

## Michaela Richard's solo Round Jersey swim

*21<sup>st</sup> August 2013*

Michaela comes from Cheshire having swum the English Channel, 3-way Coniston, 2-way Windermere and many 1-way Windermere swims. Jersey is next on her list!  
Starting in the dark but some light provided by a full moon. Great conditions, very little wind and one of the highest tides of the year.

Crew: Charlie Gravett (pilot), Mick Le Guilcher (co-pilot), Sally Minty-Gravett, Alice Harvey, Rhianna Reynolds (observer/timekeeper), & Larry Richard (husband & feeder).

Kayaker: Martin Powell

- 0524 Started from Elizabeth Castle breakwater. Martin guiding Michaela through the rocks and past the reclamation site.  
Another solo swimmer started 5 minutes before and a relay swim started 5 minutes after.
- 0614 Moon disappearing behind us as we approach Green Island
- 0624 1hr done and past Green Island Beach. Michaela didn't realise she had been going an hour which is a good sign.  
Michaela doesn't usually feed until 1.5h/2hrs in so we let her continue on.  
Lovely sunrise whilst Michaela powers on towards La Rocque.
- 0703 Passing La Rocque and ahead of the relay.  
Great push from the tide around La Rocque pier.
- 0710 Sped past La Rocque Harbour and into Grouville Bay. Martin heading off to Seymour Slip now.
- 0724 2hrs in, almost in line with Fort William on the Golf Course.  
1<sup>st</sup> feed of rice pudding! Yummy!  
Sun beginning to warm up now.
- 0800 At Gorey Castle- a great photo opportunity! Michaela going well and sunshine is out.
- 0824 Second feed at 3hrs in – Rice pudding again.  
Just at Mike's slip, approaching St Catherine's breakwater. We tell Michaela that it will be a bit choppy off the breakwater but this is normal and we will be in a very fast run of tide.
- 0924 4 hours done and we're making our way nicely along the North coast. In line with Bonne Nuit bay and Michaela is having a warm ribena drink.  
Alice and Rhianna jumped in to "test the water!!!" In other words, to empty their bladders!!!  
No sign of Sarah, the other solo swimmer and the relay are just ahead of us but much further out.
- 0944 Half way point!
- 1024 In a great run of tide along the North coast and overtaken the relay. At Greve De L'Ecq for the next feed of ribena and a banana.
- 1054 At Grosnez Castle (top left corner of the island)  
Sally has just spoken to Cliff Golding on board Suva in the English Channel and club member Wendy Trehieu is still going strong in her double channel attempt.  
Club member Annette stood on Grosnez headland waving!

- Relay is way back and still no sign of solo swimmer Sarah.
- 1124 Rounded Grosnez headland and we can see Corbiere lighthouse. Near the reef at L'Etacq. Feed of mini chocolate roll and ribena drink. Warn Michaela that St Ouen's Bay is very deceiving because of the curvature of the bay so it may look as if she isn't going anywhere but she is moving!
- 1224 7 hours and in line with La Rocco Tower (Martello tower in St Ouen's Bay). Ribena drink and banana for feed.
- 1145 Rounding Corbiere lighthouse - bottom left corner!  
Club member Bianca waving from Corbiere and rings Sally to tell us.  
Last stretch to go.
- 1324 8hrs done and almost at Beauport. Feed of half a banana and some lucozade.  
We tell Michaela this will be her last feed because we can't stop after Noirmont due to strong tidal runs in St Aubin's Bay.
- 1424 Passing Noirmont and the tide has just turned. Club members Bianca and Fay are waving from the Gun Tower along with Michaela's parents. Michaela stops briefly to give a wave then carries on.  
Stroke rate 50.  
We can tell Michaela is tired as we cross St Aubin's Bay and the last stretch is always the hardest. Crew tell Michaela to dig deep.
- 1505 FINISHED!!!

\*\*\*Successful Round Jersey Swim\*\*\* 9 hours 41 minutes

Michaela becomes the 87<sup>th</sup> swimmer to swim around Jersey. She recorded the 3<sup>rd</sup> fastest time and also becomes the 2<sup>nd</sup> fastest female since the swim first became possible in 1969.