will disable the biceps (an elbow flexor) and promote excessive tilting of the shoulder blade as well as overloading the rotator cuff. It will therefore predispose to problems with the muscles that stabilise the shoulder blade as well. A sweeping outwards arm requires the shoulder to resist even more forces. As with most sports, attention to technique can prevent many injuries and, if you are suffering pain, correction of technical faults can allow you to resume participation and regain your enjoyment from your sport.

What to do

Avoid over reaching with your hand and forearm. Ensure you do not 'lock out' the elbow as you catch the water. Try to keep your elbow higher than your wrist and allow the elbow to bend during the catch so that your hand comes inside the line of your elbow. Keep the hands relaxed to help enable this.



SWEET DREAMS

Sleep guru **Nick Littlehales** explains why sleep is so important to swim performance and how to ensure you get the best night's sleep

HOW IMPORTANT IS SLEEP TO EFFECTIVE TRAINING AND RECOVERY?

Sleep is far more important than people realise and it is often taken for granted. Not only does sleep affect you mentally and physically but it also affects your performance in the water, which is why it is so important to ensure you get a good quality sleep. Ultimately, the better quality sleep that you have, the better you will be able to work out. However, you do need to redefine your approach to achieve sleep quality.

Is there an optimum amount of sleep to get per night?

Sleep is a topic that has been researched thoroughly and typically it is advised that a healthy adult should achieve at least eight hours of sleep in one block. Instead, I believe that we should be sleeping in multiple blocks over a 24-hour period, which is polyphasic, rather than one block at night which is monophasic. By adopting a polyphasic approach, you will find that your quality of sleep will be improved.

Are there any pre- and post-sleep routines to help get the best from your sleep?

To ensure that you get the best sleep there are a few techniques that I would recommend using. Pre-sleep, I would suggest undertaking meditation or mindfulness to bring you into a calm state of mind, which should lead to an improved quality of sleep. Post-sleep, I would recommend gradually exposing yourself to light, as this will make you become more active and will lead to increased serotonin levels. Pre-sleep is all about moving from light to dark and warm to cool. Post is all about exposing yourself to light.

WHEN IS THE BEST TIME TO TRAIN AND WHY?

I believe that the best time to train in the pool is in the morning when you are fully awake and you get that natural testosterone boost. However, everyone has different characteristics and it also depends on what you are trying to achieve. Identifying whether you are an AMer or PMer helps plan your training schedule and training when you are required to perform also helps recovery preparation. Not everyone loves the mornings!

It is often hard to sleep properly before a big race because of nerves and excitement. How can you combat that?

There is always a lot of nerves, worry and excitement around events and to combat this and to ensure that you get a good quality sleep, I would recommend adopting a polyphasic approach which includes sleeping in multiple blocks of shorter sleep cycles. By adopting this approach, you will find that you will perform and recover better.

Another way to combat the rush of adrenaline that you may be feeling before a big race is to participate in meditation or yoga to bring yourself into a calm state. These techniques may also help to improve your sleep quality.

AFTER AN EVENING TRAINING SESSION IT IS OFTEN HARD TO GET TO SLEEP. WHY IS THIS AND ARE THERE WAYS TO PREVENT IT?

After training in the evening, your adrenaline and cortisol levels increase, which go against you trying to sleep. As a result, if you try to sleep at your normal sleep time, you are not allowing yourself enough time to come down from your training. Instead, you need to sleep later at night and align your training pattern with sleep.



NICK LITTLEHALES

is the sleep expert for Speedo's Mind Body Swim programme, a holistic swim training plan for swimmers at all levels that includes nutrition and sleep advice to help improve your time in the pool by making simple changes to your lifestyle. on.speedo.com

SPRING INTO ACTION!

With water temperatures now in double figures, spring is the perfect time to start outdoor swimming. Whether you are a seasoned swimmer or new to open water, here are our top tips for safely enjoying your first outdoor swim of the year

Proper preparation for your first outdoor swim is essential for you to enjoy the experience. Once you've decided where and when you need to think about who with. By all means, go on your own or with another complete beginner if you're going to a supervised venue or lifeguarded beach. If not, never swim alone – you should go with someone whose swimming experience and competence you can trust.

Next, make sure you have everything with you that you might need: a swimming costume, towel, goggles and brightly coloured hat for warmth and visibility. A wetsuit will also help you keep warm and swim for longer. Also consider a tow float to make it easier for other water users to

see you. Make sure you have plenty of warm clothes for afterwards, and a hot drink to help combat shivers.

When you change for swimming, pack and store your clothes so you can dress quickly and easily afterwards. If you come out shivering, you don't want to waste time looking for your thermal underwear.

Now, make your way to the water.

GETTING IN

Before getting in the water, be aware of your environment and plan your swim beforehand. "Check the shoreline for sharp objects and if possible wear shoes to get in," says Graeme Sutton from Swim On The Wild Side. "Plan your entry and exit points and plot your desired swim route."

Don't ever think about jumping or diving in for your outdoor swim. Always wade in slowly, taking care where you place your feet. If the water is very cold, it might actually hurt. Don't worry. The pain will go away after a few minutes. Pause when you get to about waist deep and plunge your hands in. Scoop up some water and splash it on your face and neck. This will reduce the impact of cold water shock. Ensure your breathing is under control and lower yourself until your shoulders are submerged.

Notice your breathing and make sure you are properly breathing out. When you're ready, while still within your depth, try briefly dipping your face in the water to see how it feels. Then try floating on your back or



Where should you go for your first outdoor swim?

A LIFEGUARDED BEACH OR SUPERVISED LAKE

A lifeguarded beach or commercial open water swimming venue with on-water safety cover and a marked-out swim route to follow is a safe way to explore the open water and perfect for beginner swimmers.

A WILD SWIMMING SPOT

Wild swimming spots are not supervised or lifeguarded. They are natural locations with rough edges and changing conditions. Do your own risk assessment before you get in and don't swim alone. Ideally, get an experienced swimmer to accompany you.

SWIM ON THE WILD SIDE offer starter sessions on open water swimming at the **KESWICK MOUNTAIN FESTIVAL**, 8-10 June and throughout the year in Derwentwater in the Lake District.

More info:

keswickmountainfestival.co.uk/activities/introduction-to-open-water-swimming/swimwildside.com

YOUR FIRST SWIM SHOULD BE ABOUT FINDING OUT HOW YOU FEEL WHEN SWIMMING OUTSIDE

doing a few strokes of head-up breaststroke. It's good to keep your face out of the water at this point. Only move to face-down swimming when you feel totally comfortable and your breathing is under control.

HOW FAR SHOULD I SWIM?

Unless you're a very experienced and fit pool swimmer, we'd recommend keeping your first outdoor swim to about 10 to 15 minutes (or less) and not even worrying or measuring how far you go. There's a lot of variability in open water: if it's very cold and the

conditions are tough, make your swim shorter. Always ensure you have a safe exit point should the cold affect you. If it's calm and warm, you might push it a bit longer. But don't go crazy.

Your first swim should be about finding out how you feel when swimming outside. "Don't panic while swimming," says Graeme. "Enjoy the scenery from an angle land-lovers can't see it from."

You don't need to set yourself any distance challenges at this stage. Just do enough to feel comfortable in the water, enjoy it and leave yourself wanting more 🏊



Swimming is more fun in a group

FUEL FOR THE POOL

If you're new to swimming training, or are upping your distance, sports nutritionist **Anita Bean** advises on how best to fuel your sessions

Swimming makes you very hungry! How do you find the right balance of eating enough and not gaining unnecessary weight?

YOUR APPETITE MAY BE BIGGER after swimming than after other activities because you are cooler. Other activities that make you hot for a while after exercise reduce your appetite temporarily. Swimming, on the other hand, may make you warm but you cool down far quicker in water so by the time you're out and dressed, your body temperature is back to normal, even cooler. If you want to avoid putting weight on, then coincide finishing your swim with a mealtime. That way, you won't need to eat a post-swim snack to see you through to your meal.

Before swimming:
How best to fuel a training session

HAVE A MEAL THAT CONTAINS CARBOHYDRATE and protein 2-4 hours before you swim. This could be a bowl of porridge with fruit and nuts; a sweet potato with hummus and salad; or a chicken and noodle stir-fry. If there will be a gap longer than 3-4 hours between your last meal and your swim, then a high-carb snack (such as a banana, a slice of toast and honey, or a fruit and nut bar) 30-60 minutes before your swim will give you an energy boost. However, if you prefer swimming on empty, this is okay for low intensity workouts less than 90 minutes.

Which is best: protein powder or milk drinks?

THERE ISN'T ANYTHING MAGICAL IN PROTEIN SUPPLEMENTS that will enhance muscle recovery or increase strength. Their main advantage is convenience as they provide protein in a concentrated and easy-to-consume form. In other words, they can be a convenient post-workout option to food. Most provide 20 to 30g of protein per serving. You can, of course, get your protein from food sources such as milk, peanut butter on wholegrain toast, porridge, yogurt with a handful of nuts or chicken sandwiches.



ANITA BEAN is the sports nutritionist for Speedo's Mind Body Swim programme, a holistic swim training plan for swimmers at all levels that includes nutrition and sleep advice to help improve your time in the pool by making simple changes to your lifestyle. on.speedo.com

During swimming:
Do you need a
sports drink or is
water sufficient?

IF YOU'RE SWIMMING FOR LESS THAN 1 HOUR, WATER IS ALL YOU NEED. Sports drinks provide extra carbs and sodium, which may be beneficial for swims over an hour when you risk depleting your glycogen fuel stores. Extra carbs can help maintain blood sugar levels, maintain your pace and delay fatigue.

Should you
consume protein
after training and
how much?

IT'S IMPORTANT TO HAVE SOME PROTEIN after training to repair damaged muscle fibres and promote muscle recovery. Ideally, try to consume 15–25g protein in your post swim meal as well as in your other meals throughout the day. You can get 20g protein from 500ml milk; or 85g chicken or 100g tofu with 250g noodles.



What
about
veggie
or vegan
protein?

CONTRARY TO POPULAR BELIEF, getting enough protein isn't hard to achieve on a plant-based diet if you include a wide variety of beans, lentils, soya products, grains, nuts, seeds and quinoa. Research on soya protein and muscle synthesis shows that it's comparable to whey protein, which is considered the gold standard for athletes. If you consume non-dairy milks, then bear in mind, these – with the exception of soya – are much lower in protein than dairy milk. Vegan protein powder supplements (containing pea, hemp or rice protein) are now also available if you aren't getting enough protein from your diet.

After swimming: How to best
recover after a hard session?

AIM TO HAVE A MEAL WITHIN AN HOUR AFTER YOUR WORKOUT. Recovery meals should contain carbohydrate (to refuel), protein (for muscle repair), and plenty of vitamins and minerals to promote muscle recovery. Good options include quinoa with fish and roasted vegetables, salmon fishcakes with sweet potatoes and salad, or a chickpea and spinach curry. If there will be a gap longer than 2 hours, between your swim and your next meal, then consume a snack but count this towards your daily calorie quota to avoid unwanted weight gain. Good snack options include: milk; plain yogurt with berries and seeds; toast with peanut butter; or a fruit and nut bar.

THREE WAYS WITH QUINOA



GREEK SALAD

INGREDIENTS

Makes 2 portions:
250g cooked quinoa
150g black olives, sliced
100g cherry tomatoes, halved
50g sweetcorn
1 red onion, sliced thinly
60g feta cheese, cubed
2 tablespoons hummus

DRESSING:

1 garlic clove, minced
Pinch of salt
½ teaspoon Dijon mustard
⅛ cup extra virgin olive oil
1 tablespoon fresh lemon juice
¼ teaspoon sugar
2 tablespoons red wine vinegar

METHOD

- 1 Mix the dressing together in a screw top jar until well combined, thick and dropping consistency.
- 2 Put all the ingredients in a large bowl and use your hands to carefully mingle the ingredients together.
- 3 Add the dressing, as much as you prefer, and stir through the salad.

Serve on a bed of crunchy iceberg lettuce or baby leaf spinach, then top with hummus.



EXPERT ADVICE

Kathy Findlay is an open water swimmer, nutritional therapist and advanced sports and exercise nutritional advisor providing personalised nutritional advice and plans to athletes. foodforsport.wix.com/nutrition
See Kathy's Instagram account for more recipe ideas: [food4sport_](https://www.instagram.com/food4sport_)

3 BEAN SALAD

INGREDIENTS

Makes 2 portions
250g cooked quinoa
2 large sticks celery
200g green lentils, drained and rinsed
200g cannellini beans
200g black beans, drained and rinsed
200g borlotti beans, drained and rinsed
75g cherry tomatoes, halved
4 Tablespoons pickled Red

Cabbage

DRESSING:

⅓ cup rapeseed oil
2 tablespoons pureed Mango (use a food processor)
1 tablespoon white wine vinegar
½ teaspoon sugar
Pinch of salt
1 red chilli, chopped

METHOD

- 1 Mix the dressing together in a screw top jar until well combined and dropping consistency.
- 2 Put all the ingredients in a large bowl and mix the ingredients together with a wooden spoon carefully.
- 3 Add the dressing, as much as you prefer, and stir through the salad.

Spoon the salad into a lunchbox or serving bowl and top with the red cabbage.



Why not switch nutrient-lacking breads, wraps, pastas and rice for protein-rich quinoa recipes from nutritionist **Kathy Findlay**

QUINOA BEETROOT BURGERS

INGREDIENTS:

Makes 4 large burgers
225g raw beetroot
1 tbsp vegetable stock
150g cooked quinoa
1 tbsp olive oil
½ tbsp cumin
pinch of salt
juice of ½ lemon
1 clove garlic, minced
1 tbsp chopped parsley
30g cornflour
1 heaped tbsp nutritional yeast (optional)
2 heaped tablespoons rapeseed oil



If you're short on time, buy sachets of precooked quinoa and simply add the remaining ingredients

- 1 Preheat the oven to 180°C/350°F/gas mark 4 and line a baking tray.
- 2 Peel and cube the beetroot and cook in a pan of boiling water for about 30 minutes or until soft enough to mash. Strain and set aside.
- 3 Add the olive oil to the beetroot and mash it to a purée. Leave to cool for 10 minutes then stir in the quinoa and make sure it's mixed well.
- 4 Add the cumin, salt, lemon juice, garlic and

parsley. Finally stir in the flour and yeast until well blended.

- 5 Create four large burgers by shaping them with your hands into patties.

- 6 Put the rapeseed oil in a large frying-pan and place on a high heat. Sear the burgers for two minutes per side, then place on the baking-tray and put in the oven for 20 minutes.

Serve in toasted burger buns with salad and hummus.



CASTLE SWIM SERIES



LOUGH CUTRA CASTLE
SATURDAY 26TH MAY 2018



HEVER CASTLE
SATURDAY 22ND SEPTEMBER 2018
NEW! SUNDAY 8TH JULY 2018



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SATURDAY 23RD JUNE 2018

Unique open water swims in castle lakes; 5k, 2.5k and 1 mile (open for the whole family) swim courses. NEW 10k marathon swim at Hever Castle only on 8 July. These events promise not just stunning swim courses, but a medal, finishing banquet and festival event village filled with live music and entertainment.

All swimmers will be provided with timing chips and the races categorised into wetsuits and non-wetsuits. Prizes will be awarded for the first place male and female competitors in each distance.



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SATURDAY 21ST JULY 2018

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SWIMMING IN PATAGONIA

When **Osman Pulgar Blanco** took a business trip to Argentina he managed to combine it with some outdoor swimming pleasure

It is hard to keep yourself in good swimming shape while you are on a crusade to convince customers about a digital transformation of their companies or about a globalisation deal in a disruptive world. Over the last few years I've been training in the warm and comfortable waters of the Caribbean in my home country of Venezuela. But last year, at the time when I should have been training hardest, I found myself in Buenos Aires in Argentina for 30 days, in winter, for a business trip. So, I started looking for a place to swim. I could smell the sea, I could feel the cool sea breeze and, as a very uninformed visitor looking at any map, I could see I was close to the Atlantic. I thought I should be able to easily find somewhere to swim. And I did, eventually – but it wasn't in the Atlantic, although it was an amazing experience.

Turning to Facebook, I found Camilo Aguas Abiertas (*Aguas abiertas* means open waters in Spanish). Here



Team bonding!

was someone who could help me, I thought, so I got in contact. His reply struck me with fear: "You can leave your neoprene suit at home!"

Argentina, I was about to discover, is not only about tango, wine and steaks. They also have Club NAF, where NAF stands for Nadadores de Aguas Frias or cold water swimmers. And Camilo is Club NAF's founder.

"Initially NAF were three friends from Ushuaia [about as far south as you can get in Argentina] who used to



go camping and swimming throughout the year," Camilo explained to me. "First they did it with wetsuits. Then one of the group, Walter Ruano, started doing it in '*cueros*.'" *Cueros* means leathers in English but you probably say 'skins'. At least they didn't mean naked, as I first thought, but in a regular swimming costume. Walter is

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more info

Contact NAF Argentina or Camilo at:

<https://es-la.facebook.com/nafargentina/>
<https://www.instagram.com/camiloaguasfrias/>
<https://www.facebook.com/camiloaguasabiertas>



Osman's new NAF friends

TO EXPLORE PATAGONIA'S LANDSCAPES FROM THE WATER IS HYPNOTIC

an experienced cold water swimmer who had crossed the Beagle Channel (non-wetsuit) in the winter of 2013.

The three soon connected with other like-minded people including pioneering swimmer Enriqueta Duarte. Forty years ago, she was the first person to cross the Nahuel Huapi Lake and also the first Latin American woman to cross the English Channel, in 1950. Then there is María Inés Mato, who has also swum the English Channel and Sergio Salomone, described by Camilo as a “beast of the ice”. Sergio has been

swimming regularly in icy waters for more than 10 years.

What was I thinking when I agreed to swim with these people?

“You will feel needles all over your body,” Camilo warned, before my first outing with him at Lago del Rocio, where you will find NAF most Sundays. The water was 9 degrees Celsius, about 15 degrees less than I’m used to! But it wasn’t needles, it was more like flames as I submerged my upper body. But with my new NAF friends clapping and cheering and

celebrating having a tropical fish in their waters, there was no backing out. I swam a couple of laps before my core temperature began to drop.

Swimming in Patagonia with Club NAF was absolutely wonderful. To explore its landscapes from the water is hypnotic. Its landscapes are unique: wide horizons, mountains, steppes, snow, ice, lakes, sea, rivers, cold and beautiful waters, pristine and unexplored nature. Club NAF helped me enjoy this in the safety of their group, accompanied by lifeguards and paramedics, who are always there to provide the security and assistance to the team.

NAF are a group of local swimmers willing to share their waters and their friendship and who show that the colder the water, the warmer the heart 🇦🇷



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A SWIM TO REMEMBER

A trip to the Czech Republic led to Jane Drapkin organising a swim in memory of Holocaust survivor Hana Greenfield

On one sunny day in June 2015, I asked a question that any normal outdoor swimmer would ask when visiting a town located on a river: 'Does anyone swim in the river?' Little did I know that such a seemingly innocent question would lead to me organising a river swim in the Czech Republic this summer!

TORAH SCROLLS

The river in question is the Labe, which runs through the Czech town of Kolín, located 60km east of Prague. I was visiting because Northwood and Pinner Liberal Synagogue, of which I'm a member, has a Torah Scroll from the town. The Jewish community from Kolín was decimated during the Holocaust, but unlike most other countries under Nazi occupation, in Czechoslovakia the Torah Scrolls were saved and kept in storage in Prague.

In 1963, during Communist rule, they were sold to a philanthropist who shipped them to London and over the years they have been distributed to Jewish communities around the world.

We took possession of our Kolín scroll in 1971, and in 1978 our Rabbi remarked during a sermon that it would be interesting to find out something about the town. It turned out that a member of the congregation went to Czechoslovakia occasionally for work, and he began carrying out research into the history of Kolín during his business trips. Over the intervening 40 years the Synagogue and the town have developed a very special relationship, and members of the Synagogue visit regularly.

In 2015 I joined one of these visits. Also on the visit were the family of the late Hana Greenfield, one of the town's few Holocaust survivors, who had died a year earlier. It turned out that her



Jane and Meira receiving the route of the swim



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THE SWIM WILL BE THE FIRST TIME ANYONE LOCAL HAS SWUM IN THE LABE IN KOLÍN FOR 85 YEARS



FIT FOR FISH, SWANS AND SWIMMERS

Since that conversation back in 2015, I have learnt that Kolín's used to swim in the river regularly, and the local library has photos showing them doing so up until 1933. In fact, swimming only stopped when the river was widened to accommodate a growth in industry along its banks and an accompanying rise in volume of

daughter, Meira, was also an outdoor swimmer, and we bonded instantly.

NO ONE SWIMS IN THE RIVER?

During the visit I happened to ask Kolín's mayor if anyone ever swam in the river. "No, no one swims in the river," he replied. "We have a perfectly good swimming pool. Why would anyone swim in the river?!"

On overhearing our conversation, Meira exclaimed: "Of course people swim in the river! My mother used to swim in the river. Her father used to throw her in the river so that she would learn to swim!" At which point, we looked at each other and decided instantly that we needed to organise the 'Hana Greenfield Memorial Swim.'

And so, on 26 August this year, we will be hosting 1km and 3km swims plus a 500m mass participation event in the Labe river in Kolín, to re-start river swimming in the town.

Swimming in the river was popular before the Second World War



shipping, destroying the beaches and increasing pollution.

The river remained a rather uninviting prospect for swimmers until a massive clean-up began in the 1990s with Czech-German co-operation — the Labe flows into the Elbe in Germany — and the water is once again fit for fish, swans and swimmers.

However, although Kolín's keenly swim in local lakes, they still do not swim in the river. We therefore believe that the Hana Greenfield Memorial Swim will be the first time anyone local has swum in the Labe in Kolín for 85 years, and the event will be reviving an activity that Jewish and non-Jewish people used to enjoy together, without a second thought. Everyone is welcome to join us — local people from Kolín, outdoor swimmers from around the world, Jews, non-Jews, Czechs, non-Czechs 🇨🇪

more info

Getting there: Cheap flights are available to Prague with various airlines. Kolín is a 35-minute train ride from Prague, or a drive of just over an hour

Swim: Hana Greenfield Memorial Swim

Date: 26 August

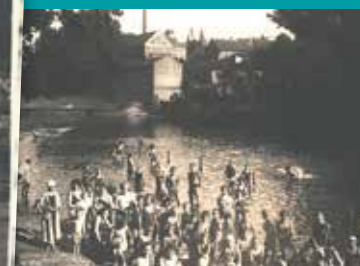
Distances: 500m, 1km, 3km

Entry: Free (donation to charity requested)

More info: bit.ly/2lEXPga

Contact Jane on

info@braylake.com





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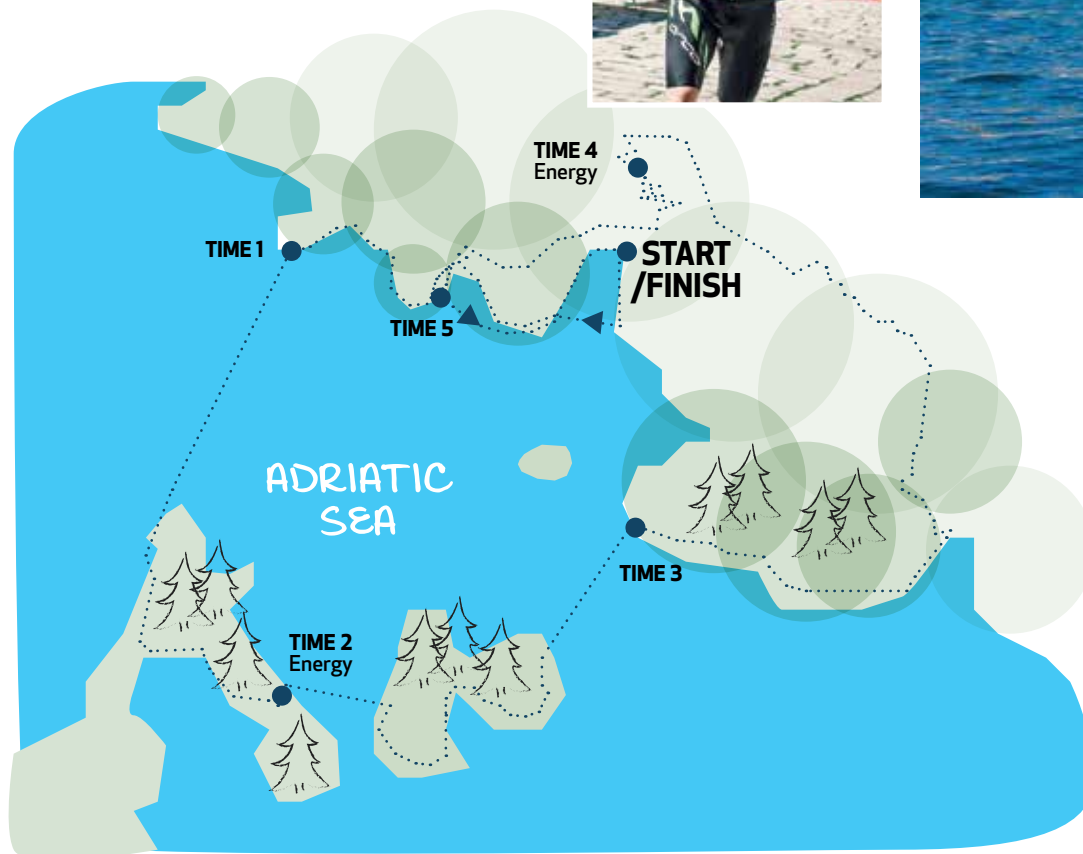
EVENT ZONE

INSIDE

64 Ötillö Swimrun Sprint Hvar
68 Nevis to St Kitts Cross-Channel Swim

ÖTILLÖ SWIMRUN HVAR (CROATIA)

Simon Griffiths took a spontaneous trip to Croatia to take part in the sprint event at Ötillö Swimrun Hvar



Swimscramble? Swimcrawl? Swimmarc? Swimstumble? There were a few times during Ötillö Swimrun Hvar when we were definitely stretching the definition of “run”. But that is part of the charm.

Ötillö is now into its 13th season. The introduction of “sprint” distances over the past few years has allowed less accomplished runners, such as myself, to take part, as the original race in Sweden covers a scary 65km of trail running and 10km of sea swimming.

Still, “sprint” is another misnomer for what is essentially two hours or more of swimming, crawling, staggering, stumbling and occasionally running.

ISLAND TO ISLAND

Swimrun, for those not familiar with the format, is an adventure challenge that consists of alternate sections of running



and swimming, often involving crossing short channels between islands (Ötillö means island to island in Swedish).

There are no standard distances. You run in your wetsuit and swim in your shoes. You race with a partner, which is an important part of the race safety precautions but also one of the features which makes the event so attractive. My race partner, Ben, and I connected after he asked friends to post on Facebook that he was looking for a teammate. I responded, thinking the race was several months away, not several days, so I had no time to train, but also no time to worry about what I was letting myself in for.

Hvar is a spectacular location for the event. On arriving in the harbour, my immediate feeling was one of regret that I'd booked such a short trip. While I was out on the course I kept wanting to stop,

not only because I was at my physical limit but also because the scenery was so stunning.

PUSH TO THE FRONT

The first section was a flat 300m run along the harbour wall. Contrary to my normal race tactics and usual advice (start steady!) we decided to push towards the front. Our thinking was that we would be among the faster swimmers and didn't want to lose time swimming around other competitors on the first swim stretch. The only way into the water was to leap from the harbour wall. Although the sun was hot and the air a comfortable 18 degrees, the water was closer to 14. The contrast was a shock, especially as we'd just sprinted. However, the first swim, across the harbour was just 250m and posed no problems except for the scramble out



**Swimrun
is all about
teamwork**

RACE DETAILS

Name: Ötillö Swimrun
Sprint Hvar

Date: 7 April 2018

Total race distance: 12.3km

Trail running: 9.9km

Swimming: 2.445km

Swim sections: 5

Longest swim: 950m

Longest run: 5.5km

73 teams

19 different nationalities





Hvar is a spectacular location for the event

mixed teams, we'd been told we were the leading men's team. However, there were two teams hot on our trail, who at one point closed the gap to about 20m. I was desperate now for the final swim and a chance to rest my legs. My descent of the final hill was more akin to semi-controlled falling than running, and I literally did fall, rather than dive, into the sea at the end of it, which was a massive relief. The end was now in sight but there could be no let-up in the pace with the competition still close behind. We swam hard to the last transition. The final run, a mere 400m, was an all-out sprint with anxious glances over our shoulders, but we held on for fifth place overall and top men's pair, just seconds ahead of the next two teams (two father and 15-year-old son teams), who crossed the line together.

The total event took a little under two hours, a lot longer than a sprint triathlon and only a little less than an Olympic distance triathlon. However, it was both more challenging and more fun than any triathlon. Our prize for such efforts was an energy drink, a banana, a slice of pizza and free entry to an Ötillö full distance event! 🏆



LOGISTICS

Fly to Split. If you're in a hurry and you've got money to burn, you could take a water taxi directly from the airport to Hvar. Otherwise, make your way to the port in Split (about 16km from the airport). I used the official transport provided by INCroatia, a local event partner but you could take a bus or private taxi. Then take the catamaran to Hvar, which takes about 90 minutes. Alternatively, take the ferry to Stari Grad and then taxi to Hvar. It's also possible (and sometimes cheaper) to fly into Zadar and take the bus to Split.

I stayed in an AirB&B apartment in old town Hvar but there are plenty of other options including the four-star Amfora Grand Beach Resort, which is also race HQ. The old town is car free and you can easily navigate it on foot, provided you don't mind steps! Lots of steps.

← at the end, where I was nervous about putting my hand on a spikey sea urchin and wasted a bit of time.

The second run was 1.4km along the seafront promenade. They were lulling us into a false sense of security. This is where the proper runners could make up a bit of time and we watched in helpless awe as the leading pair of women and overall eventual winners disappeared into the distance.

A HIGHLIGHT FOR SWIMMERS

Swim two took us 950m across to the small island of Marinkovac and again started with a leap. We'd been warned in advance about the current, and headed to the left to counteract it, but sighting was difficult, many people swam a lot further than necessary and a few teams dropped out at this point. For swimmers though, this was one of the highlights. The water is beautifully clear and the distance long enough to get into a proper rhythm.

PUSH YOURSELF TO THE LIMIT

That rhythm was destroyed immediately on the next run of 1.2km, which started on a rough track through a pine forest before moving onto an uneven bed of sea-sculpted white rocks, which required complete concentration as a single wrong step could easily result in

a tumble or a twisted ankle. Swimrun is designed for people who like to challenge themselves in nature as much as race. Don't expect to run a personal best, but do prepare to push yourself to your limit while being totally focused on the moment.

We then crossed another channel, scrambled around another island on similar, ankle-testing terrain before the second longest swim of the day: 525m back to the main island of Hvar but with a strong cross-current and also a noticeable dip in water temperature.

And we'd still only covered half of the total running distance. The bulk of it came next in 5.3km of the hardest running I've ever done. It started innocently enough along the beautiful coastal road but then turned onto a rough steep path going up, and up, and up again. At one point we ran (sort of) along the top of a loose stone wall. At another, on a path so narrow that I missed my footing, tumbled and drew blood from my knees and wrist. On the steepest sections I could no longer run, but marched while my legs screamed and my lungs burned.

SEMI-CONTROLLED FALLING

While the fastest women's team was well ahead, along with some of the

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NEVIS TO ST KITTS CROSS-CHANNEL SWIM

The thought of visiting a new place in the world is very exciting and there can be few places as exciting and vibrant as the Caribbean. Situated in what was the Spanish Main, the scene of colonial ambitions and struggles since the 15th century, St Kitts and Nevis has a turbulent history of colonialism and slavery. The islands were among the first in the New World to be colonised by Europeans, and St Kitts became known as England's "Mother Colony" – the country's first West Indian colony in 1624.

My destination was Nevis, named 'Oualie' by its original Kalinago Indian settlers, which translates as "land of beautiful waters". Separated by a narrow channel from its bigger neighbour St Kitts, the 4km Nevis to St Kitts Cross-Channel Swim is a long-established fixture in the Caribbean open water

Turtles, rum punch and sunshine. Swim coach **Stephen Baker** enjoyed his first trip to the Caribbean

calendar. The adrenaline was flowing in anticipation. You rarely know the competition before a swim, but a 55-minute record for a 4km sea swim was certainly daunting!

The swim is the culmination of my first all-year season in open water and lido swimming. My winter included 4km training swims in Crystal Palace pool as well as 4-degree swims in Brockwell Lido. I gave up alcohol and chocolate and put in lots of training yardage in preparation. The Sunday before, the Beast from the East had left snow on the ground and a chilly 4 degrees in the lido. On arriving at Nevis the difference could not have been more obvious; from 4 to 24 degrees!

ARRIVAL IN PARADISE

I travelled from Gatwick to St Kitts and then Nevis by car, plane, taxi and finally boat. Despite the cloudy skies the sun was fierce. The sea was choppy but the water wonderfully clear and in places an unreal teal-blue colour. Two days of

ST. KITTS

COCKLESHELL BAY

CARIBBEAN SEA

2.5 MILES

START
OUALIE BEACH

NEVIS



swimming in preparation for the race included perfecting my wave-length stroke, bilateral breathing and sighting.

The last supper before the race (it was Easter after all) saw the anticipated pasta with ribs and fish for protein. No booze, of course, and an early night.

DON'T FIGHT THE SEA

On race day an 8am start was scheduled, but this was island time, so at 8.35am we set off – 200 swimmers from the Caribbean, the US and Europe.

Argy bargy! Anything goes in a swim start but here the melee was surprisingly friendly, although settling into a 4km sea race in choppy seas was unexpectedly tough. Nerves and an hour standing in a pink rubber cap had pooled the blood and my legs were not responding. This passed and I soon settled into a nice long wave-length stroke (don't fight the sea, it always wins) and the swim became a pleasure. Occasional encounters with a local golden spiny seaweed provided a free exfoliation of face, shoulders and back.

The twin peaks used for sighting were very clear: a saddleback hill to the left and a stout pyramid to the right. But the need to steer right and let the current and wind move you to the left made it a real focus to maintain a smooth stroke.

Halfway across a safety canoe played polo with my head, clearly designed to knock some sense into me. An unexpected rock formation (The Cows) caused a serious detour – but offered the first turtle sighting of the swim.

LOOK FOR THE RED BUOYS!

As we neared the finish a second larger turtle moved elegantly away from the

human forms above. The bottom was reassuringly in sight, but with the beach now in view there were two bay options – one of them false.

“Just look for the red buoys!”

But where?

Pink heads, conspicuous by their absence for the past hour, suddenly popped up like lonely corks.

A third turtle scuttled past as the two red buoys of the finish finally appeared. My swim finished with an unimpressive stagger out of the water and a short sandy run over the finish line to the whoops and cheers of friendly islanders.

The overall winner, Ceri Edwards, an Englishwoman from Portsmouth, clocked 58 mins, only three minutes behind the record – outstanding! Brits finished in no fewer than five podium positions despite robust competition from various Caribbean islands. There was also a strong contingent of scarily fit looking swimmers from the US, including the winner of the male 60-69 category and third overall in 68 mins.

This is a highly inclusive event with Special Olympic swimmers and escorts, relays, juniors from nine years of age and of course seniors over 60 – including me! The final swimmer in just under three hours was a British woman breaststroker, in many ways the performance of the day.

With good competition, excellent spirit and generous hosts, I highly recommend this event. Plus, post-swim drinks in the Caribbean include the obligatory rum punch and barbecue! 🍷

SWIM DETAILS

Name: Nevis to St Kitts Cross-Channel Swim

Water type: Sea

Distance: 4km (solo and relay)

Categories: Racing – no wetsuits Assisted – fins, snorkels, masks, wetsuits and flippers allowed

Water temp: 24 degrees

Next event: March 2019

Find out more:
nevistostkittscrosschannelswim.com

Stephen and the nine-year-old new junior record-holder. A remarkable feat from the young man!



LET'S SWIM!

UK AND INTERNATIONAL EVENT LISTINGS

Event organisers, if your event is not listed please email details to production@outdoorswimmer.com

ENGLAND & WALES

MAY

- 11** Sospan Charity Swim (750m, 1500m, 2250m, 3000m), Llanelli, healthylifeactivities.co.uk
- 12** Spring Scilly Swim Challenge (15km), St Mary's, scillyswimchallenge.co.uk
- 19** Mass Start 1 (750m, 1.5km, 3.8km, 5km), Kempston, Bedford, galeforce-events.com
- 19** Greater Manchester Swim! (1 mile, 3 miles), Salford Quays, Salford, uswimopenwater.com
- 20** BLDSA Colwick Park Championships (5km), Nottingham, blds.org.uk
- 20** Long Swims @ Lydd (1900m, 3800m, 5700m), Lydd, velocity-events.co.uk, NS
- 20** The Fix Splash #1 (750m, 1.5km, 3km), Hackney, London, capitaltri.com, NS
- 26** BLDSA Wykeham Lake Championships Night Swim (5km), Scarborough, blds.org.uk, NW
- 27** Small Fry & Big Fish Swims (1500m, 3800m), Pingewood, Reading, bigfishswim.co.uk
- 27** Hercules Festival of Sport - Northwood (3km, 5km), Northwood, herculesevents.com
- 27** rgActive Swim Race (750m, 1250m, 2250m, 3200m), Richmond, rgactive.com
- 27** Full Ironman and Half Ironman Lake Swim (1.9km, 3.8km), Westhampnett, Chichester, tribalsportevents.co.uk, NS
- 27** BLDSA Wykeham Lake Championships (1000m, 2 miles, 5km), Scarborough, blds.org.uk

JUNE

- 2** The BIG Bala Swim (1.5km, 4.1km, 8.2km), Bala, loveswimrun.co.uk
- 2** Warrington Dolphins LDSC Budworth Mere Championships (1 mile, 2 miles, 3 miles), Northwich, blds.org.uk
- 3** RLSS Open Water Festival - Ragley Crawl (200m, 400m, 1/2 mile, 1 mile), Alcester, rlss.org.uk, NS
- 3** Ullswater Epic Lakes Swim (500m, 1 mile, 3.8km), Glenridding, epicevents.co.uk, NS
- 6** Dinton Starlight Swim (750m, 1500m), Hurst, Reading, barnesfitness.co.uk
- 8-10** Great North Swim (250m, 1/2 mile, 1 mile, 2 miles, 5km, 10km), Windermere, greatswim.org, NS
- 9-10** Keswick Mountain Festival Derwent Swims (1500m, 3km, 5km), Keswick, keswickmountainfestival.co.uk
- 10** Jubilee River Swim (10km), Eton, 10kswim.co.uk
- 10** RNLI Castle 2 Castle (1 mile), Falmouth, bit.ly/RNLIc2c, NS
- 16** Swim Your Swim Bala (1 mile, 3 miles), Llangower, Bala, swimyoursim.com
- 16** BLDSA Champion of Champions (Dover Harbour) (1 mile, 3 miles, 5 miles), Dover, blds.org.uk, NW
- 16** 'Swim The English Channel Swim Up North' Challenge (36km, solo and relay), Allostock, uswimopenwater.com
- 17** 4k Lock to Lock Swim (4km), Eynsham, Witney, swimoxford.co.uk
- 20** Swim The Lake (750m, 1.5km, 3km), Ardingley, Hayward's Heath, hedgehogtri-events.co.uk, NS
- 22** Summer Solstice Starlight Swim (Dip), Newby Bridge, sleekerswim.co.uk
- 23** Cholmondeley Castle Swim (5km, 2.5km, 1 mile), Malpas, castletriathlonseries.co.uk
- 23** BLDSA Champion of Champions (Ellerton Lake) (1 mile, 3 miles, 5 miles), Richmond, North Yorkshire, blds.org.uk, NW

- 23** River Arun 3.8km Swim (Ironman Distance) (3.8km), Littlehampton, rawenergypursuits.co.uk, NS
- 23** Great East Swim (1/2 mile, 1 mile, 2 mile, 5km, 10km), Ipswich, greatswim.org, NS
- 24** Marlow Classic River Swim (1.5km, 3km), Marlow, f3events.co.uk, NS
- 24** Big South East Swim (1km, 2km, 3.8km, 5km), Dartford, bridgetriathlon.co.uk, NS
- 28** Hillingdon Triathletes Open Water Swim - Race 1 (1000m, 2000m), Denham, hillingdontriathletes.co.uk
- 29** The Friday Night Swims (750m, 1500m), Pingewood, Reading, fridaynightswim.co.uk
- 30** Isoman Triathlon - Swim Only (1.75 miles, 3.5 miles, 7 miles), Redditch, isomantri.com
- 30** Mass Start 2 (750m, 1.5km, 3.8km, 5km), Kempston, Bedford, galeforce-events.com
- 30** BLDSA Torbay (4 miles, 8 miles), Torquay, blds.org.uk, NW
- 30** Tal Y Llyn Swim (1 mile, 2 mile, 4 miles), Gwynedd, aberdoveyswim.co.uk

JULY

- 1** Henley Classic (2.1km), Henley-on-Thames, henleyswim.com
- 1** rgActive Swim Race (750m, 1250m, 2250m, 3200m), Richmond, rgactive.com
- 1** Drakes Island Swim (1.5km), Plymouth, chestnutappeal.org.uk
- 1** Seahorse Swim (2km, 3.8km), Studland, Dorset, dorsetseaswim.club
- 1** Waveney River Swim (11.5km), Beccles, Suffolk, broadsswimming.co.uk
- 4** Dinton Starlight Swim (750m, 1500m), Hurst, Reading, barnesfitness.co.uk
- 7** Boulter's to Bray Swim (1.4km, 2.8km), Maidenhead, boulterstobrayswim.org, NS
- 7** MediaCityUK Swim Challenge (1500m, 5km, 10km, 15km), Salford Quays, Salford, uswimopenwater.com
- 7** The Big Cotswold Swim (1 mile, 2 miles), Shorncliffe, Cirencester, triferris.com



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Scottish Loch Swim Series 2018

PROMOTED
EVENT



All Out Swim

Various locations, Sept-Oct 2018

Go to great lengths for people living with cancer and take part in Macmillan Cancer Support's very own outdoor swim series, All Out Swim.

Whether you are just dipping a toe into outdoor swimming or are a seasoned swimmer, All Out Swim welcomes you. You can choose to swim 2k or 5k as an individual or as part of a relay team. Locations vary from the heated waters of Letchworth Outdoor Pool to the freshwater Pells Pool in Lewes.

As part of Team Macmillan you will be given loads of support and encouragement up to and including the event day. From the fundraising pack to the swimming hat and training guide Macmillan give you all the support you need to take on this challenge. In return you are asked to aim to raise £100 for Macmillan Cancer Support.

Entries are now open so sign up today and make a real difference to the lives of people living with cancer.

SWIM DETAILS

Name: All Out Swim

Distances: 2k or 5k

Categories:

Individual or Team Relay

Swim Wear: Wetsuits

optional if the water temperature is above 16 degrees Celsius (Pells Pool was 15 degrees Celsius in 2017 and Parliament Hill lido is also unheated)

Find out more and sign up:

Macmillan.org.uk/alloutswim

*These locations are not heated and the temperature could range from 13C to 18C, wetsuits should be worn if the water temperature is below 16 degrees Celsius and you should train in cooler waters ahead of the event to acclimatise



**WE ARE
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CANCER SUPPORT**

SWIM DATES AND LOCATIONS

8 September, Letchworth Outdoor Pool, Hertfordshire

15 September, The Pells Pool, Lewes, East Sussex*

22 September, Guildford Lido, Surrey

29 September, Parliament Hill Lido, Hampstead Heath, London*

13 October, Sandford Parks Lido, Cheltenham, Gloucestershire

PROMOTED
EVENT



Long Reach Swim

**Wallingford to Goring
Sunday 19 August 2018**

The team behind the fabled Jubilee River Swim, My Sporting Times, are bringing back the Long Reach Swim on 19 August.....and it just got longer!

You will now swim 9km, all downstream, along a simply stunning portion of the Thames from Wallingford Bridge to Goring Lock.

The swim is again tow float compulsory, and supported by a superb safety team who'll look after you along the way. As with all My Sporting Times events there is every chance for you to consume more calories during the event than you can burn off, with three feed stations serving up a variety of treats. Of course, you can have your own favourite nibbles sent ahead to designated spots along the swim also.

Now finishing at the gorgeous Swan at Streatley, we'll bus you back afterwards as well.



SWIM DETAILS

Name: Long Reach Swim

Where? Wallingford to Streatley

Distances: 9km downstream

Swim Wear: Wetsuit optional, with separate categories for skins and wetsuit swimmers

Tow Float Compulsory

Water temp: 17.1 degrees for the 2017 swim

www.longreachswim.co.uk

7 Swims at Paddle Round The Pier (1.5km, 2.5km), Brighton, paddleroundthepier.com
7-8 BLDSA Bala (1km, 3km, 6 miles, 3 miles), Bala, blds.org.uk
7 Salty Sea Dog Long Swims (2.5km, 3.8km), Boscombe, Bournemouth, votwo.co.uk
8 Goodrington Beach Swim (750m, 1500m), Torbay, Devon, sportivaevents.co.uk/goodrington-beach-swim/
8 Derwent Epic Lakes Swim (500m, 1 mile, 3.8km), Keswick, epicevents.co.uk, NS
8 The Hever Long Distance Swims (1.9km, 3.8km), Hever, castletriathlonseries.co.uk
8 Cambridge Picnic Swim (2.5km), Cambridge, hamiltonsfitness.co.uk/camswim.html
13 Zone3 Wales Swim (1.2 miles, 2.4 miles), Tenby, thewalesswim.com, NS
14 Swim Your Swim Coniston (1 mile, 5.25 miles), Coniston, swimyourswim.com
14 The Bantham Swoosh (6km), Kingsbridge, outdoorswimmingsociety.com, NS
14 The BIG Welsh Swim (1.3km, 3km, 6km, 9km), Llanberis, loveswimrun.co.uk
14 The Humdinger Swim (6 hrs), Pingewood, Reading, thehumdingerswim.co.uk
15 Bournemouth Pier to Pier Swim (1.4 miles), Bournemouth, bhf.org.uk
15 rgActive Swim Race (750m, 1250m, 2250m, 3200m), Richmond, rgactive.com
15 Henley Mile (1 mile), Henley-on-Thames, henleyswim.com
21 Castle Howard Swim (5km, 2.5km, 1 mile), York, castletriathlonseries.co.uk
21 Club to Pub (1.5km), Henley-on-Thames, henleyswim.com
21 TENFOOT Swim (5km), Tenby, tenfootswim.co.uk
22 10k Lock to Lock Swim (10km), Eynsham, Witney, swimoxford.co.uk
22 The Fix Splash #2 (750m, 1.5km, 3km), Hackney, London, capitaltri.com, NS
22 Windermere Wild Swim (1500m, 3.8km), Newby Bridge, sleekerswim.co.uk
22 Dartmoor Open Water Swim (2.5km, 5km, 10km), Lifton, Devon, dartmoorswim.co.uk
26 Hillingdon Triathletes Open Water Swim - Race 2 (1000m, 2000m), Denham, hillingdontriathletes.co.uk
27 Padstow to Rock Swim (1 mile), Padstow, padstowtorockswim.org.uk, NS
28 Dock 2 Dock (5km, 10km), London Royal Docks, bit.ly/dock2dock
28 BLDSA Coniston Veterans (3.25 miles), Coniston, blds.org.uk, NW
28 Big Swim Nottingham (1500m, 2500m,

5000m), Holme Pierpoint, osbevents.com
28 6.5k River Arun Swim (6.5km), Bury, West Sussex, swimquest.uk.com/rivers/
29 6.5k River Arun Swim (6.5km), Bury, West Sussex, swimquest.uk.com/rivers/
29 Fugitive Open Water Swim (1.5km, 3.0km), Marlow, f3events.co.uk, NS
29 Brownsea Island Swim (4.5 miles), Poole, rlss-poole.org.uk
29 BLDSA Coniston (Junior and Senior) (5.25 miles), Coniston, blds.org.uk, NW

AUGUST

4 Aspire Solent Swim (2.5 miles), Gosport, aspire.org.uk
4 Aqua Sphere Snowman Swim (1 mile, 1/2 mile), Betws-y-Coed, alwaysaimhighevents.com, NS
4 Salty Sea Dog Long Swims (2.5km, 3.8km), Boscombe, Bournemouth, votwo.co.uk
4 Welsh Open Water Estuary Swim (2km), Ferryside, woves.co.uk
4 Dee Mile (1km, 2km), Chester, events.chestertri.org.uk
4 Bewl Open Water Swim Races (1.9km, 3.8km), Lamberhurst, bewltriathlon.co.uk
4 Swim to The Edge (0.8 miles, 2.5 miles), Solva, Haverfordwest, man-upuk.com
w/c 4 (date tbc) Aspire Loch Ness Relay (22 miles), Fort Augustus, Highland, aspire.org.uk
5 Thames Marathon (14km), Henley-on-Thames, henleyswim.com
5 Plymouth Breakwater Swim (2.2 miles), Plymouth, chestnutappeal.org.uk
11 Wargrave & Shiplake Regatta Swim (1km, 2km), Shiplake, wsregatta.co.uk, NS
11 BLDSA Ullswater (7 miles), Glenridding, blds.org.uk, NW
11 St Michael's Mount Swim (1 1/2 miles), Marazion, chestnutappeal.org.uk
11 Pub2Pub Aquathon - The Smugglers' Revenge (2.5km), Bantham, pub2pub.co.uk
11 6.5k River Arun Swim (6.5km), Bury, West Sussex, swimquest.uk.com/rivers/
12 The Big Brutal Swim (2.5km, 5km, 10km), Llanberis, brutalevents.co.uk
12 BLDSA Derwentwater (2 miles, 5 miles), Keswick, blds.org.uk
12 Aspire River Arun Swim (4 miles), Bury, West Sussex, aspire.org.uk
12 Dedham Vale Mill 2 Mill Swim (2.3km), Dedham, bit.ly/Mill2Mill
12 SwimRutland (500m, 2km, 4km, 8km), Whitwell, Oakham, bit.ly/SwimRutland, NS
12 'Freestyle for smile' Distance Swim (1.5km),

Littlehampton, tribalsportsevents.co.uk
18 Aspire Solent Swim (2.5 miles), Gosport, aspire.org.uk
18 Semer Water Swim (1.5km, 3km), Countersett, epicevents.co.uk
19 The Long Reach Swim (8.3km), Wallingford, longreachswim.co.uk
19 Cotswolds Swims (1.5km, 3.8km, 5km, 10km), Ashton Keynes, lpsevents.co.uk
19 Coniston Epic Lakes Swim (500m, 1 mile, 3.8km), Coniston, epicevents.co.uk, NS
19 Brighton Pier Open Water Swim (1.2km), Brighton, brightonsports.co.uk/brighton-pier-swim
19 Fritton Lake 10km Marathon Swim Challenge (10km), Fritton, Great Yarmouth, frittonlakeoc.co.uk
19 Topsham to Turf Swim (1.5 miles), Topsham, estuary-league-of-friends.co.uk
23 The Big Dog & Doggy Paddle Swims (1500m, 3800m), Reading, bigdogswim.co.uk
25 Mass Start 3 (750m, 1.5km, 3.8km, 5km), Kempston, Bedford, galeforce-events.com
25 Polkerris Swim Festival (1km, 2km, 3km), Polkerris, madhattersportsevents.co.uk
26 Swim Your Swim Windermere (10.5 miles), Newby Bridge, swimyourswim.com
26 Windermere Wild Swim (1500m, 5km), Newby Bridge, sleekerswim.co.uk

SEPTEMBER

1 Arena Chillswim Coniston 5.25 Miles End to End (5.25 miles), Coniston Water, Cumbria, chillswim.com
1 Wild Dart Swim (2.5km, 5km), Totnes, wildrunning.co.uk
1 Team Relay Open Water Swim Race (3200m), Richmond, rgactive.com
1 BLDSA Windermere (10.5 miles), Newby Bridge, blds.org.uk, NW
1 Fin Swim River Adur (5km), Shoreham-by-Sea, rawenergypursuits.co.uk, NS
1 SwimRutland Night Swim (250m, 750m), Whitwell, Oakham, bit.ly/SRnight, NS
2 Oxford Classic 1 Mile Swim (1 mile), Oxford, swimoxford.co.uk
2 Aspire Solent Swim (2.5 miles), Gosport, aspire.org.uk
2 Windermere One Way Swim (10 miles), Newby Bridge, windermereoneway.co.uk
8 All Out Swim - Letchworth Outdoor Pool (2km, 5km), Letchworth, macmillan.org.uk/alloutswim
8 Neon Night Swim (750m, 1.5km, 3km), Salford Quays, Salford, uswimopenwater.com



PROMOTED
EVENT



Arena Chillswim Coniston 5.25 mile end to end

Coniston Water, Lake District,
Saturday 1 September 2018

The idea behind this event is simple: a long-distance, length of lake swim with big event quality and a small event feel. That is what organiser, Colin Hill had in mind when Chillswim ran the first Coniston event in 2013.

Arena Chillswim Coniston has always welcomed both wetsuit and non-wetsuit swimmers (with separate prizes for 'skins' and 'suits'). The maximum number of swimmers has been capped at 750, who set off in waves to allow for the best possible swim experience, based on predicted pace (from leisurely breaststroke to speedy freestylers). This event is known for its friendly atmosphere, along with the spectacular views as you swim down the lake.

Swimmers only have to worry about focusing on their swim as everything is taken care of, from parking at the Event HQ to changing rooms with hot

showers, and shuttle buses transferring swimmers to the start of the swim and back from the finish. The course is clearly laid out with mile markers, a professional water safety team following all swimmers, and four boat-based feed stations loaded with energy drinks and jelly babies. Comprehensive medical cover, including ambulances, is on site for the duration of the event.

All finishers get a fantastic medal and a hot drink before heading to the prize giving, where the chip-timed results are then sorted into wetsuit and non-wetsuit categories for group medals and sponsored spot prizes are given out.

Participant mementos: Chillswim Coniston Towel, Silicone Swim Hat, Chillswim Coniston Car Sticker and awesome finisher's medal

SWIM DETAILS

Name: Arena Chillswim Coniston
5.25 mile end to end

Water Type:
Stunning Lake District fresh water

Distance: 5.25 mile end to end

Wetsuit policy: Optional

Tow-floats: Compulsory (we even give you a cool event number sticker for your tow-float)

Water Temp: Depending on the weather gods we have had from 15.9 to 18.1

Partners: Arena, Solo Sports, Dryrobe, Swim Secure, Lake District National Park
More info and previous event videos go to chillswim.com

8 6.5k River Arun Swim (6.5km), Bury, West Sussex, swimquest.uk.com/rivers/
9 6.5k River Arun Swim (6.5km), Bury, West Sussex, swimquest.uk.com/rivers/
9 Fritton Lake Big Swim (1500m, 3km, 5km), Fritton, Great Yarmouth, frittonlakeoc.co.uk
9 Looe Island Swim (1 mile), Looe, chestnutappeal.org.uk
9 Buttermere Open Water Swim (5km, 10km), Buttermere Village, highterrainevents.co.uk, NS
9 The Raedwald Swim (5.5 miles, 2.75 miles), Woodbridge, Suffolk, raedwaldswim.uk
15 All Out Swim - Pells Pool (2km, 5km), Lewes, macmillan.org.uk/alloutswim
15-16 Scilly Swim Challenge - 2 Day (15km), St Mary's, scillyswimchallenge.co.uk
15 The Big Cotswold Swim (1 mile, 2 miles), Shorncliffe, Cirencester, triferis.com
15 Mass Start 4 (750m, 1.5km, 3.8km, 5km, 10km), Bedford, galeforce-events.com
15-16 OSS Dart 10k (10km), Totnes, outdoorswimmingsociety.com, NS
15 Llangorse Swim (1.5km, 3km, 4.5km, 6km), Llangorse, llangorsetri.com
16 Aspire Solent Swim (2.5 miles), Gosport, aspire.org.uk
18 Scilly Swim Challenge - 1 Day (15km), St Mary's, scillyswimchallenge.co.uk
22 Hever Castle Swim (5km, 2km, 1 mile), Edenbridge, castletriathlonseries.co.uk
22 Swim Serpentine (1 mile), London, swimserpentine.co.uk
22 All Out Swim - Guildford Lido (2km, 5km), Guildford, macmillan.org.uk/alloutswim
22 Aspire Solent Swim (Two Way) (5 miles), Gosport, aspire.org.uk
22 BLDSA Lynn Regis (1km, 1.5km, 4.5km), King's Lynn, blds.org.uk, NW
22 Polkerris Sea Swim (5km), Polkerris, madhattersportsevents.co.uk
22 6.5k River Arun Swim (6.5km), Bury, West Sussex, swimquest.uk.com/rivers/
23 Wild River Swim (River Cuckmere) (6km), Alfriston, swimquest.uk.com/rivers/
23 Burgh Island Swim (1 mile), Bigbury-On-Sea, chestnutappeal.org.uk
23 Conquer the Chilterns River Swim (1.5km, 3.0km), Henley-on-Thames, f3events.co.uk, NS
25 GLOW Swim (750m, 1.5km, 3km), Upper Vobster, Radstock, bit.ly/GLOWswim, NS
29 All Out Swim - Parliament Hill Lido (2km, 5km), London, macmillan.org.uk/alloutswim
29 The Hurlly Burly (10km), Barmouth, outdoorswimmingsociety.com

29-30 Aberdovey Swim (1.5km, 4km, 6km, 8km, 13km), Gwynedd, aberdoveyswim.co.uk
30 The Fix Splash #3 (750m, 1.5km, 3km), Hackney, London, capitaltri.com, NS

OCTOBER

5 Dip in the Dark (250m, 500m), Newby Bridge, sleekerswim.co.uk
7 rgActive Swim Race (750m, 1250m, 2250m, 3200m), Richmond, rgactive.com
13 All Out Swim - Sandford Parks Lido (2km, 5km), Cheltenham, macmillan.org.uk/alloutswim

NOVEMBER

7 Fireworks 500 (500m), Capernwray, epicevents.co.uk
11 Swim to Remember (1km), Derwentwater, Lake District, bit.ly/swim2Remember

SCOTLAND

MAY

12 Sound of Mull (2.6km), Isle of Mull, highlandopenwaterswim.com
27 Bardowie Loch Swim Festival (1km, 2km, 4km), Bardowie, Milngavie, vigourevents.com

JUNE

2 Island 2 Island Swim (1.9km, 3.8km), Lamlash, Isle of Arran, vigourevents.com
9 YeAABA Club Single Tay (1 mile), Dundee, yeaaba.org, NW
23 24hr Swim (24 miles), Bardowie, Milngavie, vigourevents.com
23 Loch Linnhe (1.1km), Fort William, highlandopenwaterswim.com
24 YeAABA Tayport Cup (1 mile), Dundee, yeaaba.org, NW

JULY

22 YeAABA Veterans Single Tay (1 mile), Dundee, yeaaba.org, NW
28 YeAABA Double Tay (2 miles), Dundee, yeaaba.org, NW

AUGUST

4 Loch Lubnaig Swims (1km, 2km, 3km, 5.8km), Callander, vigourevents.com
25-26 BLDSA Loch Lomond (21.6 miles), Arrochar, blds.org.uk, NW
25 Great Scottish Swim (1/2 mile, 1 mile, 2 miles, 5km, 10km), Balloch, greatswim.org, NS

26 YeAABA Loch Earn (6.5 miles), Lochearnhead, yeaaba.org, NW
26 YeAABA Crannog Isle (1 mile), Lochearnhead, yeaaba.org, NW

SEPTEMBER

1 Night Swim at Bardowie (500m, 750m, 1km), Bardowie, Milngavie, vigourevents.com
1-2 Coll to Tiree (3.7km), Caolas, Tiree, highlandopenwaterswim.com
8 BLDSA St Mary's Loch (1km, 3 miles, 6 miles), Selkirk, blds.org.uk
8 End to End of Loch Earn (10.8km), Lochearnhead, vigourevents.com
19 River Spey 10k (10km), Kingussie, vigourevents.com
22 Firth of Forth Swim (1.4 miles), Queensferry, Edinburgh, vigourevents.com

OCTOBER

20 Glencoe Lochan (At Night) (425m), Glencoe, highlandopenwaterswim.com

NOVEMBER

17 Connel Falls of Lora (600m), Connel, Oban, highlandopenwaterswim.com

DECEMBER

8 Prince's Cairn (1.4km), Lochailort, highlandopenwaterswim.com

IRELAND

MAY

26 Lough Cutra Castle Swim (5km, 2.5km, 1 mile), Gort, castletriathlonseries.co.uk
25-28 Hit the Wall Open Water Swim Weekend (16hrs), Carlingford, infinitychannelswimming.com
26 The Battle of Carlingford Lough (7.5km), Omeath, infinitychannelswimming.com
27 SwimAthy (250m, 750m, 1500m, 3000m, 3850m), Athy, swimathy.com, NS

JUNE

2 Metalman Swim Series - Race 1 (500m, 1km), Sligo, metalmanswimseries.com, NS
9 Metalman Swim Series - Race 2 (750m, 1.5km), Sligo, metalmanswimseries.com, NS
10 The Rebel Plunge (3.8km), Blackrock, Cork, bit.ly/2lIKIIT
16 Lough Key Castle Island Loop (750m, 1500m), Boyle, openwaterswimmer.ie



EVENT LISTINGS

- 16** The Boyne Swim (2.7km), Drogheda, boyneswim.ie
17 Rock around the Point (1.5km), Warrenpoint, clwf.eu
23 Warrior of the Sea (6km), Sligo, warriorofthesea.wixsite.com/wots/info
30 Metalman Swim Series - Race 3 (1000m, 2km), Sligo, metalmanswimseries.com, NS
30 Vibes & Scribes Lee Swim (2km), Cork, bit.ly/LeeSwim

JULY

- 1** Rostrevor to Warrenpoint (3700m), Rostrevor, clwf.eu
1 Slip to Shore Swim (1.9km), Ballyheigue, ballyheigue.ie
3 RNLI Myrtleville - Church Bay Swim (2km), Myrtleville, myrtlevillesswimmers.com
7 The Sheephaven Bay Swim (3.5km), Portnablagh, on.fb.me/1FwUHtw
21 Hodson Bay - The Hodson Mile (1/2 mile, 1 mile), Athlone, openwaterswimmer.ie
21 Frances Thornton Memorial Galway Bay Swim (13km), Galway, galwaybayswim.com
28 Grand Dublin Swim (750m, 1500m), Dublin, bit.ly/2k4AiND

AUGUST

- 4** Lough Erne & ILDSA National Championships (750m, 1.5km, 5km, 10km, 17km, 25km), Enniskillen, bit.ly/ILDSANC18
10 GLOW Night Swim (750m), Carlingford, clwf.eu
11 Gartan Swim Challenge (300m, 750m, 1500m, 3800m), Letterkenny, on.fb.me/1FwUHtw
11 Grounded Coffee Dock Morning (Dip, 750m, 1500m), Newry, clwf.eu, NS
11 weeGLANT Swim (250m, 500m, 750m), Warrenpoint, Newry, clwf.eu
11 Joe McElhaw Lord and Lady of the Lake (2.7km), Newry, clwf.eu
12 Grounded Coffee Dock Morning (Dip, 750m, 1500m), Newry, clwf.eu, NS
12 Michael O'Hare Championship Cup (10km), Newry, clwf.eu
12 Maria Murphy Championship (5km), Newry, clwf.eu
25 GaddinAbtGarnish (1km, 3km, 5km, 7km), Glengarriff, ossischmidt.wix.com

SEPTEMBER

- 8-9** Glendalough National Park Swim (750m, 11.5km, 3.9km), Glendalough, openwateropenwaterswimmer.ie

UK SWIMRUN EVENTS

MAY

- 26** Hokey Cokey Swimrun, Standard: (swims 5km, runs 15km), Sprint (swims 2.5km, runs 7.5km), St. Austell Bay, Cornwall, madhattersportsevents.co.uk

JUNE

- 6** SLSC Swimrun 1 (swims 1km; runs 8.8km), Tooting, London, slsc.org.uk/swim-run/
9-10 Ótilló Isles of Scilly, Standard (swims 7.95km, runs 29.3km), Sprint (swims 3.5km, runs 10.9km), St. Mary's, Isles of Scilly, otilloswimrun.com/races/isles-of-scilly/
23 Love SwimRun Llanberis (swims 3.5km, runs 12.5km), Llanberis, North Wales, loveswimrun.co.uk/love-swimrun-llanberis/

JULY

- 6-7** Breca Gower (swims 6km, runs 40km), Gower, Wales, brecaswimrun.com
15 SwimRun Fritton Lake – Summer Edition (swims 1800m, runs 8.2km), Great Yarmouth, frittonlakeoc.co.uk

AUGUST

- 10-11** Breca Buttermere, Standard (swims 6km, runs 38km), Sprint (swims 3km, runs 15km), Buttermere, Lake District, brecaswimrun.com

SEPTEMBER

- 8** Breca Jersey, Standard (swims 6.5km, runs 47km), Sprint (swims 4.6km, runs 14.2km), Jersey, Channel Islands, brecaswimrun.com
16 Lock to Lock SwimRun, Half stump (swim 1.2km, run 7km); Full stump (swims 3.8km, runs 13.45km), Eynsham, Oxfordshire, swimoxford.co.uk
23 SLSC Swimrun 2 (swims 1km; runs 8.8km), Tooting, London, slsc.org.uk/swim-run/
29 Breca Loch Gu Loch, Standard (swims 7km, runs 49.5km), Sprint (swims 2.7km, runs 15.8km), Loch Ness, Scotland, lochguloch.com/
29 Love SwimRun Holy Island (swims 2.74km, runs 15.61km), Rhoscolyn, Anglesey, North Wales, [loveswimrunholylisland](http://loveswimrun.co.uk/loveswimrunholylisland)

OCTOBER

- 5-6** Breca Coniston (swims 5km, runs 38km), Coniston, Lake District, brecaswimrun.com
7 SwimRun Fritton Lake – Autumn Edition (swims 1800m, runs 8.2km), Great Yarmouth, frittonlakeoc.co.uk

SWIM AROUND THE WORLD

MAY

- 5** VII Copa Marnaton eDreams – Barcelona (2km, 4km), Barcelona, Spain, marnatonedreams.com
6 Oceanman Tabarca (2km, 5.8km, 10km), Tabarca, Spain, oceanman-openwater.com
20 Open Swim Stars Éze (1.5km, 3.5km), Éze, France, openswimstars.com
20 Oceanman Sochi (2km, 4km, 6km), Sochi, RUS, oceanman-openwater.com
26-2 Jun Best Fest Open Water Swim Festival (1.5km, 2.5km, 3km, 4.5km, 5km, 7km), Colònia de Sant Jordi, Mallorca, Islas Baleares, Spain, bestopenwater.com

JUNE

- 3** TRB Lloret de Mar (3,0km, 6,0km), Lloret de Mar, Gerona, Spain, tunaracebalfego.com
10 VII Copa Marnaton eDreams – Begur (3.5km, 7km), Sa Riera, Begur, Gerona, Spain, marnatonedreams.com
16-17 Open Swim Stars Harmonie Mutuelle Paris (1km, 2km, 5km, 10km), Paris, France, bit.ly/OpenWater_Paris
23 Oceanman Lago d'Orta (1.3km, 4.5km, 14km), Novara, Italy, oceanman-openwater.com
24 Open Swim Stars Lyon (1.1km, 3.5km), Lyon, France, openswimstars.com
30 VII Copa Marnaton eDreams – Sant Feliu (1.5km, 6km, 12km), Sant Feliu de Guíxols, Gerona, Spain, marnatonedreams.com

JULY

- 1** Oceanman Oitylo Bay (2km, 5km, 10km), Oitylo, Greece, oceanman-openwater.com
1 Open Swim Stars Strasbourg (1km, 3.5km), Strasbourg, France, openswimstars.com
7 Fifth Annual King Wolf Swim (5km, 11km), Kingston, Ontario, Canada, kingwolfs swim.com
7 Open Swim Stars Lac de Madine (1km, 2.5km, 5km, 10km), Lac de Madine, France, openswimstars.com



7-8 St Lucia Channel Swim Challenge (1km, 3km, 5km, 34m), St. Lucia, facebook.com/SLUChannelSwim/

14 Swim the Arctic Circle (2000m, 3000m), Juoksengi, Sweden, swimac.eu

28 Tenth Annual Kingdom Swim (25 km, 10 miles, 10 km, 5 km, 1 mile, 0.5 miles, 100 yards), Vermont, USA, kingdomgames.co/nekowsa-swimming-the-kingdom/

28 Triatlon Cluj (1.5km), Cluj-Napoca, Romania, club-orca.ro/triatlon/triatlon-cluj

29 Traversarea Tarnitei (6.5km), Cluj-Napoca, Romania, club-orca.ro/inot/traversarea-tarnitei

30-31 Pacific Open Water Challenge SAMOA (15km, 10km, 5km), Apia, WSM, samoaevents.com

AUGUST

2-4 Samoa Swim Series (3 swims in 3 days), Savai'i, WSM, samoaevents.com

5 Oceanman Cozumel (1.5km, 5km, 10km), Cozumel, MEX, oceanman-openwater.com

5 Open Swim Stars Douarnenez (1km, 2.5km, 5km), Douarnenez, France, openswimstars.com

11 Vidösternsimmet (21+km, 6km, 0.5km), Värnamo, Sweden, vidosternsimmet.com

11-19 NEK Swim Week (9 days, 8 lakes,

46 miles, 4 marathons), Vermont, USA, kingdomgames.co/nekowsa-swimming-the-kingdom/

25 Chateau de Chantilly Swim (5km, 2km, 1 mile), Chantilly, France, castletriathlonseries.co.uk

25 TrygFonden Copenhagen Swim (Christiansborg Rundt) (2km, 4.5km relay), Copenhagen, Denmark, copenhagenswim.com

26 Rondje Pampus (900m, 1800m, 2700m), Amsterdam, Netherlands, hetblauwehart.org/zwemevent/

26 Hana Greenfield Memorial Swim (500m, 1km, 3km), Kolín, Czech Republic, bit.ly/2IEXPga

SEPTEMBER

2 Crown the King (1.6km, 4km, 10km), Saskatchewan, Canada, bit.ly/crowntheKing

8 Oceanman Odessa (2km, 5km, 10km), Odessa, Ukraine, oceanman-openwater.com

22-23 Prom'Swim Traversée de Nice à la Nage (500m, 1km, 2km, 5km, 10km), Nice, France, promswim.com

9 Open Swim Stars Toulouse (1km, 2.5km, 5km), Toulouse, France, openswimstars.com

15 VII Copa Marnaton eDreams – Cadaqués (2.5km, 4.5km, 6.5km), Cadaqués, Gerona,

Spain, marnatonedreams.com

18-22 Five Islands Swims (27km), Upolu, WSM, samoaevents.com

23 TRB Caldes d'Estrac (1,5km, 4,0km), Caldes d'Estrac, Barcelona, Spain, tunaracebalfego.com

OCTOBER


6 Spetses Mini Marathon (3km, 5km), Spetses, Attica, Greece, spetsesmarathon.com

21 Oceanman Benidorm (2km, 5.5km, 10km), Benidorm, Spain, oceanman-openwater.com

NOVEMBER





7-11 Barbados Open Water Festival (1.5km, 3.3km, 5km, 10km), Carlisle Bay, Bridgetown, Barbados, swimbarbadosvacations.com

List of events compiled by Outdoorswims.co.uk. All UK & Ireland events are regularly updated at outdoorswims.co.uk and can also be accessed using the related Android app. NW = No Wetsuits Allowed NS = No Skins Allowed (Wetsuits Compulsory)



LOCK TO LOCK SWIM SERIES

OXFORDSHIRE

 OXFORD CLASSIC MILE	 LOCK TO LOCK 4k SWIM	 LOCK TO LOCK SWIM RUN	 LOCK TO LOCK 10k SWIM
1 MILE SWIM	4k SWIM	SWIM RUN	10k SWIM
Sunday 2nd September	Sunday 17th June	Sunday 16th September	Sunday 22nd July

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- Novices welcome
- Swimming all year round
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SUNDAY
15 JULY
2018

THE OUTDOOR SWIMMER SHOW AT THE HENLEY MILE

SIGN UP TODAY AT HENLEYSWIM.COM

OUTDOOR SWIMMER SHOW

The Outdoor Swimmer Show returns in 2018 and will once again take place alongside the fantastic Henley Mile. Visitors will again have the opportunity to complete a scenic mile swim along the Thames and take part in suits versus skins challenge as well as checking out the latest kit or taking time out to listen to one of our expert speakers. **Free parking for Outdoor Swimmer subscribers*.**

* Look out in our June and July issues for your free parking voucher.



OUTDOOR
Swimmer

Brought to you by Henley Swim and Outdoor Swimmer, the magazine for adventurous swimmers

henleyswim.com • outdoorswimmer.com

TRIED & TESTED

ALL THE LATEST GEAR, KIT, NUTRITION PRODUCTS AND BOOKS

Summer season is rapidly approaching and Alice, Jonathan and a team of swimmers have been trying out a variety of swim training toys and accessories to help you get the most out of your swimming and help you reach your outdoor swimming goals. We've also got a selection of swimwear for a variety of physiques and lotions and potions to keep you feeling great.

LOTIONS & POTIONS

Keep yourself feeling and looking great



P20 sun protection
Continuous Spray SPF30
£24.99 150ml

Available in SPF 15 to 50. Extremely water resistant, we've used it on 6 hour+ swims. The continuous spray makes it easy to cover those hard to reach bits. p20.co.uk



Boots
3 in 1 shampoo
£3.59

This range of products is designed to protect your hair from salt, chlorine and UV damage. Removes salt and chlorine and rehydrates skin and hair. Use all over your body. boots.com



Boots
Hydra Spray
£3.59

With a UV filter, this spray creates an invisible layer to prevent dry, brittle hair. You will be very grateful for this after spending hours in a chlorinated pool. boots.com



Boots
Protection Masque
£3.59

Use before swimming to lock in moisture and protect against damage. Helps keeps hair hydrated. Great for regular training and holidays. boots.com

RACE READY



Secret Training
Race Day Kit
£49.99

A great little race day pack full of goodies, especially for multi-sport events: anti-chafing cream, start oil

(warming and enhances blood flow), post-race wash, lip balm, pins in a tin, sunscreen and hygiene wipes) so that you're organised and ready to go. secret-training.com



SWIMMING COSTUMES

Our pick of the latest swimming costumes and trunks



Funkita
Swim Swim Diamond Back
£38.95 Size 8-16
 Classic Funkita: comfortable, reliable, supportive and bright. Looked great in the water. funkita.com



MP
MP Training Suit
£34.99 Size 24-36
 Designed for hours of serious pool training. Athletic, bold print and cut with front double lining and modest rear coverage. Best for a slim athletic figure. michaelphelps.com



Aqua Sphere
Lita Swimsuit
£29.99 Size 30-44
 Vita recycled fabric. Bra support and front reinforced panels helps keep core engaged and supports body position. Understated flattering design was popular at the pool. aquasphere.com/uk

JAMMERS



Zone3
Prism Jammers 2.0
£35 Size 30-36
 Structured double-lined front inner for support and modesty. Nice contrast waist detail. Sit nice and low, eye-catching bold print. Looked good in the pool. zone3.com



Maru
Milky Way Pacer Jammer
£29.99 Size 24-38
 Popular with the teenagers at our local swimming club! Good value jammer, but the sizing comes up small. The front lining was narrower than other jammers on test. Funky pattern. maruswim.com



Aqua Sphere
Denzel Jammer
£29.99 Size 30-44
 Made in sturdy recycled Reprave fabric, these feel durable and built to last. Double-lined front and rear. Perfect for training. aquasphere.com/uk



Aqua Sphere
Paola Swimsuit

£38.99 Size 30-44

Made in Repreve recycled fabric – that’s six plastic bottles per swimsuit! It has a different feel to the Lita suit. Removable foam cups, medium leg, stomach control and adjustable straps. aquasphere.com/uk



Zone3
Aztec 2.0

£35 Size 28-36

Medium leg, bright print and open back strap design provides support and allows free shoulder movement. A versatile suit at a good price point. zone3.com



Head
Liquidlast Jack Bikini

£54 Size 34-48

Sporty and modest cut two piece, incorporating the colours of the Union Jack. Also available in German, Brazilian and American flag colours. Sizing comes up a lot smaller than other brands. head.com



Head
Liquidlast REEL one piece

£54 Size 36-50

Comfy, free movement, limited bust support. Chlorine proof and UV resistant fabric. head.com



Maru
Aztec Pacer Vault Back

£36.99 Size 28-40

Straightforward suit with bright design and some bust support. maruswim.com



Natatio
Support One Piece

£75 Size 8-16

Body sculpting panels, medium bust support with removable pads, 80% regenerated nylon yarn. Good for a longer body and lovely combo of retro and highly swimmable design. natatioswimwear.com



TRAINING TOYS

Paddles, snorkels, pull buoys and more – our pick



MP
Technique Paddle
£16.99

The design encourages you to use your hand and forearm as a single unit to encourage a vertical forearm position. Comfortable silicone straps and can vary hand position. michaelhelps.com



Zone3
Finger Paddles
£10

Once we got the elastics tied on, these are a fun training aid that keeps you focused on your hand entry and catch position without the pressure of a full paddle. zone3.com



Finis
Agility Paddles
£22.99

Strapless paddles for instant stroke feedback – if you don't get your catch right the paddles will fall off. Good hand position and moderate resistance. finiswim.com

Tune up your technique



Finis
ISO paddles
£21.35

Another strapless paddle from Finis that improves feel for the water and allows self-correction of technique – you can feel the imbalance in the catch phase this creates and how you need to apply more pressure to maintain a proper stroke. Feels unusual at first, but great once you get going. The accompanying tech guide is excellent, helping to focus on particular muscle groups and hand position. Works for all strokes. finiswim.com



Arena
Flex Paddles
£15.99

Flexible net surface, which helps retain a good feel for the water. The flexibility also allows good hand position. solosports.co.uk



Lomo
Webbed gloves
£7

Not an alternative to paddles, but they do introduce a degree of resistance. Softer than plastic paddles if you bump into someone in the pool. lomo.co.uk

of innovative training kit to help you improve your technique



Finis
Swimmer's Snorkel
£28.99

Very comfortable and easy to set up. The narrower air flow better suited for intermediate swimmers and above.
finisswim.com



Zoggs
Centre Line Snorkel
£24

Nice upper range airflow, easy to fit, comfortable and comes with optional nose clip. Durable piece of kit, great for beginners and up.
zoggs.com



Lomo
Snorkel
£9

Comfortable mouth piece and upper range air flow makes this good for beginners. Great value.
lomo.co.uk



Arena
Pull Kick pro
£13

Combined pull buoy and kickboard, with limited flotation. You can feel yourself working to control body position. A versatile piece of kit that fits into your bag easily.
solosports.co.uk



Finis
Swim Coach Communicator
£181.55

Enables coaches to speak to their swimmers as they swim in a pool. The Swim Coach Communicator works by using a Bluetooth signal from a smartphone to a receiver located on the back of the swimmer's head – enabling real time feedback, to adjust technique and tempo during a practice.

We tested this in a 50m pool and communication was clear throughout the distance. It only stops temporarily if the receiver becomes fully submerged. Initially for the swimmer, it feels odd hearing a voice in your ear and the natural instinct is to talk back, but the benefits of real time feedback are clear. A nice addition to a tool kit for focused 1-2-1 coaching.
finisswim.com

Great for professional coaches



TOWELS



Lomo
Large Microfibre camping towel
£7.99

Lightweight and quick drying, it comes with a small carry pouch so packs down easily.
lomo.co.uk



Life Venture
Soft Fibre Lite
Trek Towel
£12.99

Polygiene technology inhibits odour causing bacteria, so it keeps fresh longer and can be washed less. Packs down small and recyclable.
lifeventure.com



Outdoor Swimming Society
Hammam Towel £20
Alpkit dry bag £5.50

Lightweight and durable. The towel is big (great for changing, picnic blanket, or sarong); packs up small and fits neatly in the drybag. Made from 100% organic cotton.
outdoorswimmingsociety.com

TOW FLOATS



Swim Secure
Hydration Float
£23

A great tow float as there's an open pocket that you can fit a water bottle in at the top. We took it out for a few swims on calm seas and even sneaked a snack or two in the pocket. The floor of the float inflates, with a drain hole, so that any water going into the float self drains.

swimsecure.co.uk

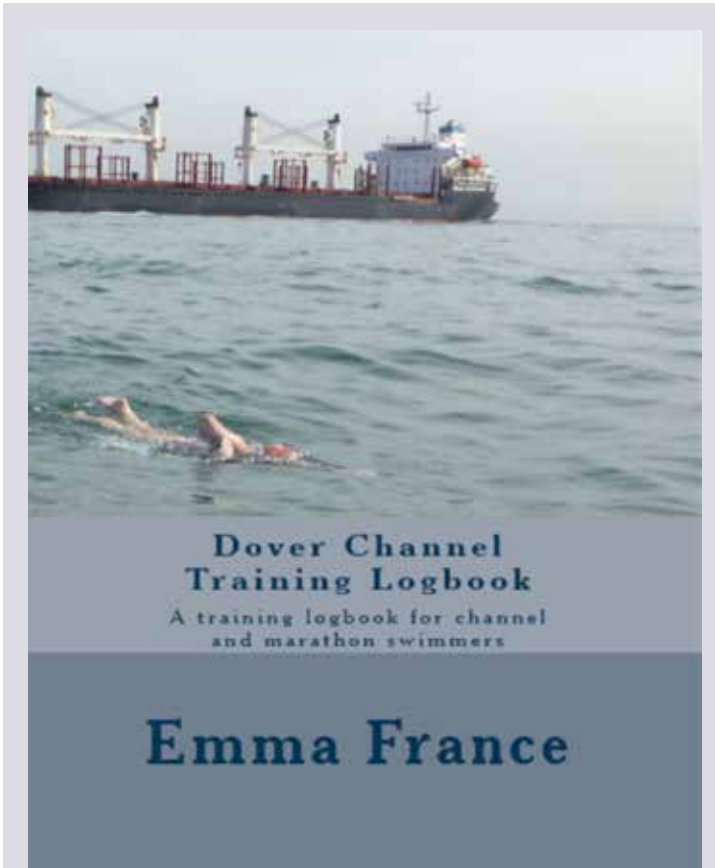


Swim Secure
Pink inflatable dry bag
£29

Double air bag, easy to inflate and deflate, 28 litres, good space for kit. We really liked this – a high quality product – the material finish in particular and great visibility. We tied a waterproof camera to it and it was buoyant enough to rest on while taking pics.

swimsecure.co.uk

TRAINING



Channel Training Log Book

By Emma France

£20.00

doverchanneltraining.com

For swimming the Channel last year, this is what I wish I had had. It covers all aspects of your journey, all balanced with the experience of Emma France, who looks after all those that train at Dover Harbour from May through September and has several swimming accolades to her name.

The book starts with planning – and there's something significant about putting pen to paper and scoping your goal out properly. There are sections on: protecting your health, from how to deal with pesky fish injuries, overtraining, to the more serious SIPE and mental preparation, and insights on nutrition. There's also space to mindfully reflect and consider what worked, what didn't and track your training.

While everything might not be as everyone experiences or finds, and the log does not include the actual day of the swim, "It's a starting point for a discussion, and a good basis for any marathon swimmer to track their swims and prepare for where they're going," says Nick Murch, who in 2016 became the fifth person in the world to swim the 70km length of Lake Geneva.

By the end of each season, I can see this book being dog eared, splattered with Vaseline and lanolin, and sand and mud within the pages, but above all, filled in, and used to help people achieve and exceed their potential.

Joanne Jones



Body Intensive Trainer (BIT)

£138-£160

bodyintensivetrainer.com

Created by swimmers and endurance athletes, the Body Intensive Trainer (BIT), is a suspension bodyweight trainer that uses your weight as resistance. You can choose from just buying the BIT and manual of exercises, through to an online 12-week programme with nutrition advice and meal plans or bespoke programmes. Easy to set up – it fixes over a door, attaches to gym equipment, or you can even use a tree branch for outdoor training.

I'm into week four of the programme and it's awesome. It's not about 'shredding' or 'beasting' yourself, but a considered land training process, that you can do at your own pace. The improvements in strength, tone and conditioning have been visible in a very short space of time and it's great how that translates to the water. Your core has to work in every exercise, along with other drills that support the front crawl arm action helping build muscle strength for a more powerful stroke that will not fatigue as quickly. I have a love/hate relationship with the scissor planks and tucks.

Alice Gartland





THIS MONTH WE SWAM WITH...



This month **Ella Foote** swims with Henley Open Water Swimming Club (HOWSC), her local club, and relaunches our popular feature where Outdoor Swimmer joins clubs and groups across the country for a swim

Henley Open Water Swimming Club



Suits or skins... all are welcome

Some swimmers have been swimming throughout the winter despite the snow and ice, even taking the conditions on as a challenge. But for others, spring is a time to get back to the lake, rivers and seas after spending the winter in indoor or heated pools. Re-joining a club or swimming group at this time of year is like reuniting with old family, it brings joy and belonging to our sport which otherwise can be a solo experience.

I love a solo swim, enjoying my

own company with nature revealing itself to me as I quietly make my way down a river, but I am also grateful to belong to a group of swimmers who week in, week out, provide a place of support and friendship on the riverbank. HOWSC's beginnings, like many clubs, started with friendship and as the group grows each year it still sits at the core of our club.

RIPPLES OF GIGGLES

Henley swimmers meet every Saturday at 7.30am at one of four different swimming spots on the River Thames between Henley-on-Thames and Marlow. Club Captain Mark Pleded invites swimmers each week, picking a spot based on river and weather conditions. Through the winter months swimming alternates between two spots which offer parking

Quick Q&A

with Club Captain
Mark Plested

How did you get into outdoor swimming?

I used to swim at lunch times when I worked by a pool, so swam for quite a long time – badly! Then my brother, who was in a bad motorbike accident, became an incomplete quadriplegic. As a result he trained to become a world record holder and world champion disabled sprint cyclist. He asked me to swim in the Bude Quadrathlon, which was a 750m sea swim. I thought, 'how difficult can it be...' so learnt to swim properly. I haven't looked back since.

What inspired you to get involved with HOWSC?

I had done the Great South Swim in London Victoria Docks. Then I did the Henley Classic and spent a lot of time swimming at a local pool where I ended up talking to some random guy about open water swimming. He had a club in Henley that met on Saturday mornings – it turns out he was Henley Swim co-founder Jeremy Laming. I went along to the Saturday meet in a nervous state, was made very welcome and everyone was so supportive and helpful. I now try to make everyone feel the same as I did when I first started.

Have you had any problems with authorities or people preventing you from swimming?

We have never been told we couldn't swim – we are quite lucky in the river.

What are the club ambitions for 2018?

This year we want to grow the club and get as many people swimming outdoors as possible. It doesn't matter if you breaststroke, or if you are a triathlete or Channel swimmer. We also want to do more social swimming weekends, more breakfast and barbeque swims and film evenings. Myself and some of the other senior members plan to run some open water swimming introductions which we did last year. I wanted to give something back to this wonderful sport by becoming an open water coach and swim teacher.

Join the group. Find HOWSC on Facebook to get notifications of swims or visit the club website:
www.howsc.co.uk



A classic display of bobble hats

riverbank so swimmers can dress and warm quickly. Other spots involve a short walk, often in flip flops and robes, the group creating a ripple of giggles and smiles from other river users and walkers.

River swimming is such a joy, those used to ploughing round a lake or battling waves in seas should give it a go. Swimming in rivers is always a journey, taking you from one place to another, even if you swim up one side of the river and down the other. Feeling the pull of the flow as you battle upstream and the thrill of the current as you float back down is something pretty special. Each spot offers something a little different and each member of the club has a favourite. I love to swim upstream from the Flower Pot jetty in Aston, up to Mill End lock, around the island and down again. It is always a great sense of achievement, especially if the flow is strong and you have to work hard to get up river. Medmenham is a great spot for sunrise and Marsh Lock reminds me of leafy summer swims when the riverbank is lush and green.

HUGS AND WARM DRINKS

Over the years the club has grown from a handful of swimmers who met every now and then, to a regular group of 38 who swam through the summer last year. This winter 25 swimmers continued to meet every Saturday. As well as the weekly swim, members regularly join each other for impromptu swims on warm sunny days, trips to other places, barbeque swims under full moons and solstice celebrations. There is something comforting knowing that despite what

Not sure these are Channel rules...



the week ahead brings, Saturday will always offer a swim and chat with a group of like-minded people. Having a rough time? Hugs and warm drinks await with the zing of the water. Each member of the club offers something different. Jeni Orme rocks her bright red swimsuit and is always the first in, Rod Laird wakes the neighbours with his whoops and squeals, Andrew Wells inspires us all to swim further, harder and colder and Mark Reed captures it all on his camera. The Thames always surprises you too, from rushing silty water to warm clear spells, with swimmer's itch to welcome you later – it is never the same river, never the same swim 🍷

If you would like us to join your group or club for a swim, email editor@outdoorswimmer.com



WET DOGS AND NAUGHTY BOYS

Release yourself from anxiety and embrace your inner child (or dog), says **Pete Kelly**

While out walking alongside the Rothay the other day with my young son William, we passed one of our favourite river pools. I remembered swimming with him there last summer on a glorious summer day, hidden from the visiting crowds and delighting in the minnows tickling our feet and the aerial displays of the hawk dragonflies who seemed to fill the air.

COMPLETE ABANDONMENT

That same summer we had adopted an enthusiastic and spontaneous nature to our swimming, prompted by the nature of our black lab, Boot. He always has so much fun in the water, and like all gundogs can't stay away from it. His complete abandonment of care or hesitation in the pursuit of total immersion in his favourite element seems to be the key to his enjoyment, and I'll be damned if my dog is going to have all the fun, so I always set out to follow his lead.

HAVING A BALL

Returning to the Rothay on this bright spring morning with the water glinting like cold steel: inviting, as only a river pool can be, but tempered with the sharp edge of snow melt straight from the Langdales. All of a sudden and completely unbidden, William decides in no uncertain terms that he wants to go swimming. Following our philosophy of spontaneity the reaction

to this must be positive and instant, so we go for it, and after a little bit of screaming and lots of laughter we are having a ball in the pool, right alongside the delighted Boot. We laugh uncontrollably and exult in the play because we are free, emancipated from the confines of normal behaviour. It feels really good.

When guiding swims I often get asked a lot of anxious questions about imagined limitations to swimming outdoors: is it safe, am I allowed, is the water clean, can anything in there bite me? Release yourselves from this anxiety, it's not British for goodness' sake! With your adult life experience as a filter, see life through a child's eyes and do swim in water that is too cold, do go skinny-dipping, splash each other, chase minnows, revel in it.

UNEXPECTED LITTLE DIPS

I ask the same anxious swimmers what they enjoyed most about the days swimming that we have enjoyed together. The answer is always the same as their faces light up, they loved the unexpected little dips in hidden dubs and waterfall pools, the water fight we had, the out of the way wild places inhabited by wet dogs and naughty children. Surely there is a lesson to be learnt here?

Enjoy more; be more childlike.

GO SKINNY-DIPPING, SPLASH EACH OTHER, CHASE MINNOWS, REVEL IN IT



Credit: Pete Kelly / Swim the Lakes





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Lake District adventures

Beware long car journeys, says Sarah Hobby

Car journeys, particularly long ones, can be dangerous. For my husband and I, long car journeys are where we write our 'to-do lists', or plan where to go on holiday, or decide on our next adventures!

This particular car journey we were on our way back from an evening where we listened to 'ordinary people' talk about the 'extraordinary' things they had achieved. Ben Smith talked about how he ran 401 marathons in 401 days, Elise Downing talked about her run around the coastline of Britain, and Calum Hudson of The Wild Swimming Brothers talked of his wild swimming adventures.

A few months prior to this I'd had a chance meeting with a lady who had swum the ChillSwim Coniston End to End event, a 5.25 mile swim that I had already set my sights on. She loved it, so I put it on my to-do list.

So back to the car journey, and discussions about swimming the length of Coniston Water. We decided that it would be much more of an adventure if I swam it self-supported rather than as an official event. And my husband would be kayak/stand-up paddleboard (SUP) support, floating feed station and chief cheerleader. This then progressed to



Sarah with her husband and chief cheerleader

'how many lakes are there in the Lake District?' and 'can you swim them all?' And so after a bit of research (still in the car on the way home!) the adventure was decided – I would swim the length of all the 'major' lakes in the Lake District. There are three reservoirs where swimming is not permitted, so that leaves

13 'major' lakes to swim over the next two years, ranging in length from 0.37 miles (Brothers Water) to 10.44 miles (Windermere).

I'm looking forward to the challenge and the adventure, but

THERE WILL BE FUN AND ADVENTURE – AND TEA AND CAKE AFTER EACH SWIM!

Sarah plans to start with the shorter lakes, with Grasmere and Rydal Water as her first lakes in May, then Loweswater, Buttermere, Derwent Water, Coniston Water, Bassenthwaite Lake and Crummock Water in 2018. She will swim Brothers Water, Elter Water, Wast Water, Ullswater and Windermere in 2019

am also a bit nervous. It's a lot of swimming, in unfamiliar and deep waters (I'm definitely a bit nervous about this), with a lot of planning to do before I even get to the water's edge. But it's exciting, and the more I see pictures of the lakes, and people swimming up there, the more I want to get up there and start my adventure. If I don't challenge myself and try, I'll never know what I could have achieved. There will be ups and downs, good swims, and not so good swims. There will be peace and tranquillity swimming in the middle of the lake (unless some monster from the deep grabs me!), and stunning views that you will only get from the water. There will be fun and adventure, and maybe most importantly, there will be tea and cake after each swim!

Follow Sarah's adventures at solentsplasher.wordpress.com



What's your Swim Story? Email: editor@outdoorswimmer.com



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