

# CHANNELING ENERGY

**M**ost people travelling from England to France would take a conventional mode of transport. They might fly, they might take a ferry or the Eurotunnel or they might even sail. Few, very few, would elect to walk into the sea from Dover's Shakespeare Beach dressed only in a conventional swimming costume, hat and goggles and, with the cheers of a support crew ringing in their ears, swim solo across the busiest shipping lane in the world to fulfill a personal dream.

**Such a person is Jersey born, Chantelle Rose.**

Weather permitting, and sometime between 15th and 20th July, Chantelle will be undertaking this mammoth challenge in aid of The Antoine Trust, a Jersey charity which raises money to support Jersey children on the island undergoing cancer treatment. The trust aims to enhance the type of care that children and their families receive whilst undergoing cancer treatment. In conjunction with Health & Social Services a dedicated paediatric oncology nurse has now been appointed. The trust has undertaken to fund this post for the next three years.



Chantelle's lead up to her Channel swim has been carefully managed. In 2011 she swam around Jersey in a time of 12 hours 59 minutes and also swam the annual 10.5 mile Lake Windermere race. Last year saw her swim from Jersey to France in 10 hours 17 minutes and it was just a few weeks later that she decided to undertake the ultimate challenge.

Over last winter Chantelle trained for up to seven hours a week in the pool with fellow Channel aspirants, Graeme Lowe, Annette Campbell, Wendy Tréhiou and Sally Minty-Gravett and other members of the Jersey Long Distance Swimming Club as well as with Jersey Swimming Club Masters. She also took a weekly dip in the sea where the water temperature fell to a mind numbing 6C (brrrrrr)!

The beginning of May saw these hardy swimmers eschewing the chlorine filled comforts of Aquasplash, Langford and Quennevais pools for the brine and tumult of Jersey's seas and advanced training. Ten and twenty minute swims soon gave way to one and two hour plus dips with acclimatization and endurance being the main aim. Chantelle is now swimming up to four hours at a time leading to a split weekend swim of six and four hours after which she will taper down in preparation for the main event.



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As well as homegrown athletes, each year sees swimmers from every continent travel to Dover to pit their wits and personal courage against all that the notoriously fickle English Channel can throw their way. In worldwide open water swimming the English Channel is seen as the most prestigious, the most iconic of all the great swims. Since 1875, when Captain Matthew Webb became the first person to swim the English Channel, little more than 1000 people have completed the swim. In fact an often repeated statistic is that more people have reached the summit of Everest than have swum the English Channel. Upon success Chantelle will be the 25th Jersey Channel swimmer.

As Captain Webb famously said: "Nothing great is easy." Chantelle Rose is aiming to be one of the victorious. She says, "This will be my hat trick of sea swims and the toughest one so far. I am very grateful to Mr and Mrs David Crossland who have sponsored the cost of my Channel swim, which has enabled me to concentrate on raising as much as I can for The Antoine Trust, I am looking forward to this challenge very much. Then I want to swim just to keep fit!"

If you would like to support Chantelle in her quest and find out more about The Antoine Trust, please go to: [www.justgiving.com/ChantelleRose](http://www.justgiving.com/ChantelleRose)

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**TO JOIN IN THE FUN YOU MUST BE ...**  
**8 YEARS OR OVER**  
**& ABLE TO SWIM**  
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