

Marlins are rewarded for braving the cold water

Swimming
Mid Sussex Marlins
report contributed

A small but hardy group of Mid Sussex Marlins swimmers made the journey to South London to take part in the UK Cold Water Swimming Championships.

They joined a record field of 700 like-minded, slightly unhinged, competitors from all over the UK and Ireland - plus a sprinkling from as far afield as Poland, Latvia & Belgium - to brave the 1.5 degree water in Tooting Lido's magnificent outdoor Art Deco setting.

This biennial event, excellently hosted by South London Swimming club, grows in popularity on each occasion.

This year it was blessed with dry weather with intermittent sunshine and the pool was resplendent with crystal clear blue water, rows of brightly painted changing cubicles and decked in flags and bunting.

The competition then followed with over 150 heats across the relay event and four individual events: The 90metre endurance event; 30m freestyle, 30m head up breaststroke and - a new event this year - the Ice Fly. Consequently, some Marlins swimmers had to brave the water on several occasions.

The impact of the cold temperature was clear to see - and to hear! Without fail, the initial shock of entering



Gold medallists: Craig Mayhew, Sarah Moore, Graham Lock. Below, Graham Lock in the head up breaststroke

the water before each race drew a sharp intake of breath from every swimmer.

This was rapidly followed by the numbing effects of ice cream head as the competitors attempted to cross the pool as fast as they could (three times for the endurance event), before emerging the other side, pink and tingling from head to toe.

Fortunately, hot drinks were immediately on hand and there was the reward of the hot tub and sauna to

warm up again.

Although Marlins had only seven swimmers attending they acquitted themselves well and returned with a host of medals and high rankings. Graham Lock (endurance event), Craig Mayhew (Ice Fly) and Sarah Moore (Ice Fly) each won gold medals - and so did the Marlins relay team, comprising, Craig Mayhew, Sarah Moore, Max Keeping and Graham Lock. Tim Fraser, Sarah Davison and Alex Fraser also gained top ten places in their events.

