

ROSS EDGLEY: "I swam around Britain!"



WHO?

Name: Ross Edgley
Age: 34
Job: Adventurer and author
Past challenges: Extreme climbing, running a marathon pulling a Mini!

WHAT?

Challenge: To swim around the British Isles.
Distance: 2,883 kilometres
Rules: No stopping, no returning to shore*.

WHY?

Aim: "I want people to appreciate what their bodies can do, and not worry about how they look."

BEFORE YOU READ:

- Do you swim?
- Do you prefer to swim in the wild or in a pool?

Ross Edgley has just become the first person to swim around Great Britain! He swam 2,883 kilometres in just 157 days! How did he do it?

ROSS' SWIMMING DIARY²

A Day 1

I'm buzzing*! The moment has arrived! I've been planning for months and have trained with the Marines³. It will be the last time I am on land for months! I dived into the water and swam!

B Day 12

My first problem: ships! The English Channel is one of the busiest

shipping lanes. Five hundred ships travel through here daily! I've dodged* big cargo* ships and tankers! *Eek!*

C Day 30

I've just broken my first World Record! I've just become the first person to swim the length of the English Channel – from Margate in the east, to Penzance in the west. *Boom*!*

D Day 45

I've started to notice more sealife. I've seen seals and dolphins, and in the Bristol Channel, I saw a Minke whale! It was cute! *Aw!*

E Day 50

I've just discovered why salty water is bad for my body! It has dissolved* my tongue! I found pieces of my tongue on my pillow! *Gross*!*

F Day 60

Eat, swim, sleep, repeat! Swimming for six to ten hours a day is lonely. I've started to talk to myself. You're left alone with your own thoughts, and you have to entertain yourself.



G Day 79

I've been swimming for twelve hours a day! The sea water has turned the skin on my feet and hands white!

H Day 82

I've just swam with a shark! But I don't think he wanted to eat me. Why? Because I haven't washed for 82 days! I can't imagine that anything in the sea is looking at me thinking: "I'll order one of those!"

I Day 90

I've encountered a new problem: jellyfish! Luckily I've just grown a beard! The beard protects my face from the jellyfish stings*! But one jellyfish got inside my goggles*! *Ouch!*

J Day 134

I've just celebrated my birthday! I haven't had a party ... but I've had cake and custard! Because of the cold sea, I've been eating around 10-15,000 calories every day! I eat lots of bananas and I've had pizza for breakfast today! *Yum!*

K Day 157

I've done it! At half past eight this morning I arrived in Margate. For the last mile*, 300 people came and swam with me! I was surprised!

When I saw my girlfriend I said, "I'm sorry I'm late!" I had wanted to finish the swim in 100 days!

DISCUSS IT

Which part of the Ross' challenge would you find the hardest? Why?

What will Ross do next?

Find out at:
rossedgley.com
[@rossedgley](https://www.instagram.com/rossedgley)

Creative writing

Imagine you are swimming in the sea / a lake / a river in your country. What do you see? How do you feel? Write a diary of your swim!

Present perfect + just

What has just happened? Look at the reactions. Finish the sentences:

1. **Ouch!**
It stings!

A jellyfish has just ...



3. **Eek!**

Ross has just ...



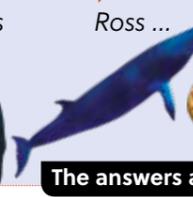
3. **Gross!**

Ross has just ...



4. **Aw!**
Cute!

Ross ...



5. **Yum!**

Ross ...



The answers are on page 15 ↓

WORDWISE * shore (n): coast, land * buzzing (adj, inf): happy / excited * to dodge (v): to move out of the way, to avoid * cargo (n): goods, luggage * boom! (exclamation / sl): when you are happy and excited about something you've done * to dissolve (v): to break up * gross! (exclamation / sl): disgusting, horrible * sting (n): sharp, painful injury often caused by a wasp, ant or jellyfish * goggles (n): you wear these in the water to protect your eyes

