



Dear Friends,

What is it like to turn around and swim back? This question has intrigued me each time I finish a channel swim. Few have explored this – only 16 people before me have completed a successful two-way swim of the English Channel. The tides and currents in the Channel, in addition to weather conditions and colder water temperatures make it a challenge to swim it one way. Yet, there are some of us who must test the limits. I had my chance to try for the two-way swim on July 30, 2004. Not only was I able to complete the swim successfully, but I finally got my question answered.

The training I did in preparation for my two-way English Channel swim proved to be formidable, but was necessary. As it turned out, I needed to be able to swim for 28½ hours – non-stop – to swim from England to France and then turn right around and swim back to England. Fortunately, I had trained for the worst and even though I had hoped for the best, I got the worst. High winds and strong tides prevailed on the day I swam, but because of my mental and physical preparation for the swim, I was able to finish in spite of all obstacles.

Most of my training was done at La Jolla Cove, where we are lucky to have nice ocean swimming conditions all year 'round. It is important to swim in colder water on a regular basis when training to swim the English Channel to teach the body to tolerate the cold for long periods of time. I also trained in the pool at La Jolla High School to increase my speed and strength.

I arrived in Dover, England, a couple of weeks before my swim was scheduled. The month prior to my swim I had been “tapering”, gradually easing off on the training mileage which allowed my body to be rested and recovered when the day of my swim arrived. During this time, it is advisable to concentrate on speed, rest, and not getting injured. Since I needed to gain a few pounds in order to be more comfortable swimming such a long way in the colder water, I planned to fully enjoy the wonderful English breakfasts prepared by Audrey Hamblin at the Victoria Guest House, the cream tea and shepherd’s pie at Chaplin’s, and other fattening delicacies that I would not ordinarily allow myself.

However, in channel swimming, as with life, one must learn to expect the unexpected. I swam three days after arriving in Dover! Near perfect conditions had been predicted and I was encouraged by all not to waste a good swimming day, especially since the weather had been so uncooperative for channel swims so far that summer. My crew and photographer had not yet arrived, so a crew of seasoned Channel veterans was put together for me. Captain Lance Oram and crew Derek Carter, Codge Cobbitt, and observer Billy Beadle were steady at the helm throughout my swim and never wavered in their belief that I would make it. Even when 21 knot winds began to blow they kept telling me to “keep swimming – you’re looking good!” Somehow it was always easier to keep swimming than to admit defeat and ask to be let back onto the boat.

I have been honored by the athletic and swimming community for my two-way English Channel swim. I received the San Diego Hall of Champions Star of the Month Award and was honored by the Foundation for Women. In March of 2005 I attended the Channel Swimming and Piloting Federation Annual Awards Dinner in Dover, England, where I was awarded the prestigious Gertrude Ederle Award for the Most Meritorious Swim by a Woman in 2004. This award is sponsored by the International Marathon Swimming Hall of Fame.

I am honored to have dedicated my two-way English Channel swim as a fundraiser for the Moores UCSD Cancer Center. Over \$11,000 was raised for cancer research, education, and community outreach programs. Being able to serve my community in this way has made my successful swim even more meaningful to me.

The English Channel has not seen the last of me. There are many more swimming adventures yet to unfold. Stay tuned to this website for updates!

Best Regards,

*Anne Cleveland*

Escorting me across the Channel on my one-way English Channel swim in July of 2002 was Mike Oram of the Channel Swimming and Piloting Federation in his boat the Aegean Blue. It was Mike’s job to navigate the unpredictable tides and conditions in the Channel, all the while watching out for my safety.



Mike’s son Lance Oram was my escort pilot in his boat, Sea Satin, for my two-way English Channel swim in July of 2004. My capable Channel Swimming and Piloting Federation crew of Lance, Derek Carter, Codge Cobbitt, and observer Billy Beadle were steady at the helm throughout my swim and never wavered in their belief that I would be successful.



I’m in the pool at the Coggan Family Aquatic Complex training for my two-way English Channel swim. This pool is located at La Jolla High School, where I graduated in the class of 1973.

