

# Paul Barrett's Cross Channel Relay Swim for BEN



I have found another challenge. Somehow, I have been persuaded to take part in a Cross-Channel Relay Swim. I'm really not sure how I agreed to this and I was totally sober at the time.

Many of you who know me will be aware that riding a bicycle is my usual activity of choice. I have just returned from an 1100-mile ride from Canterbury to Rome. I have also run the occasional 10K. I am certainly not an accomplished swimmer and possessing a certificate for swimming 25 yards doggy paddle dating back to 1964 doesn't really qualify me to attempt a Channel swim but it's a starting point. I have been training since the beginning of the year initially in the pool but more recently down at Kingsdown near Deal, Kent in the sea. I have managed to qualify for the swim by completing a 2-hour sea swim where the temperature was 15.9C!

There are six of us in the relay team and we swim for 1 hour in rotation until we bump into France. I am told its likely to take around 18 hours so using my basic math's that means I shall do at least 3, 1-hour sessions. I might point out that wetsuits are banned and the rules state I shall be wearing some dodgy "budgie smugglers" a very silly yellow swimming hat and goggles. Arm bands, rubber rings and other floatation devices are also forbidden. At this time of the year the Channel will be around 18c and I can tell you that still feels cold. This is without doubt my biggest sporting challenge to date and furthest from my comfort zone that I have ever attempted.

So, weather permitting I should complete the task sometime between 20-27 of August 2017.

I am doing this to raise money for BEN, the automotive industry charity and your support in the way of sponsorship would be fabulous. Probably the simplest way of sponsoring me is via my JustGiving page <https://www.justgiving.com/fundraising/paul-barrett22> . If that is not convenient cheques payable to BEN can be sent to me at my office address at Barretts Ltd, 28-30 St Peters Street, Canterbury, Kent, CT1 2BL. If you would like more information about the BEN charity you can find it at <http://ben.org.uk/>

Thank you in anticipation.

Paul Barrett