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INFORMATION SYSTEMS

***Be their
inspiration***

by Sarah Philpott

WORLD #7 ORIGINAL TRIPLE CROWN OF OPEN WATER SWIMMING

What sets us apart?



Olympian
Competition & Medals

vs

Normal
Camaraderie & Cake

My Childhood...

I had no access to club sport.

The only teaching of sport I received was from my school teachers.

The rest was spent;

- riding my bike,*
- climbing trees, and*
- running through the fields.*



MY STARTING BLOCK...

Age 16yrs, I joined my local triathlon club. With lots of encouragement & support, 3yrs later I was at my first World Championships representing Great Britain.





1999 - 2004

MY 2nd STARTING BLOCK...

*Age 42yrs, in the year of Covid, I took to the sea.
And with the help of a friend
I learnt what it takes to
become an endurance
swimmer.....*



A swimmer wearing an orange swim cap and black goggles is in the ocean. The background shows a sunset over the sea with a rocky cliff on the left.

Sensory Isolation

No vision

No hearing

No taste & smell

No touch

The Challenge

Fear of Failure

Sea Sickness

Hypothermia

Secondary Drowning

The Wildlife, stings & bites

Fear of what lurks beneath



What it takes
Dedication & Focus
Teamwork
Trust & Respect
Resilience
Power of Now
Self Belief
Facing Fear

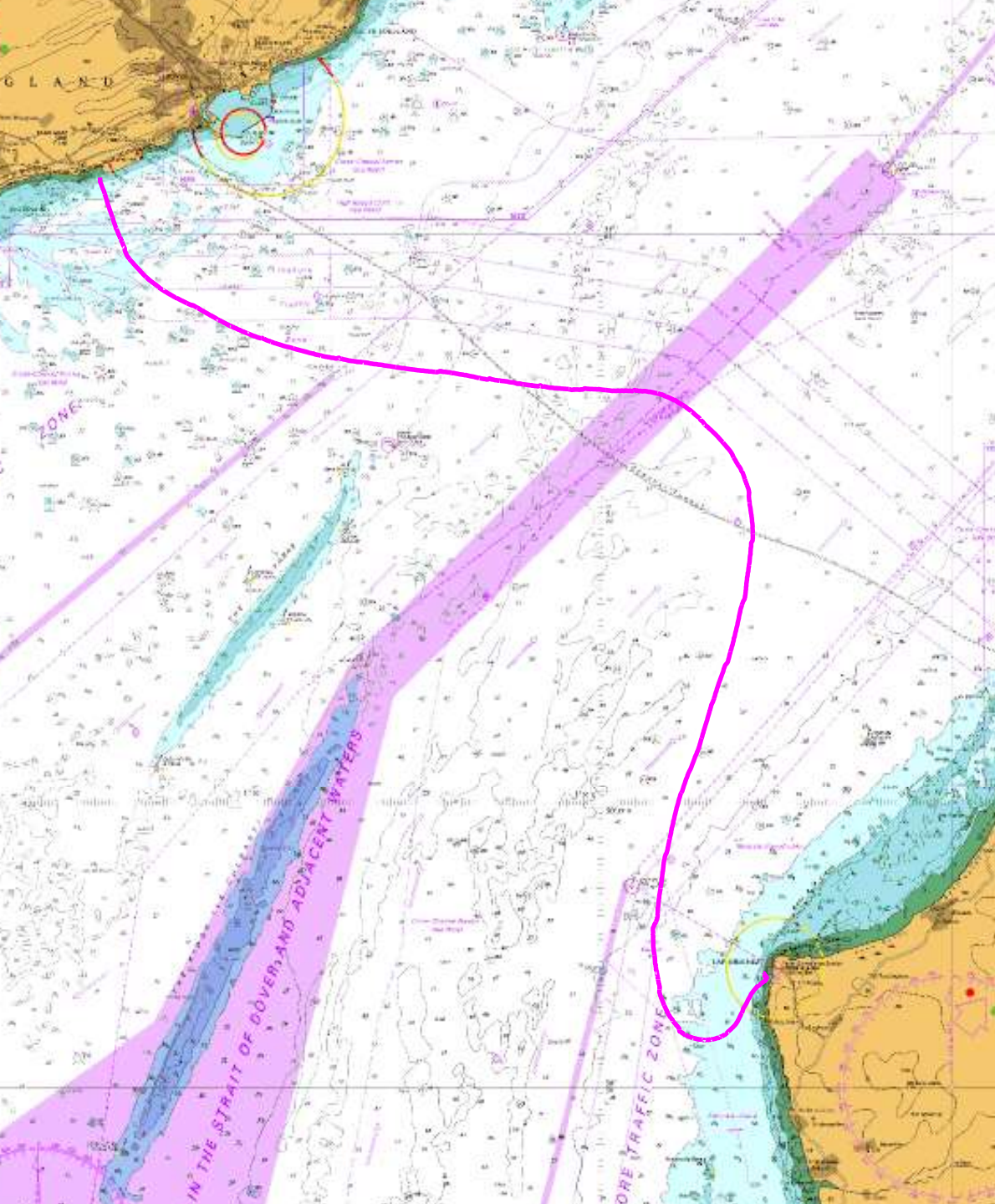


The English Channel

The world's most icon swim
Swum by 2,500 people (to date)

21 miles England to France





The English Channel

from England to France

Distance: **21 miles**

Date: **14th Sept 2020**

Time: **13hrs 48mins**

Pilot: **Lance Oram**

Co-Pilot: **Tanya Harding**

Nutrition: **Peter Green**

Support Swimmer: **Erica Fogg**

Comms: **Louis Martin**

Observer: **Rory Fitzgerald**

Lesson Learnt

TEAMWORK

*there is nothing solo
about a solo swim*



The English Channel

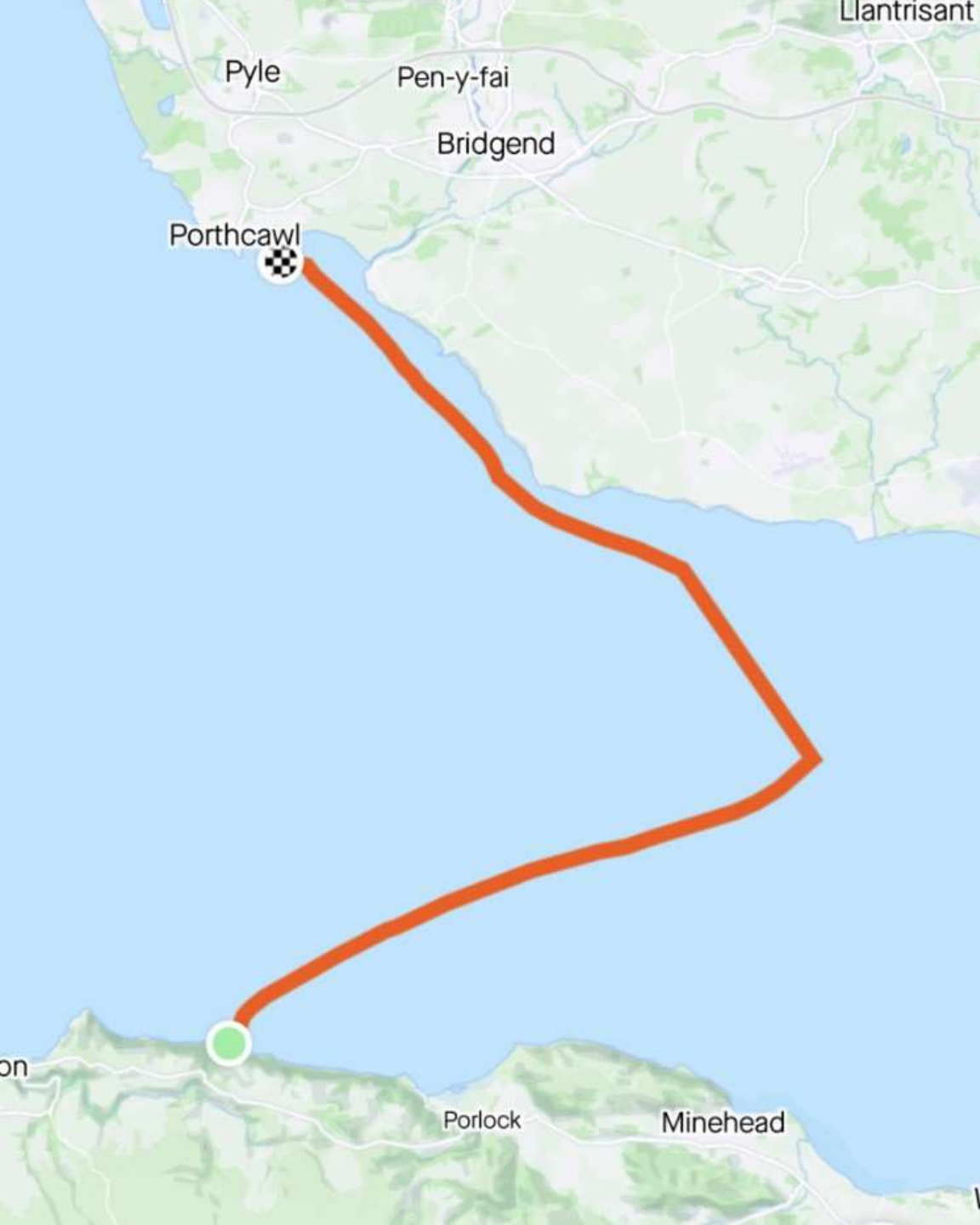


The Bristol Channel

The world's 2nd largest tidal range
Swum by only 33 people (to date)

16miles from
England to Wales





The Bristol Channel

from England to Wales

Distance: **16miles**

Date: **22nd June 2022**

Time: **12hrs 21mins**

Pilot: **Ceri Davies**

Nutrition: **Jane Murphy**

Observer: **Kevin Murphy**

*Lesson Learnt...
know that the team
around you have your back.*

TRUST & RESPECT

*the decisions they make,
even if they don't make
sense at the time.*



The Bristol Channel

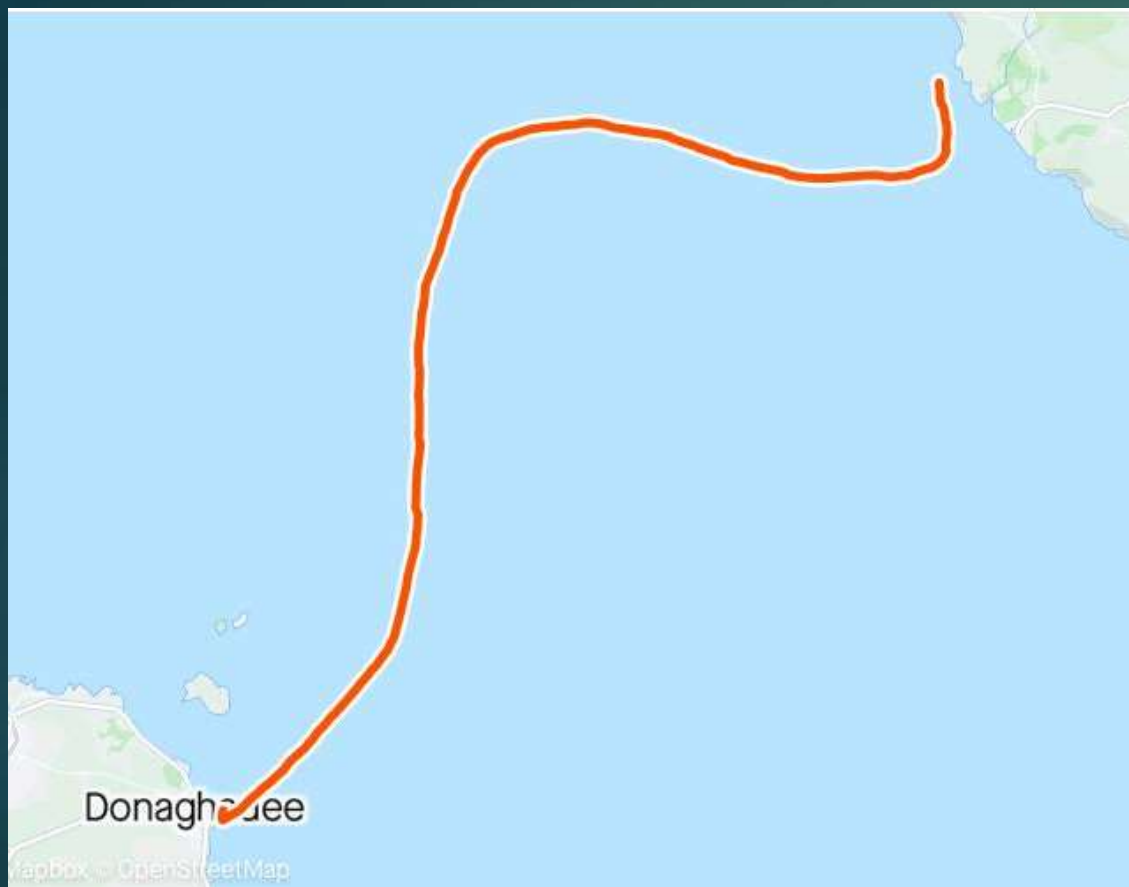


The North Channel

The world's toughest swim
Swum by 112 people (to date)

**21 miles from
N.Ireland to Scotland**





The North Channel

from N.Ireland to Scotland

Distance: **21miles**

Date: **9th August 2022**

Time: **16hrs 21mins**

Pilot: **Padraig Mallon**

Co-Pilot: **Milo Mc Court**

Nutrition: **Jane Murphy**

Support Swimmer: **Erica Fogg**

Observer: **John Moran**

Lesson learnt....

RESILIENCE

*SUCCESS is not final,
FAILURE is not fatal,
It is the COURAGE to
start and the FORTITUDE
to continue that counts.*





The North Channel





The Lions Maine Jellyfish



The Original Triple Crown of Open Water Swimming

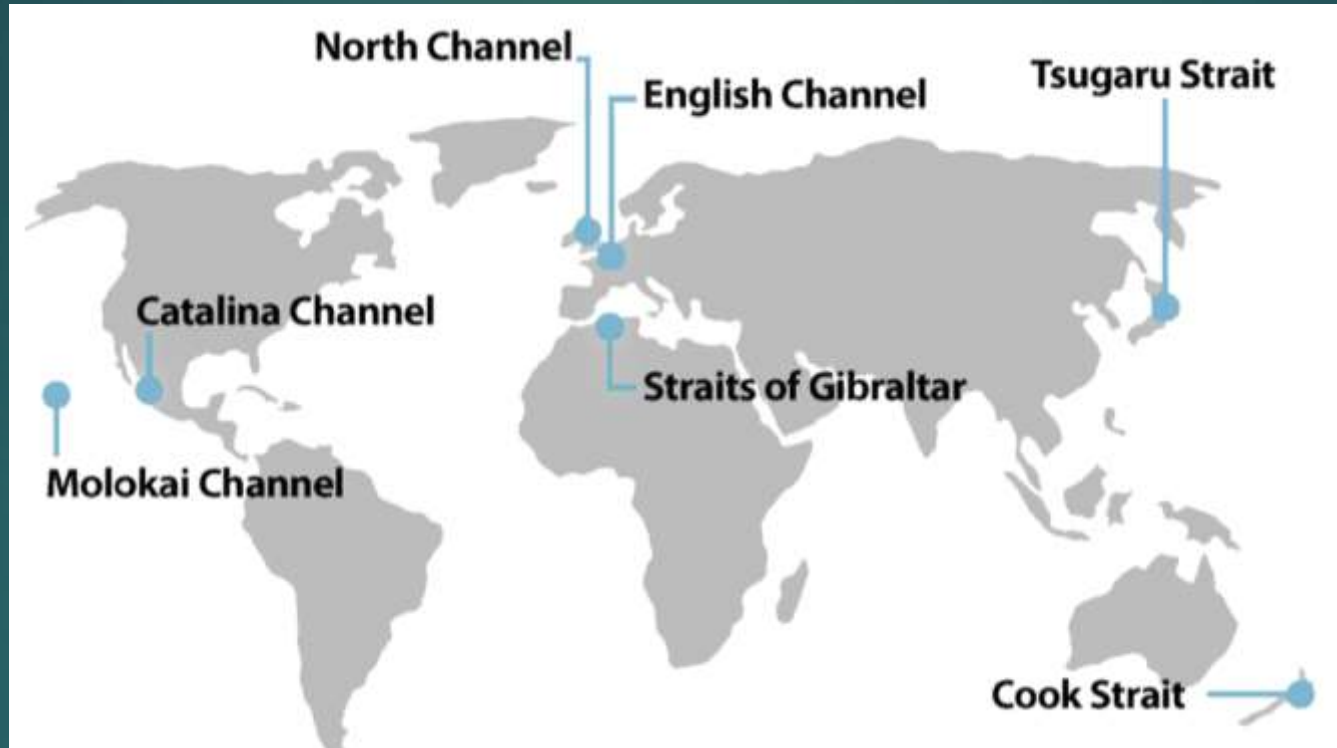
World #7

3rd Female

1st English Woman



What's NEXT ?



*... to be the first British Female to attempt the
seven toughest channels in the world: Ocean 7*

And what must I endure.....



BIGGER swells, BIGGER fish, and NIGHT swims

Who is normal now??



Slightly

Bonkers

vs



Normal

How do I use my story?

... to inspire young children to protect the planet



... and to inspire teenagers to face challenges and be the best version of themselves



*But what does my story
mean to you?*

*That I achieved all of this
on school sport alone.*

*No club sport, coaching
or competitions.*

YOUR ROLE is VITAL



Teach the FUNdamental building blocks....



Athletics



Dance & Gymnastics



Swimming

And build upon with the TEAM sports



**Football
Ruby
Cricket
Rounders
Hockey
Netball
Tennis
Badminton**

Plan & Defend your PE Budget

Use qualified staff to UPSKILL and INSPIRE your teachers, NOT to replace them.



Above all, remember you are their
INSPIRATION! (...not me)

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You are their Inspiration by Sarah Philpott

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