

# Epic effort brings success for swimmer

By Holly Robertson

hrobertson@jerseyeveningpost.com

A JERSEY woman completed an 'epic' solo Channel swim yesterday, battling tides, jellyfish and tendonitis to finish the crossing in just under 21 hours.

Chantelle Rose (44), from St Helier - who has become the 25th person from Jersey to swim across the famous stretch of water - said that thoughts of her family and her many supporters in the Island had spurred her on to keep swimming, despite the tough challenges.

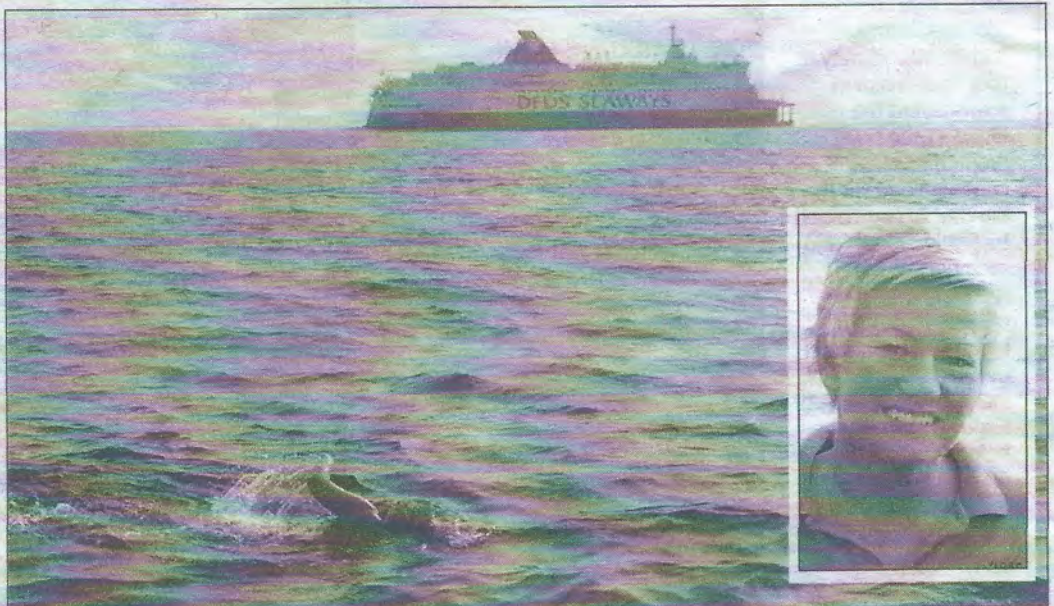
She said: 'I still can't believe I've done it because there were some very hairy moments. I'm ecstatic.

'I've been absolutely overwhelmed by all the support and everyone who donated to the Antoine Trust because it really kept me going.

'I'd also promised my son that I wouldn't get out and I've never broken a promise to him.'

Ms Rose, who works for the Probation Service, was stung by jellyfish at least six times and was also struck down with tendonitis in her forearms, making the swim all the more difficult.

After setting off from Dover at



Chantelle Rose, who braved the waters of the Channel. She finished in 20 hours and 59 minutes

1.34 am, she finished on rocks at Cap Gris Nez, in France, in the 'pitch black', 20 hours and 59 minutes later.

Her partner, Cliff Golding, who was on board the support boat, said that with three hours to go it was looking 'very doubtful' that Ms Rose would finish,

so she was given the chance to pull out.

Mr Golding, who has also completed the Channel crossing, said that it was an 'epic' effort.

He said: 'She chose to swim and swim hard. Those last three hours were the toughest of the day. 'We did go past the Cap but

somehow the tides held and Chantelle found the strength to prevail landing on the rocks in the dark.'

Ms Rose has so far raised more than £4,400 for cancer charity the Antoine Trust. To donate, visit [www.justgiving.com/ChantelleRose](http://www.justgiving.com/ChantelleRose).