

NORTH CHANNEL

SWIM FACT SHEET

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LOCATION: NORTHERN IRELAND TO SCOTLAND

POPULARITY

Cold water, lions mane jellyfish, unpredictable weather and multiple tides as you approach Scotland.

This swim has it all and is known as one of the more difficult of the **Oceans 7** swims. In fact until Oceans 7 became a thing, only a handful of people had successfully completed the swim. The number of attempts each year has substantially increased as a result.

KEY CONTACTS

RATIFYING BODY

The Irish Long Distance Swimming Association (ILDSA) has historically ratified all swims. It's possible that a new North Channel Swimming Association will ratify in the future (to be confirmed).

ILDSA:

ildsa.info & northchannel.info

Pilots:

Infinity Channel Swimming (Pádraig Mallon) (up to 3 boats):

- www.infinitychannelswimming.com

Bangor Boat (Brian Meharg):

- www.bangorboat.com

Nelson Boats (Quinton Nelson):

- www.nelsonsboats.co.uk

KEY FACTORS

QUALIFYING CRITERIA

Qualifying swim within last 12 months:

- 6 hours 13C or below
 - 8 hours 15C or below
 - Proof of completion in a recognised channel swim in water 13C
- Complete a medical (including ECG)

SEASON

Swim window is from late June (10C water) to September.

Maximum water temperature during the season is approximately 16C

RULES

SWIMWEAR RULES

- Goggles, nose clips and earplugs are permitted.
- No GPS wearable devices are permitted.
- No taping is allowed.
- All swimsuits must be made from textile materials, and must be in one or two pieces. Swimwear must not extend past the shoulder or below the knee.
- One swimming cap and must be made from silicone or latex.

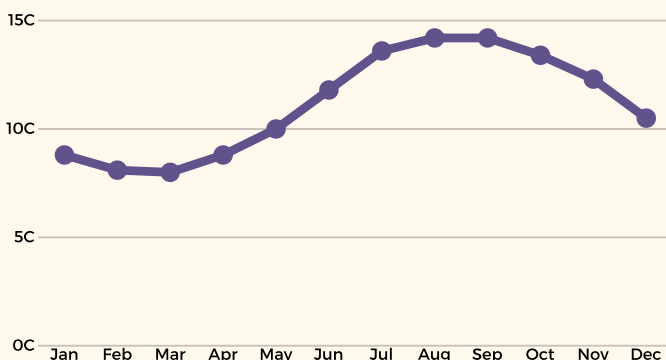
OTHER RULES / CONSIDERATIONS

- Minimum 18 years of age
- The swimmer is permitted to grease the body
- No physical contact with the swimmer is allowed
- No MP3 players or equivalent
- Minimum of 1 support crew who must be fluent in English.
- Support swimmers are permitted after the first 3 hours for up to 1 hour. Then a gap of 2 hours. They can't swim ahead.

FINAL THOUGHTS

- The jellyfish can be a lottery, sometimes the jellies are a problem and sometimes they are not. They sink in daylight and come to the surface in the dark. The cooler earlier part of the season has more daylight hours so less jellies, but colder temperatures. You'll likely see more jellies closest to shore on both sides.
- Be advised, many swimmers have been **hospitalised** after this swim. The effects of the jellyfish are often felt once out of the water and for the next 24 hours.
- If you want to see what can be expected, watch the film 'Sea Donkey'. Available on Vimeo.
- You start at Donaghadee (rocks next to the common) but may board the boat from Bangor.
- You are likely to finish somewhere near Portpatrick
- Dolphins are known to join swimmers.
- If you cannot cut across the tide you may be washed away from shore, even when seemingly close (close enough to see houses). It's not suited to slow swimmers.
- Pier 36 (pub restaurant) in Donaghadee is an excellent place to stay. They have a separate house next door.
- Swim locally with the 'Chunky Dunkers' and help them with their charity work by donating kit.
- Car may be required to get around.

WATER TEMPERATURE



QUICK VIEW

	-VE	+VE
Temperature (10-16C)	● ● ● ● ●	● ● ● ● ●
Distance (21.5 miles)	● ● ● ● ●	● ● ● ● ●
Challenging conditions	● ● ● ● ●	● ● ● ● ●
Success rate (~70%)	● ● ● ● ●	● ● ● ● ●
Price (£3k - £3.5k)	● ● ● ● ●	● ● ● ● ●
Iconic	● ● ● ● ●	● ● ● ● ●
Marine life (jellyfish)	● ● ● ● ●	● ● ● ● ●