

# Channel swimmer all set for August

Photograph supplied by Ashley Bingham



You may remember our article back in January about the very brave young man who is to swim the channel in August for charity.

When Angus Macfadyen first set his sights on swimming the channel in the autumn of 2007, a swim that is recognised as one of the worlds most challenging, he could not swim. "I had to learn front crawl from scratch!" But spurred on by the tragic death of his friend's 7 year old son Lawrence and the charity they set up and run in his honour, Angus has devoted 3 years of his life and is now a swimmer extraordinaire.

I recently met with Angus again after his trip to Australia where he took part in the biggest annual swimming event -The challenging Loch Ness Channel Race- of 19.2 kilometers in the coast outside Perth. He in fact swam nearer 23 kilometers due to tidal drift in just 9hours 40 minutes. I asked him if it was not preferable to the channel in that at least the sea is warmer. He replied that yes, it might be warmer but that in itself posed problems. Ie. Sunburn and friction, not to mention the jelly fish and sharks.

Back in Kemptown Angus now practices in the King Alfred pool where they have donated him his own training lane and also swims between the piers every day. In his words "My social life and work have gone to pot."

This man is on a mission and we think he deserves all the fundraising he can get. In truth how many of us would have this kind of determination for the benefit of charity, however worthy the cause. We will be following Angus every crawl stroke across the channel. Albeit on a boat.

### **The charity is Lawrence's Roundabout Well Appeal.**

Angus "Have you ever had to fight for water... drinking water?"

Imagine if you will you've just walked for two hours in the searing heat to the nearest water bore hole. When you arrive you will wait for a further half an hour, in a queue, for your days supply of water... you fill your leaky water container and start the long hot journey back to your home...



your family have been waiting all the while, two boys aged one and five, they are at home - alone - Your five year old son is looking after your baby, your baby is sick with diarrhoea. Diarrhoea is one of the worlds biggest killers. Now try to imagine this - the water you have trekked for so far, for so long to fetch, will do you and your family more harm than good - this water is contaminated.

This is an example that I personally witnessed in Africa, this is the reality for many, each and every day.

We can bring fresh water to these communities, a clean, reliable source of water, that life giving liquid we all take so much for granted. I want to raise fourteen thousand pounds, ambitious I know. Is three year's of my life worth a few thousand pounds? Absolutely!"

The concept is simple but highly effective. A children's roundabout is combined with a pump. The pumps are usually installed in schools to harness the natural energy of children. Each pump can provide up to 2500 people with fresh water. The life sustaining water we all take for granted. Since the first pump was installed 10 years ago 800 have been added across southern Africa. Playpumps International is an entirely non- profit making charity.

*To find out more about this amazing charity go to [www.lawrencesroundaboutwellappeal.org](http://www.lawrencesroundaboutwellappeal.org) Angus recently held an art competition for schools in the south in order to raise funds. "The schools were amazing and came up with lots of other fundraising ideas" If you want to get involved with fundraising ideas you can contact Angus by email [info@channelangus.co.uk](mailto:info@channelangus.co.uk)*

We have fresh water to drink, to wash ourselves and everything else. Just one flush of the toilet uses more water than most Africans have to use in a day. Can you imagine life without it? So come on folks, lets show the this young man how much we admire his efforts.

To donate go to [www.channelangus.co.uk](http://www.channelangus.co.uk) it takes little more time and less effort than drinking a glass of water.

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