



GLOSSARY

- 11 pole:** bastone
- 12 standard swimming costumes:** costumi da bagno normali
- 13 wetsuits:** mute
- 14 jelly:** gelatina
- 15 layer of fat:** strato di grasso
- 16 jellyfish:** meduse
- 17 nasty stings:** brutte punture
- 18 porpoises and seals:** delfini comuni e foche
- 19 be able to stand cold water:** essere in grado di resistere all'acqua fredda
- 20 mindset:** atteggiamento
- 21 overnight:** per tutta la notte

Swimmers get food and drink in a plastic bottle using a pole¹¹ from the pilot boat. Channel swimmers can only wear standard swimming costumes¹²; wetsuits¹³ are not allowed. To help stay warm, however, they use "Channel grease", a 50:50 mixture of lanolin and petroleum jelly¹⁴ which provides an extra layer of fat¹⁵ and, hopefully, keeps sea life away too. Bradshaw isn't afraid of the elements, but she is afraid of one thing: jellyfish¹⁶! In summer there can sometimes be thousands of these creatures in the water, some of them giving nasty stings¹⁷. Sometimes swimmers encounter porpoises and seals¹⁸.

STAY POSITIVE

What makes a successful Channel swimmer? "You need to be able to stand cold water¹⁹," says Bradshaw. "And you need to have a very positive mindset²⁰: this is most important. I know Olympic swimmers who have tried the Channel and not made it." It is also important to stay relaxed, but not too relaxed: "I know people that have swum overnight²¹ and they've actually gone to sleep and still been swimming!" ☺

CHANNEL FACTS

- The **English Channel** separates southern England from northern France, and joins the North Sea to the Atlantic
- The Channel is 560 km long and varies in width from **240 km** at its widest to **34 km** at the Strait of Dover
- Summer water temperatures average around **15-18°C**, with 10.6-13.9°C at night
- The first recorded, unassisted Channel swim was made by Englishman **Captain Matthew Webb** in August 1875. He took 21 hours and 45 minutes to complete the crossing
- The fastest Channel swim was made in just 6 hours 57 minutes by the Bulgarian swimmer **Peter Stoychev** in August 2007
- British swimmer Alison Streeter has completed **43 Channel swims** to date and holds the record for the only three-way Channel swim, which took her an incredible 34 hours 44 minutes

www.getset4success.co.uk

www.channelswimmingassociation.com

Watch Julie Bradshaw in action at

www.youtube.com/user/getset4success