

**Channel Swimming Association Ltd.
Newsletter 19
May 2010**

Celebrating over 80 years of serving Channel Swimmers

Dear Member,

Welcome to our May 2010 Newsletter.

If you needed any evidence that it had been a cold winter the temperature mid channel on March 12th was 41.4°F, which was an increase of 0.2°F in a month and probably 3°F below the seasonal average!!

The Association looks forward to meeting many of you during the summer and is on course for a very busy year in this the 135th Anniversary year of Captain Webb's first swim.

Chairman's Message.

Dear CSA friends.

The swimming tides are known, your bookings are made and I hope your condition is good.

The date of your swim will arrive sooner than you expect.

I do hope you will be successful and that we meet someday and especially at the Dinner in November.

I also want to congratulate a few swimmers because this is the 50th anniversary of their successful channel swim with the Channel Swimming Association in 1960.

Michael Jennings F/E 13.31

Alfredo Camarero F/E 12.23 Also successful in 1959.

Peter Fergus E/F 16.31

2010 Membership.

If you have not already completed the Standing Order form or renewed your membership, your membership fees were due by the 15th January latest. We do our best to keep membership fees as low as possible to encourage you to stay in membership. All you have to do is to renew your membership or better still complete the Standing Order Form, return it to your bank and also let us know and your membership problems are solved.

Please use the membership forms at the end of this newsletter or on the website, www.channelswimmingassociation.com . That way you stay as a member and we stay in touch with you.

Channel Update

Today, 2nd May, as I start this Newsletter, the temperature mid channel at the Sandettie Buoy is 48.4F, it is raining, there is a cold northerly wind and the midday temperature is 46F!!

Swimmers Liaison Officer.

On arrival, please feel free to contact our Swimmers Liaison Officer, Dan Earthquake on Tel: +44(0)7792 149 010, who for some of the time is going to be staying in Folkestone. I am also pleased to tell you that sharing these duties with Dan, will be Trish Durden, her contact details to follow nearer the swim season.

News from our Members

News from Niko Nestor F/E 1959

Niko wrote to say, Please accept my and my family's best wishes for Happy Easter, to you personally and to all the family of the Channel Swimming Association.

Cordially,
NIKO NESTOR

News from Andy King

Andy went in to hospital in mid March to have his long awaited knee operation. We wish him a speedy recovery. He is now feeling much better.

News from Anna Wardley

Congratulations to Anna, who had an 8 page article in the March 2010 edition of the Swimming Times on her 2009 Channel swim and pictures. For those who do not get the Swimming Times see has given us her own account and emotions, which are reported later in the newsletter.

News from CSA Vice President Hurry Huffaker

Subject: Re: 1957 High School All Americans

As you can see, Harry was a useful Individual medleyist, remember, these times will be for 150 yds (not 100yds) and there are future Olympic Gold medallists in that list.

Your memory is largely in-tact Harry..."The Book" shows George Harrison (Olympian) in first place (1:27.6) followed by Frank Burnell (1:28.5), Tony Follett (1:29.4), then Chet ,The Jet, (1:29.8) followed by the dashing "flash" from GPHS at 1:30.0. You were ahead of some fine company also including Gary Heinrich, Lance Larson, Bill Mulliken, Chuck Bittick and your team mate, Alex Gaxiola. My memory is also wanting , did you start off with the dolphin butterfly followed by backstroke then free ? I remember your fly was also damn good ? Dave McIntyre

What do you do when you are over 70, not swimming as fast as you used to, or as fast as you would like to!! It is a tough decision. Well, following in the footsteps of Belgian long distance swimmer Lucien Hankart, CSA Vice President Harry Huffaker decided to spend Christmas 2009 in the warmth of Antarctica, although, unlike Lucien he could not be tempted or persuaded to share an invigorating swim at Latitude 82S. Hopefully, we will be able to get some of the wonderful pictures of his trip on the web site.

HI BOYS AND GIRLS

What follows are facts, experiences, thoughts and perspectives about my Epic Antarctica adventure aboard the Russian Icebreaker Kapitan Khlebnikov between the departure point of Port Stanley in the Falkland Islands on December 4 and disembarkation on January 3 in Christ Church New Zealand.

The travel route to the Falklands (aka the Maldives to Idahoans) was Sun Valley to Salt Lake City to Atlanta Georgia to Santiago Chile to Punta Arenas, to Port Stanley. During the daylong travel between Santiago Chile and Port Stanley the temperature dropped from 85F degrees to 32F degrees.

In the Falklands approximately 100,000 land mines remain in the aftermath of the 74 day war between Argentina and Britain. The landmines are described as "slow landmines", they are made of plastic which makes detection difficult and were not placed using any grid lines for future retrieval. Needless to say the urge to wander around the countryside is not very great.

I signed up for a triple room for reasons of economy. After boarding the ship and locating my room I was pleased to learn that I had been "upgraded" to a double room. My roommate was Jeff Nelson who entered the world with a few birth defects not the least of which were deafness and blindness in one eye. The first night he stayed up until 1AM playing video war games on his computer. I was envisioning a long month ahead. He turned out to be a very pleasant and considerate person to share the room with.

THE ANTARCTIC

The Antarctic includes the continent of Antarctica (the fifth largest) the surrounding Southern Ocean and 19 peri-Antarctic islands. Antarctica is 99.7% covered by a permanent ice sheet. The South Pole is about 9,000 ft. above sea level. The mean ice thickness is 6600ft. The maximum measured depth is 15,760 ft. at 70 degrees S.

The Southern Ocean includes the Scotia Sea, Weddell Sea, Amundsen Sea, Bellingshausen Sea and Ross Sea.

The winter population of the Antarctic is about 1100; at least twice as many are present during the brief summer.

The Climate is the most severe on Earth. Winds often become blizzards and a minimum temperature of -89C has been recorded. The continent is essentially a frigid desert because there is very little precipitation from the cold dry atmosphere, virtually all of which is snow.

THE SHIP

Operated by Far East Shipping Company (FESCO) of Vladivostok Russia.

Kapitan Khlebnikov was designed and built as a working icebreaker and is still used for this purpose most of the year. It is by special arrangement with Quark that we were able to be on board for this special expedition.

It is not a cruise ship and definitely not to be compared to a Carnival Cruise Line passenger ship. Nightlife is basically non-existent and rooms can best be described as comfortably Spartan and small (read necessary to leave the room to change one's mind). Older movies were shown (Gran Torino, Waking Ned Devine, Mama Mia, The Gods Must Be Crazy, etc).

A non-smoking policy is in strict effect---except for the Russian Crew! Go Figure!

Swimming Pool/Sauna/Gym

Good news---there was a swimming pool. Bad News---it never had water in it.

Gym was a small room, which included a stationary bike, treadmill, and elliptical machine. Said bike did not function due to rusted pedals and chain. Said elliptical machine was lacking a handle bar. Treadmill could be made operational by using one foot on the floor in scooter fashion.

An excel spreadsheet was required to keep track of the sauna schedule. Men only 4-7PM on MWF with clothing optional; Co-ed usage 7-12PM MWF clothing optional, TThS co-ed clothing required; Sunday 4-7PM co-ed with clothing optional. Obviously, it was very easy to make an irreversible mistake!!

Water supply produced by evaporating seawater and condensing it into fresh water. Up to 40,000 gallons/day.

5 zodiacs on deck used for excursions when ice was broken. The danger of being stranded due to movement of ice flows did not exist.

Two helicopters were available for the longer excursions and/or when sea ice would not permit travelling on foot or by zodiac.

Length: 437 ft.

Displacement: 15,000 tons

Speed: 20 knots maximum, 16 knots cruising

Icebreaking capability: 'first year' ice up to 5ft. thick may be broken at a speed of 1 knot. Ice 10ft. thick has to be traversed by repeated ramming.

Cruising range: 11,700 miles

Fueling: 14 hours to fill the fuel tanks.

Hull: double thickness with water ballast between. Hull divided by bulkheads into 8 watertight compartments. Draft: 28ft. Height: 160ft. Those of you who have looked down from a 10m diving board, will have some idea of what it is like standing on a 50m board!!

An ice skirt with ice knife aft of the prow

THE PASSENGERS

About 95, Representing England, Germany Australia, China, US well represented. Italy, France, Switzerland also included.

A highly credentialed educational staff (History, Geology, Ornithology, Marine Biology, photography etc.) provided frequent lectures and movies.

Small world stories were also plentiful:

Norm Lasca and I discovered that we both attended UM, Grew up in Grosse Pointe, attended the same high school AND at one time lived on the same street. For a moment I was expecting him to say that I went out with his sister. If that wasn't enough his Mother taught German and English at Grosse Pointe High School.

Two passengers on board were from Ketchum Idaho. As small as this town is I did not know them personally but do recall seeing them around town at various times. They live in a nearby subdivision of Hulen Meadows, which locals refer to as Human Ghettoes.

Mary Graf from Honolulu who worked as an ICU nurse for 18 years at Queens Hospital. We had many acquaintances in common.

Dress: casual with no coats, ties, etc. other than the memorable Brit with a non-stop pleasing smile who had become accustomed to dressing in shirt and tie for years.

THE ADVENTURE

Soon after the voyage began we found ourselves slugging it out across The Drake Passage, a 550 mile crossing across the most storm torn body of water on the planet. It lived up to its billing with

Force 9 (strong gale, 50mph+ winds) and 22ft. waves). Sickness bags were placed every couple of feet along the railings and passengers were popping phenegran tablets like they were M&M's. Mode of moving about was done on all fours or walking like penguins. Speed of ship reduced to 6Kt from 14. Shackleton coined the phrase "camp marking time" seemed appropriate. Joseph Conrad hit the nail on the head when he wrote, "There is nothing more enticing, disenchanting and enslaving than the life at sea". A member of Scott's expedition wrote "For sheer downright misery, give me a hurricane, not too warm, the yard of a sailing ship, a wet sail and a bout of seasickness in the Drake Passage"



After three days, the "you are free to move about the cabin" stage was reached. Equally as important LAND HO!! Glorious landscape of icebergs and formations.

Stops at Neko Harbor, Lemaire Channel, Peterman Island, and Stonington Island. By now the Antarctic was showing us its best in both weather and wildlife. Gentoo penguins, crabeater seals, pools of orcas numerous species of birds.

We are now in the Antarctic Circle and it is summer. December 21 (Summer Solstice) is the longest day of the year in these parts) which means the sun will not be setting below the horizon and daylight will be present 24/7.

At the South Pole the lines of longitude converge into one. Hence at 90 degrees S latitude a person can describe their location as being at any longitude they wish. That might prove to be difficult for 911 operators to deal with.

As we travelled south the time zones became progressively narrower. Hence about every couple of days it became necessary to re-set our watches back one hour. During the voyage we went through this drill 9 times. It requires more than a simple mindset to adjust to. It translates into an extra hour of "night time" when the evenings are already more than long enough. Going to bed at 8PM (or trying to) now becomes 7PM.

Two of the stops easily fall into the exceptional memory category. Cape Adare boasts a colony of 250,000 PAIRS of nesting Adelie penguins along with an explorers hut. If there were one true highlight, for me it would have been the time spent at Cape Washington with the Emperor Penguins and recently born chicks on my birthday.

The planned stop at Cape Hallet clearly illustrates the uncertainty of travel in this part of the world. Walking to shore was not an option due to a narrow channel of water along the coastline. Swimming was not an appealing option or method of making it onshore. The pack ice around the ship eliminated using zodiacs. The low cloud ceiling axed the thoughts of employing the helicopters. Result----unable to make a stop. But alas, a few of the "all about me" crowd could not get their minds around this setback and took their frustrations out on the staff and crew. Not pretty.

One morning my goal was to arise at 6:30 and shuffle down to the lounge for a muffin and cup of coffee. All was still. The engines were not running, the ship was not moving and visibility was zero. There was not a soul around. I had the feeling that everyone had abandoned ship and I was

the only person still onboard. It soon occurred to me that I had neglected to set my clock back and it was, in fact, 5:30AM! Eventually people began to emerge, the dense fog had lifted and we were on our way again. Crossing the International Date Line was another experience. The good news was that Christmas would arrive earlier. The bad news was that it meant that my Birthday would also be arriving sooner than wished.

Thoughts of home, but no burning desire to be in civilization for its own sake. Having said that, the lectures were getting a bit thin and today's offering "Non-existent islands and rocks of Antarctica" seemed unnecessary.

People often travel to distant lands to be reminded who they really are. Stripped of the daily routines one is forced into direct experience. Such direct experience inevitably makes one acutely aware of whom it is that is having the experience.

We travel initially to lose ourselves; and we travel next to find ourselves. We travel to learn more about the world than our newspapers will accommodate. We travel, in essence to become young fools again—to slow time down and get taken in, and fall in love once more.

Being able to visit and inspect the historic huts of the early explorers-- Byrd, Shackleton, Scott, Amundsen, etc. was a real plus. They have been preserved and are presented in authentic fashion. Standing (and consuming Champagne) on the Ross Ice Shelf was also a peak experience. Best understood by seeing photos of them which will be included in yet to be sent photos. (Alas, we are still working to get these on the web, but whatever the programme Harry is using, it and the web site are currently incompatible).

If the Drake Passage is the most storm torn body of water, the Ross Sea might qualify as a close second. Whilst in the "Roaring 60's the ship became a moving dance floor with M&M's once again commanding a premium price or special favours.

New Year's Eve has come and gone. Greetings 2010!! Reflections of past locations where that has been celebrated came to mind. Doug Smoyer's beach house etc. Last year it came in the civilized form of a gourmet dinner and movie at the home of Don and Roswitha Boss in Ketchum. Now out of the Antarctic and headed for the sub-Antarctic islands of Campbell and Enderby en route to final destination of Christ Church. At 57S the sun is setting once again, the weather noticeably warmer.

Campbell Island, Volcanic in origin, has a boardwalk that enabled us to climb the hill over the tussock grass to observe the top nests of the royal albatross. Each Austral summer 15,000 of these huge seabirds nest among clusters of brightly coloured megaherbs---quite reminiscent of the heather in Scotland. In the harbour area we saw numerous rare Hooker's sea lions. Rainfall occurs on 335 days/year. The day we were there did not "disappoint". Wind gusts in excess of 50 knots on more than 100 days/year. Again, we were not "disappointed". Now at latitude 55S sun is setting about 11PM.

Enderby Island is a wildlife paradise that includes a tangled rata forest, the largest Hooker's sea Lion colony in the world, the shy yellow-eyed penguin that is considered to be the world's most endangered penguin, and numerous other rare species of birds.

Taking an IPOD Touch with me allowed me the luxury of travelling with the entire music collection that resides at my home. As the ship approached Lyttelton, NZ, our disembarkation point, along with the beginning a few weeks of solo travel, a song from an Andrew Lloyd Weber album began to play. The words were haunting---Move a suitcase to another hall, take another picture off another wall, where am I going? HMMM!!

For one month we had the sky and the ocean to ourselves. The roomiest place I have ever seen and also the loneliest. The suspension of life that occurs onboard ship is addictive. One is always in transit and in transition. Nothing is fixed. Everything is imminent. A storm could come. A whale could break the surface. The future could hold anything. The world is a book and those who do not travel read only one page.

Perhaps one of the early explorers summed up arriving at the end of the line best when he said "Strange, there is always sadness on departure. It's as if one cannot bear to leave this bleak waste of ice, glaciers, cold and toil." Again, "GO FIGURE"!!

A full presentation including music and Ken Burns special effects will be readily available for anyone who is or might find themselves in the Ketchum area of Idaho. Best wishes, Harry

News from Vito Bialla and John Mathews



On May 24, 2010 at 6 am three Night Train swimmers from the USA and three swimmers from Mexico will team up and begin a world record swim across the Sea of Cortez.

The USA swimmers will raise money for the www.WoundedWarriorProject.org
Please donate at the link below
[Wounded Warrior Project Donation](http://www.WoundedWarriorProject.org)

And the Mexican swimmers will raise money for POR ELLAS...ENLACE, EL MAR DE CORTES
III www.muieresactivas.org.mx

News from Marcos Díaz

Saludos Amigos,
Aqui el video Oficial "Swim Across The Continents". Pasarlo a sus contactos!

<http://www.youtube.com/watch?v=4QIZsawEVwY>

Hello my friends,
Here is the link for the official video of the "Swim Across the Continents". Send it to your contacts!

Marcos Díaz www.marcosdiaz.net www.swimacrossthecontinents.com

News from Nesrin Olgun

We were pleased to have recently re-established contact with Nesrin Olgun E/F 1979 from Turkey. Her son is in Salerno in Italy. We are hoping that she will be able to join us for this year's Annual Dinner on the 6th November.

News from Nejib Belhedi

Nejib writes to tell us that he has received an offer from the El Jezira company for 3 Channel swimmers and 3 companions to inaugurate its first swimming marathon fiesta (30 Km) in El Bibane Lake. The lake is near Djerba and Tataouine. **The date has finally been fixed for the 26th June 2010.** The average air temperature at this time is likely to be 28C, ranging from 20-33C.

The El Jazira company is the commercial fishing company on lake El Bibane and it is willing to cover the costs of 2 nights in Djerba and 5 days in Douiret. Swimmers will need to make their own way to Djerba. Tunisian, Moroccan, Algerian and Libyan swimmers are invited too. El Bibane is the largest coastal lagoon in Tunisia covering 230km², max length 30km, max width 10km, its composition is close to sea water and it supports more than 60 species of marine fish. The maximum depth of the water is 6.8m and the average is 4m. Temperature, suffice it to say that it is on the same latitude as Dallas in Texas. If you are interested in this swim please contact Mike Read.

News from Brenda Fisher

The President was delighted to meet up with Brenda Fisher in March. Brenda is now the second oldest Channel swimmer making her crossing from France to England in 1951 and winning the Daily Mail Channel race and setting a new ladies world record in the process. She won both the Festival of Britain cup as the fastest lady and the Eva Peron trophy for the first British lady. We are most grateful to Brenda who has kindly lent the Association her scrap books so that we can take copies for our records and if possible, we will get them on the web site. It is reasonable to say that the welcome she received from the people of Grimsby following her swim was absolutely incredible.



News from Anna Wardley

As 2009 draws to a close, I am reflecting on the past 12 months and what a year it has been. Last December I launched my Turning the Tide campaign to take on some of the world's toughest open water swims and to raise lots of money for three special charities in the process. It is a year that has encompassed such highs and such lows that it is hard to sum up in words. I've been overwhelmed by the support throughout the year, and with 2010 almost upon us, I want to thank everybody who has helped to make it such an incredible year.

I set myself four tough goals for 2009 – to compete at the World Ice Swimming Championships on the Finnish-Russian border in February, to complete the gruelling 21-mile overnight Double Windermere Race followed by the Hellespont Race from Europe to Asia in August and then a solo cross Channel swim in September. Quite a 'to do list' for someone that hadn't swam for over a year.

I hadn't been in the water since my unsuccessful Channel attempt in August 2007 when I was pulled out a couple of miles from the French coast after over 14 hours of swimming. I'd also set myself an ambitious fundraising target of £50,000 for three charities which all work to restore hope – the Samaritans, Toe in the Water and Sail Africa. I'd drawn up a daunting set of self-appointed challenges and, at times, I wondered whether I'd bitten off more than I could chew. But with my goals in place, I set about the relentless training and fundraising to make it happen.

It wasn't easy by any measure. With injuries, financial worries in the absence of a sponsor and the relentless self-imposed pressure of the training and fundraising to cope with, there were moments when I wondered what I was thinking of. But with the unerring support of so many people and knowing the difference the money I was raising would make to so many people, I kicked off my campaign with a frosty dip in Stokes Bay at the New Year's Day Charity Dip dressed as a bunny girl in a silver lamé swimsuit, feather boa, red wig and pearls.

Then after acclimatising in the bitterly cold Solent and ice baths for weeks to prepare, I flew to Helsinki in February to compete in the World Ice Swimming Championships on the Finnish-Russian border. In just a Lycra swimsuit with the outside air temperature hovering around minus 10 degrees Celsius, I swam in water strewn with ice to win my heat and finished 4th in my age group against a field of Siberians, Finns and Norwegians.

In June the silver lamé swimsuit made another appearance when I held a fundraising party on Spitbank Fort in the Solent to raise funds for my Turning the Tide campaign attended by many of the injured service personnel who had spent the day sailing in the Round the Island Race with Toe in the Water. Taking heed of the SwimTrek motto, that 'Ferries are for Wimps', I swam the mile to the Fort from Portsmouth with my friend Matt Kingston, a Royal Marine who lost his leg after being shot whilst serving in Afghanistan. Swimming across the busy shipping lane towing a line of rubber ducks was a bigger challenge than either of us had anticipated as they started to sink due to the holes that had been drilled to attach their tow line. But tow them there we did and they helped us to raise thousands of pounds in the charity auction supported by Robert Marchant of Clive Emson Auctioneers.

At the start of August I faced my first marathon swim of the year when I tackled the British Long Distance Swimming Association's Double Windermere Race. At 21 miles, it is the same distance as the Channel and as tough in many respects, due to the lower water temperature and lack of buoyancy in fresh water. My swim was made even more challenging due to a wardrobe malfunction a few hours into the race which left me to swim the majority of it topless. Turning round the buoy at Fell Foot at 3am knowing that I had to swim the same distance all over again was a real test but I kept swimming and finally reached the finish line at Ambleside on Sunday

lunchtime, 19 hours and 6 minutes after I started on the Saturday evening, becoming the one of just two women to finish the arduous swim.

A few weeks later, still exhausted from my topless exploits in the Lake District, I flew to Istanbul to take part in the annual Hellespont Race from Europe to Asia. The busy shipping lane which links the Sea of Marmara to the Mediterranean is closed for just 90 minutes for the race which attracted almost 300 swimmers from all over the world. Finishing in 1 hr 23 minutes, I was just within the time limit. Despite the club-footed, breast-stroker Lord Byron swimming the same stretch 13 minutes faster than me 200 years previously during his Grand Tour of Europe, I was happy to have successfully completed another of the world's great swims. After all, I'm built for comfort not for speed, and it was another confidence boost ahead of my all-important Channel swim the following month.

My window to swim the Channel between 24 Sept and 1 October was the last one of the season and by the time it came around I was all too aware that many swimmers had been scuppered over the British summer due to bad weather. I was praying for good conditions but knew that my chances ultimately depended on Mother Nature.

When we decamped from Gosport to Varne Ridge Caravan Park high above, on the famous White Cliffs, I knew that my moment had come. The weather was perfect, the Channel glassy calm and I got the call from my pilot, Eric, at 1800hrs on Saturday 26 September to say we'd be leaving from Dover Harbour at 0200hrs the following morning.

Few people get to swim in the conditions I'd been dealt and I was determined to make the most of my good fortune. When I got into the water at Samphire Hoe at 0350hrs under a bright blanket of stars, I felt truly privileged to be out there doing what I'd trained so long and hard to do. The first hours were incredible as the sun rose and ferries passed us en route to France. I enjoyed the first 15 hours, feeling lucky to have the opportunity to swim in such ideal conditions. But as the sun set I was stung by a jellyfish and the last six hours were hell as I swam through shoal after shoal of the blighters and then thick fog as I approached the French coast. But at 0110hrs I made it after 21 hours and 20 minutes of swimming and it's hard to convey the elation, pride and exhaustion that I felt as I climbed back onto my pilot boat.



As soon as we'd scrubbed the lanolin off, I donned my red victory dress and two tiaras and posed underneath the Union Jack that had been hoisted at Varne Ridge in my honour. In the following days we partied so hard that it made me start to think that the Channel swim had been the easy bit.

The tiaras stayed on day and night, and I revelled in what I had achieved with all the people that had helped me get there. The realisation of what I'd achieved sank in, donations rolled in and the world felt like a wonderful place to be.

But sadly it wasn't to last. A week later, my mum's partner of 22 years, Peter, took his own life after suffering from severe depression. My mum had been in Dover with me for the swim and brought me a generous donation from Peter towards my fundraising. I spoke to him a few hours after my swim and he was clearly proud of what I'd achieved. Sadly, he was engulfed by depression and hanged himself at our family home just a few days after my mum arrived back from Dover.

Although someone taking their own life is traumatic for anyone to deal with, it was especially difficult for us as we'd lost my dad to suicide 24 years before. It is the reason that I raise money for the Samaritans and the other charities working to restore hope and I never expected to live through it twice in a lifetime.

After spending two months with my mum back home in Sheffield, I have returned to my home in Gosport and am looking forward to 2010 and the new adventures the year will bring. Sadly, it won't be the challenge I'd hoped for as I was rejected by the selection committee for the Manhattan Island Marathon Swim last month, but I am planning other equally challenging swims and look forward to sharing my plans with you all in the New Year. I'm also busy finishing my book about 'My Year in Deep Water' which should keep me out of trouble in the meantime.

A month after Peter's death in November, I attended the Channel Swimming Association's annual dinner at the Dover Town Hall where I was presented with the Van Audenaerde Trophy for the Greatest Feat of Endurance for my swim which turned out to be, not only one the longest of the season, but one of the longest ever recorded in over 130 years of Channel swimming. It was a very special moment to receive that recognition for my efforts but I maintain that it was the decision to try again that was the hardest part. By the time you've committed to the challenge and survived months of seemingly endless training, the swim itself is the straightforward bit.

Despite the difficult economic climate, thanks to the generosity of so many people I have raised almost £6,000 for the three charities through my swims this year. Ladbrokes generously gave me a charity bet of £250 with 4/1 odds for my Channel swim which boosted the total by a whopping £1250 when I reached France. Along with the £15,000 I raised in 2007 through my previous Channel attempt, I have collected a grand total of £21,000. I still have a long way to go to reach my target of £50,000 but I know that where there's a will there's a way. Losing another person close to me to suicide has reaffirmed why I do what I do and made me even more committed to raising money for these charities. It has also reminded me of the often unexpected brevity of life, which can be one of the greatest motivators. Please support me in the coming year and help me to reach my fundraising goal. Details of how to donate are the bottom of this email or on my website at www.annawardley.com.

I'd like to take this opportunity to send everyone my very best wishes for the year ahead. I'll be taking a dip at Stokes Bay again on New Year's Day, this time in the guise of California's greatest lifeguard, The Mighty Hoff. Let's hope it marks the start of another memorable year.

Enjoy the New Year festivities and if you get the chance, jump in some icy water – you never know where it might lead you...

Anna

Although well under way, Anna is still “Turning the Tide” to raise £50,000 for three charities working to restore hope ***The Samaritans/Toe in the Water/Sail Africa***

To donate:

Visit annawardley.com and click on the donate link to donate online via PayPal
Or you can send a cheque made payable to ‘Turning the Tide Charity Swims’ to:
Turning the Tide PO Box 248 Gosport PO12 9EG UK

For her latest news you can check out her blogs at www.annawardley.com
Join my ‘Turning the Tide’ facebook group

News from Pathe News

Hi Julie!

I’m not sure if you’ve looked at our online archives before, but we have several videos of channel swimmers, dating back to the 1920s, and including some great rare footage of swimmers being greased at night lit by fire lanterns in the 1940s!

Here is a link to the relevant section of our archive -
<http://www.britishpathe.com/workspace.php?id=4920> – you may be able to shine some light on exactly what’s going on in the old reels!

There are some great links to our past on this archive and Jack has agreed that we can link it in to our web site. Thanks, Jack

6 hour swims

We are frequently asked.....Where can I do my 6 hour swim? Birmingham Lifeguards will again be running a six hour swim at Swan pool in Sandwell Valley park on first Sunday in June, that’s June 6th this year. Start time 10am, £30 fee to cover rescue provisions (entry on the day £40). Dan Earthquake will also be running 6 hour swims in Folkestone with safety cover for £30/swimmer, various dates throughout the season. Full details of 6 hours swim rules can be found on www.myspace.com/slsc <<http://www.myspace.com/slsc>>.

Further enquiries please email daneearthquake@hotmail.com
<<mailto:daneearthquake@hotmail.com>> or Tel: 07792 149010

2 Swimmers looking to join a team

Subject: Relay Vacancies

Just a reminder if you are short of that final swimmer for your team.....

Magnus Hebden-Smith <Magnus.Hebden-Smith@iongeo.com> writes;
Just dropping you a wee mail to see if you know anyone who might be still on the look out for someone to join their team in 2010?
Magnus.Hebden-Smith@iongeo.com

Phil Pearl asks: Is there a way to connect with relay swimmers who have a vacancy or do relay teams always have the full complement of swimmers? Thank you.

Phil Pearl 502 N. Bertrand Street Flagstaff, AZ 86001
928.779.3532 (home) 928.266.5297 (cell) philippearl@q.com ppearl@grandcanyontrust.org

Do you want to become an Observer?

I was a member of the 1968 world record youngest relay team from Monson Swimming Club, Tunbridge Wells. We are the team which the Academy for World records in America has finally recognised and confirmed that we still hold the record (40 years on) despite a claim by an American team last year.

Anyway, regardless of that, I just wondered how I can become a CSA observer. Does it require training ?are there enough available anyway.

How do I become a CSA observer? Contact Dan Earthquake on 07792 149010.

Does it require training? Some training is given in May each year. We are arranging an Observer's meeting for 11.00am on the 29th May at the Grand Burstin Hotel Folkestone, at the moment.

Are there enough available anyway? We always welcome new Observers. We can never have too many Observers. If you can help, please do not hesitate to contact Dan Earthquake.

News from Mike Jennings

Mike Jennings tells us that he has sold over 1000 copies of his book "Believe it or not" and is now aiming to sell 5000. He currently has some 34 engagements lined up from Superstore signings to public speaking engagements. He has even bought a CSA polo shirt and a T shirt and has promised to be at the Dover Regatta on the 14/15th August, where he will gladly sign copies of his book. As he put it.....I'm giving you the opportunity to help me in my quest to raise £30,000 for my charity, THE ELLENORLIONS HOSPICES. Details of how to order your copy are on page 24.

Dover Harbour

Please find below an information leaflet received from the Dover Harbour Board.

If you are planning to train in Dover Harbour, you must swim between the white lines which are clearly painted on the Prince of Wales Pier and to the east on the Reclaim Wall.

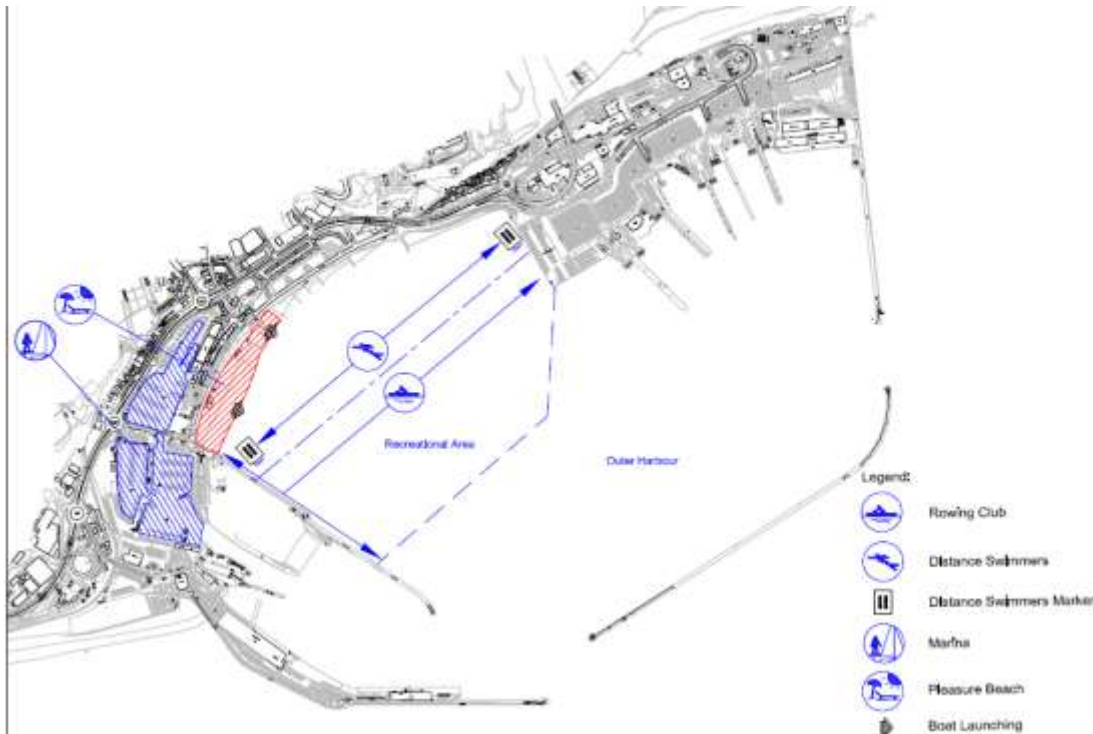


Port of Dover LEISURE ZONE MANAGEMENT STRATEGY

The Port of Dover has two distinct areas for waterborne recreational activity; these are the Western Docks Marina and the Outer Harbour Recreational Area, which encompasses the Seafront and associated sections of beach.

The Government's Port Marine Safety Code accompanying Guide to Good Practice on Port Marine Operations makes specific reference to recreational activities within harbours. The Port of Dover has recognised and taken a proactive approach to the risk management of such leisure activities within its jurisdiction by ensuring that an appropriate leisure zone management strategy exists for each area.

Responsibility for the management of these leisure zones rests with the Harbour Master and the Port Operations Department, who will consult and liaise as appropriate, through stakeholder meetings or directly, with users of the port's recreational facilities.



THE WESTERN DOCKS MARINA

The Marina provides extensive facilities and specialist management for leisure craft users. The navigation of all craft to and from the Marina confines are regulated by two centres; in the first instance by 'Dover Port Control' controlling the movements in the port's main navigational fairways, then by 'Dover Marina' once within the Tidal Harbour and enclosed dock areas.

General navigational directions are issued and promulgated to local yacht clubs, yachting publications and Nautical Almanacs (e.g. speed limits are in place for the harbour (8kts) and marina (4kts)) and details of safe water marks published. Detailed information concerning the use of the harbour by leisure craft is contained within the Port Marine Safety Code and is published in the Marina Guide issued to all berth holders.

As part of the 'T2' development, the Marina will be relocated to a purpose built dock immediately adjacent to the Prince of Wales Pier and to the new Tug Haven and Ferry Berths 10, 11 & 12. The control of leisure craft movements will be maintained in a similar way to that utilised at present, but with a more precise 'reporting' point within the Marina alongside the addition of localised international port traffic signals and specific identified small craft waiting areas in the Outer Harbour.

THE OUTER HARBOUR RECREATIONAL AREA

The Outer Harbour Recreational Area is a large but relatively shallow marked part of the harbour extending seaward from the beaches to the edge of the main shipping fairway crossing the harbour and the Eastern Docks Exclusion Zone; it is an area that encompasses all of the regular seafront beach based leisure activities.

There are numerous types of leisure activities that take place within this area, such as dinghy sailing, sail boarding, limited yachting, power boating, rowing, canoeing and swimming. General regulations direct the use of the recreational area, for example by requiring all power driven craft to keep 50m from the shore except when launching or landing, by prohibiting high speed leisure activities involving the use of power craft at high speed or Kite Surfing - the use of any Personal Water Craft is restricted to an area outside of the Admiralty Pier.

Whilst all of these activities take place within a common area there remain two prime strategies for effective safety management, one addressing that of the general public access and another for the organised leisure activities of the Dover Sea Sports Development Trust, (DSSDT).

General Public

The public have direct access to all the beaches from the promenade and a public slipway for the launching of small craft on trailers is provided at a single location. Prominent information signs are displayed on the promenade in the vicinity of the slipway and at the most populous access routes to the town beaches. These notices contain simple guidance as to the conditions of use of the Recreational Area and give specific advice with regard to the 'multi-use' nature of this part of the harbour as well as navigational information for those intending to proceed beyond the area.

Similarly in areas where specific dangers are known to exist appropriate warning or prohibition signs are displayed, e.g. 'No Diving' where the water is too shallow or where the seabed is rocky. Signs are also placed at strategic locations warning bathers of the possibility of large waves caused by ferry movements. Contact numbers are provided in case of emergency.

Supervision of the recreational area is the responsibility of the Port of Dover Police and the Harbour Patrol Launch and patrols are conducted as required throughout the day, dependent on activity at any particular time, but especially in the main swimming season (April – Oct).

In addition to this direct management policy, Port Control maintain a visual watch on small craft navigating within the area, as does the DSSDT who have the ability to report directly to Port Control if an incident occurs. When it is necessary to warn or advise of anything that may temporarily affect the use of the recreational area additional signs are displayed along the promenade and if considered appropriate formal notices will be placed in the local press.

In an emergency, where urgent assistance is necessary call '999' (or 112), and tell the operator which emergency service is required.

Dover Sea Sports Centre (DSSC)

The leisure operations of the four major organised activity centres based in Dover - the Rowing Club, Lifeguard Club, Watersports Centre and Deal Triathlon Club - are now based in a single building, known as the DSSC, with direct communication and facilities also available for the Channel Swimming Associations.

It is now possible to route the water safety management strategy for virtually all of the organised leisure activities in the recreational area through this single facility for these formally totally independent clubs.

The DSSC is occupied by DSSDT as tenants of DHB who are subject to the terms and conditions of the ports 'Access and Use Guide'. The purpose of this guide is to draw attention to the key issues to be considered when using port premises, including the recreational area of the harbour. DHB aims to minimise and control the risks associated with activities taking place on its land. To this end, DHB sets its own standards and procedures to apply specifically to the use of its land including the application of health and safety regulations and actions to be followed in the event of an incident.

DSSDT Management of Leisure Activities

The agreed water safety management procedures relate specifically to the beach area that falls within the footprint of the building and boat storage area, down to the waterfront and include the Recreational Area within the harbour. The procedures are provided to ensure clubs and organisations operating from the DSSC are aware of the safety issues surrounding their sport or activity and the impact of the activity on the general public.

DSSDT and its partner organisations have a responsibility to ensure the safety of their members and participants at all times, and to consider and minimise any risks that may be presented to other users of the beach and the water. DSSDT and its partner organisations do not have any responsibility for the actions of the general public or any other user of the harbour or beach area. Users of the DSSC, however, may from time to time offer advice to recreational harbour users should they be deemed to be putting themselves or others in danger.

DSSC General Safety Protocol

In order to separate long distance swimmers and rowing sculls, distance marks are located to the west on the Prince of Wales Pier and to the east on the Reclaim Wall. Swimmers remain inshore of these marks and rowers to seaward. The teaching activities of any users of the DSSC are to be conducted in a clearly marked area away from the swimmers and sculls.

The standard code of behaviour is for rowers to give way to sail and swimmers, sail gives way to swimmers and power boats give way to all.

DSSC Enforcement and Regulation

Whilst considering these procedures, it is important to recognise that it is the Harbour Master who has powers to regulate, but not necessarily prohibit, the right of navigation and other activities within the port.

Byelaws and directions provide the main formal statutory mechanism for managing recreational navigation and leisure activities within the harbour; DHB adopts a consultation approach where possible in dealing with the recreational community and other harbour users. It is important that DSSC users and partner clubs adopt the same consultative approach with DHB and the general public to promote safe use of beach and water for the enjoyment and benefit of the community. A copy of the current DHB byelaws can be found in the DSSC.

DSSC Incident/Accident Reporting

In an emergency, where urgent assistance is necessary, call '999' (or 112) and tell the operator which emergency service is required.

An incident afloat where assistance on the water is required must be reported to Dover Port Control. All incidents and accidents whether afloat or ashore are to be recorded in the DSSC duty log on the designated forms and DHB Port Safety is to be notified in the event of any reportable accident or incident. It is recognised that the individual clubs and organisations will also have their own reporting procedures to adhere to.

EVENT PLANNING

Any recreational event which represents a departure from what is recognised as regular or routine activities within the harbour should not take place until permission from the Harbour Master has been sought and granted within the terms of the ports Access and Use Guide.

Those intending to hold a recreational event for which any form of risk assessment will be required are advised to consult the Harbour Master at the earliest opportunity. Formal approval to such events can then be made subject to a proper risk assessment conducted by the event organiser. Where an event occurs regularly, the scope of subsequent risk assessments may be adjusted accordingly.

In approving any event, the Harbour Master needs to be satisfied that any risk to the general public, the safety of navigation, or other port users has been effectively mitigated. The Harbour Master will also require evidence that the event organiser has consulted with, and has met the requirements of, the Police, the MCA (Coastguard), the RNLI, local emergency services, and local authority where appropriate. Also, if applicable, the event should be conducted in accordance with the guidance provided by, and with the approval of, the national bodies representing the types, or classes of craft participating in the event.

Any requirement for additional harbour authority resources – whether additional navigational marks, craft to patrol, control or escort the event, or any emergency or SAR response resources - would normally be at the expense of the event organiser. The same would normally apply to any public safety or emergency provision considered necessary by the police or other emergency services.

Old Churchill Hotel

We are sorry to have to report that the Old Churchill Hotel on the seafront is now closed.

White Horse Tavern

The White Horse Tavern in St James Street, it is under new management and is currently being renovated and refurbished, but there are no plans as yet to remove the swimmers signatures.

Regalia

If you would like to order any of our regalia please refer to the web site and make a note of the products as shown in the regalia table. Some of our products (i.e. sweatshirts, t-shirts and polo shirts) are available to order directly from our suppliers (Identity or CCS embroidery). Please contact them at:

Channelswimmingassociation@identity.co.uk (Identity) or
suecurd62@aol.com (CCS Embroidery).

Other CSA items (ties, shields, badges, beanie hats) are available by contacting our swim secretary at:

Email swimsecretary@ntlworld.com or Mike Read read.michael2@sky.com

Tel/Fax us on +44 (0)1509 554137

Payment is by credit card only (Amex not accepted) to the Secretary. Postage and packaging costs will be added at applicable rate for your country of origin according to the weight of your parcel and shown on the receipt that will accompany your consignment.

Dan Earthquake Dates

Dan tells us that he hopes to be in Folkestone on the following dates:

Fri 21st May Sat 22nd May

Fri 28th May Sat 29th May Sun 30th May

Fri 11th June Sat 12th June

Thu 17th June Fri 18th June Sat 19th June Sun 20th June Mon 21st June Tue 22nd June Wed 23rd June Thu 24th June Fri 25th June Sat 26th June

Fri 2nd July Sat 3rd July

Fri 9th July Sat 10th July

Fri 23rd July Sat 24th July

Fri 20th Aug Sat 21st Aug

Fri 3rd September Sat 4th September

Sun 19th September

Light sticks/Nightlights:

Wondering where you get your nightlights from, wonder no longer, just look on the web site under regalia and order from the secretary. Price £8 delivered to your home. You will need at least two, preferably three and after your swim you can use them for all sorts of things. I am sure you will have your own ideas, they come with replaceable batteries which last a long time, children love them.

Handbook

Those of you who have taken the occasional glance at the web site will be aware that the CSA Handbook is available. A wonderful present, Why not stake a claim to your copy.

Channel Swimming Association Ltd

Handbook

160 pages

Over 100 photographs

If you or a friend has swum the Channel Solo with the Channel Swimming Association then you or they will be mentioned. If you have taken part in a Relay, the Relay will be listed. A wonderful reference book and a great present!

Price: In the shops £16.99,
CSA swimmers and members price: Delivered to your UK door, only £12,
Delivered to your world- wide door, only £14.50

**To reserve your order you can either send your details with a cheque
Payable to 'Channel Swimming Association Ltd' to the address below
or e-mail read.michael2@sky.com for more information**

**Mike Read
9 Church Crescent
Sproughton
Ipswich IP8 3BJ
UK**

Standing Order Form

It is never too late to get your Standing Order form completed. A big thank you to all those of you, who this year, have filled in the membership standing order form. But we would still like many more of you to do it. It saves you time remembering to renew your membership each year and it ensures that we get your membership subscription in early January, which is greatly appreciated. Just take this opportunity to fill it in and send it to your bank, forget about it and let the bank do the rest. A Standing Order form is on the last page.

Definition of a swimming costume:

Channel Swimming Association rules are fairly straight forward and simple to understand. We appreciate that other organisations now recognise some new swim suits and body suits; however, swimmers are reminded that under CSA rules the definition of a swimming costume is:

A 'Standard Swim Costume' (for both sexes) shall be of a material not offering Thermal Protection or Buoyancy and shall be Sleeveless and Legless:

"Sleeveless" shall mean the Costume must not extend beyond the end of the shoulder onto the Upper Arm;

"Legless" shall mean that the costume may not extend on to the Upper Leg below the level of the crotch.

If yours does not meet these 3 criteria, it is non compliant, so change to an orthodox swim suit.

And only one swimsuit is permitted.

If you have any doubt or need further clarification please consult the web site where we show clearly what styles are permissible and what are not permissible.

www.channelswimmingassociation.com/swim_advice/swim_costumes

It is your responsibility to ensure that your swimsuit is compliant with CSA rules, if it is not your swim will not be recognised. It is not the responsibility of the pilot or the observer to check your swim wear. Don't get caught out.

Check out our web site.

If you have not done so already, takes a few minutes out to look at the CSA web site. If you have a question about Channel Swimming there is a good chance that you may find the answer on the web site. If you would like to contribute an article or pictures, please do not hesitate to submit your material to us.

www.channelswimmingassociation.com

News cuttings and photos: Member's Fund raising efforts:

We are always pleased to receive copies of newspaper articles and photos. Please keep us up to date with your publicity and also of any fund raising activities you have been involved in. We know that many of you have been involved in raising very considerable amounts for good causes and we would like to keep your details up to date, in case we are asked.

We ask for your news and what you are doing and we are delighted to pass the information on. Please keep the news coming in. The more often we get news, the more often you will get a newsletter.

2010 Dinner and AGM:

The 2009 Annual Dinner was a great success and as usual, well over budget!! We are already thinking about the 2010 Annual Dinner and AGM. And you should be thinking too! The dates for your diary are the 6th and 7th November 2010 at the Dover Town Hall. Please start making your plans now. For those of you from Overseas, remember to get those cheap flights booked whilst they are still cheap, we really do appreciate your presence and it makes the dinner such a fantastic International gathering.

Lapel pins:

The CSA crest is again available, as an enamelled lapel pin, which is now available, £2 inc. p&p...

We would like to keep in touch with you;

We appreciate that this newsletter does not reach everyone, whilst others may receive two or more copies. If you get too many copies please let us know. If you know someone who has not received it and would like too, please let us know their email address and we will make sure that they are added to the list.

A message from the Secretary: To All Swimmers for 2010:

The 2010 swim season will be upon us before we know it. My thanks to those of you who have already submitted your applications for this year.

For those of you who have missed the end of April application deadline please note that we will continue to accept late applications, but don't forget to add the late application fee.

Keep focused and I look forward to hearing from you all again. Please make sure we have your correct email address.

Cheers.

Julie

How to contact our Secretary:

Dr. Julie Bradshaw MBE
381 New Ashby Road
Loughborough
Leics
LE11 4ET
Tel/Fax: +44 (0)1509 554137
E-mail: Swimsecretary@ntlworld.com

With our continued best wishes to you all and great success in 2010,

CSA Board, May 2010.

Membership forms for 2010 below:

CHANNEL SWIMMING ASSOCIATION Ltd

Founded in 1927

President; Michael Read King of the Channel®

Application for election to
ANNUAL ASSOCIATE
MEMBERSHIP

(For the period 1st January to 31st December 2010)

2010

Secretary: Dr Julie Bradshaw MBE,
381New Ashby Road,
Loughborough,
Leics LE11 4ET
UK

Tel/Fax: +44 (0)1509 554137
e-mail: Swimsecretary@ntlworld.com

(Please use **block letters**)

Name: Nationality:

ADDRESS

POST CODE Telephone number:

By providing my e-mail address below, I agree to receive Company business electronically;

E-mail:

Club/Relay team name:

I hereby make an application for/ wish to renew my Associate Membership;

I enclose remittance of Annual Associate Membership Subscription Fee £21.00 (Junior: £15.00)

Signature..... Date/...../2010

Only one mailing of information will be sent for a club's use. Members of a club, which has Associate membership can become individual associate members by paying the one year subscription fee. Associate membership has no voting rights.

NOTE: You only need to be proposed and seconded by Full Members of the Association on your initial application for Associate Membership.

1. Proposed by (Name) Signature

2. Seconded by (Name) Signature

I/we wish to pay by Cheque/Credit Card. Please charge my/our account card no:
_____/_____/_____/_____ expiry date ____/____ security digits_____

Signature Date/...../2010

For Association use only Date received. / / Membership number

Application approved Chairman/ Sec.

Non Profit Making Company Limited by Guarantee – The successor of the CHANNEL SWIMMING ASSOCIATION
Registered in England – Registration No 3868395
Registered Office Address: Larking Gowen Chartered Accountants, Unit 41, Claydon Business Park,
Great Blakenham, Ipswich, IP6 0NL, UK.

CHANNEL SWIMMING ASSOCIATION Ltd
CHANNEL SWIMMING ASSOCIATION
Founded in 1927
President; Michael Read King of the Channel®

Application for election to
ANNUAL FULL MEMBERSHIP
(For the period 1st January to 31st December 2010)
2010

Secretary: Dr Julie Bradshaw MBE,
381New Ashby Road,
Loughborough,
Leics LE11 4ET
UK
Tel/Fax: +44 (0)1509 554137
E-mail: Swimsecretary@ntlworld.com

(Please use **block letters**)

Name: Nationality:

ADDRESS

POST CODE Telephone number:

By providing my e-mail address below, I agree to receive Company business electronically.

E-mail:

Club/Relay team name / e-mail address:

Signature..... Date/...../2010

I hereby make an application for election to Full membership;

One Year Full Membership (to expire 31st Dec 2010 and does not convey a right to renewal)
I enclose remittance of £23.50 subscription.

I/we wish to pay by Cheque/Credit Card. Please charge my/our account card no:

_____/_____/_____/_____ expiry date ____/____ Security digits_____

Signature Date/...../2010

For Association use only **Date received. / / .** **Membership number**
Application approved**Chairman/ Sec.**

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Standing Order Application Form

Standing Order;

Should you wish to pay your membership by standing order, please find below a standing order form to complete and to take to your bank;

PLEASE SET UP the following Standing order and debit my/our account accordingly;

Account Name Account Number

Account Holding BranchSort Code

Name of Organisation you are paying: *Channel Swimming Association Ltd*

Sort Code: 5 2 4 1 4 2

Account Number of CSA Ltd: 5 0 8 2 7 4 2 1

Payments are to be made; *Yearly*

Initial Payment **£23.50**

Date of First Payment: ____/____/____

Please pay until further notice (*payments will be made until you cancel this instruction*)

Confirmation: Customer Signature(s);

Date:

For Association use only Date received. / / . Membership number
Application approvedChairman/ Sec.

Non Profit Making Company Limited by Guarantee – The successor of the CHANNEL SWIMMING ASSOCIATION
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Great Blakenham, Ipswich, IP6 0NL, UK.

EllenorLions Hospices Charity

Why write a book? Certainly not for personal financial gain; I don't stand to make one penny, not even if it's a world-wide, 'umpteenth-languages' best-seller. Ha! Madam, you may be laughing on the other side of your face, I don't do things by halves, you know!

I have written '**Believe It... Or Not!**' for two main reasons. Firstly to celebrate the **Golden (50th) Anniversary of my first English Channel Swim, France to England, 1960, 13 hrs. 31 mins**, very few have reached that milestone, and secondly to support and raise considerable funds, hopefully, for **The EllenorLions Hospices**, the most deserving of local charities.

"Oh, here we go, the old begging bowl again, sponsorship," I hear you cry. In a word 'yes', but in an entirely different form. Not for me proffering you a tacky sheet of paper, always in front of others, (oh, the shame if you decline), then shock! horror! the last person on the list donated £20, the name though obscured by an ink smudge or coffee stain. Don't fall for that old ploy, they probably have fifty such sheets. Then 'Stump-up now, please' **before** they go off and perform their heroic deed, which, incidentally they can most probably perform upside down and backwards. You get nothing for your hard-earned cash, hear no more and never see them again!

I jest, of course, thousands of people, their hearts in the right place, raise incredible sums by sponsorship for deserving causes, but from **me** you get a book, acclaimed by my publisher as a very good book, 8" x 5", much larger than the illustration, **311** pages with **78** photos authenticating the 14 true anecdotes I purvey for your reading pleasure, and **you know exactly how much to donate**.

My 'heroic deed' has taken over a year to complete and I am dedicating the next year to promoting it.

Publication has cost me **£2,008** which I have totally funded. **That's my donation!** From now I have to purchase the books, about £2.30 each, then sell and deliver them, by hand or post. At the selling price of £8.99 the EllenorLions Hospices should profit by more than £6 per book sold. It will not be available on Amazon, Waterstones etc till **October 2010**. They take 40% so it's private sales only till then!

Seventy two years of lifetime experiences have gone into the book. The brief details on the back cover don't even scratch the surface of what Ann and I have packed in, where we've been, what we've done and knowing so many good friends, acquaintances, sports-people, show-biz personalities and nut-cases, worldwide, who have enriched our lives. All persons and incidents are true, believe it or not!

Carol Stone, Chief Executive Director of EllenorLions Hospices, and myself, will be delighted if you choose to avail yourself of a copy. In anticipation, thank you.

Should you ultimately not consider it a worthwhile read I shall only be mildly offended if it finishes up hanging from the hook on the inside of your lavatory door being put to good use one page at a time!

I am also available to give talks on **Channel Swimming**, including film of my early 1960s successful swims to your group or club, totally free.

Next step? PTO and complete the order form ... that would be greatly appreciated.

Your book will be delivered within 10 days.

Michael Jennings

Ann sang for Clint Eastwood.

Channel swim preparations filmed by Dutch TV.

*Al Jolson?
'Me scalpum you'.*

'Hallo Possums.' Dame Edna and Madge.

A better 'bowler' than Fred Trueman and the trophy to prove it.

Your Name:

Address:

Please deliver me book(s) @ £8.99 each (including delivery) = £

Cheque or postal order payable to M. JENNINGS.

Send to: 'Cap Gris Nez', Gorsewood Road, Hartley, Kent, DA3 7DH

Tel: 01474 704495

Fax: 01474 705573

Email: michael@jenningsmichael.wanadoo.co.uk