

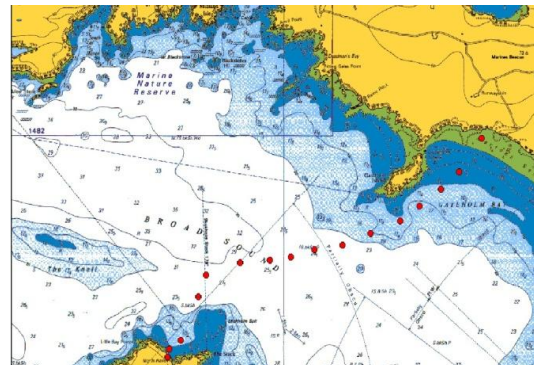
A Little Swim to Skokholm Island

22nd August 2014, 6.45am, on the way to Marloes Sands beach before starting the swim. Skokholm is the island in the (far) background – in a straight line from Marloes Sands beach to North Haven on Skokholm it is just under 3 miles. I knew it wouldn't be straight...



Final preparations before donning the specially printed Wildlife Trust of South & West Wales swim cap and getting started....Skokholm looks quite close, doesn't it?!

My safety boat was the *Skalmey* from the Skomer Marine Nature Reserve, and they plotted my swim from the boat (roughly) - see the red dots. I wasn't supposed to go so far north (up), and ended up landing on the north side of the island rather than the south side. My own GPS watch recorded the swim as 7.3km – completed in 1:24:01. If you watch the ITV News footage (below), you will see the middle bit wasn't as flat as it looks in the photo above!



A report, more photos and for any final donations (thank you!), please visit:

<https://www.justgiving.com/Dave-Swims-to-Skokholm/>

ITV Wales News came to film the attempt, interviewing me before & after the swim and also filming from the safety boat. A low res version of the 6pm news coverage is here:

<https://www.youtube.com/watch?v=ptuB6820D7s&feature=youtu.be>

Finally the post-swim news release from the Wildlife Trust is here:

<http://www.welshwildlife.org/skokholm-island-swim-success-dave/>

Thanks to everyone who has donated – it is really appreciated.

Dave Astins, September 2014