

# 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 DIARY<sup>2</sup>

#### A Day 1

I'm buzzing\*! The moment has arrived! I've been planning for months and have trained with the Marines<sup>3</sup>. 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](http://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:

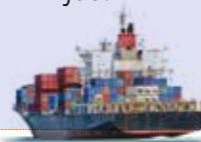
1. **Ouch!**  
It stings!

A jellyfish has just ...



3. **Eek!**

Ross has just ...



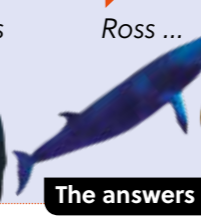
3. **Gross!**

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

