

Swimming

By Stevie Roden

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A DARING Notts swimmer is preparing to take on one of the world's toughest swims – and sharks – as part of an even bigger challenge.

Adam Walker, from Huthwaite, has already completed the swim across the Channel and the two-way Gibraltar Strait.

But he is now turning his attention to the 26-mile Molokai channel (Molokai – Oahu) in Hawaii as he looks to eventually complete the Oceans 7 Challenge – swimming the hardest seven oceans in the world.

Only 22 people have completed the swim from Molokai to Oahu and Walker, 33, will become the first British swimmer ever to complete it if he is successful.

And his feats are all the more amazing, as he only got into open water swimming after watching a film on an plane to Australia, when visiting family.

Walker said: "I watched a movie on the plane called 'On a clear day' which was a fictional movie about a man who lost his job and didn't know what to do with himself, so decided to swim the Channel.

"The movie really inspired me and after I finished watching it, I turned to my wife and said 'I think I'll swim the English Channel', to which she said 'that's nice', probably thinking I had gone mad."

Having swum competitively a decade early, he now spends hours each week building up his stamina for the challenge – at times swimming four hours at a time, 700 lengths.

And on a recent trip Down Under, he was swimming hours in his brother-in-law's

Shark-infested water, exhaustion, sea sickness - all in a day's work!

"This swim will challenge me physically and mentally to the limit"



Adam Walker

built-in sonar to keep sharks at bay.

The biggest challenge will be the roughness of the sea as Hawaii is famed for its big surf but Walker is confident he can make it a hat-trick of successful swims.

That will leave the Catalina Channel (between Santa Catalina and California), Cook Strait (North and South Islands of New Zealand), Tsugara Channel (islands of Honshu and Hokkaido in Japan) and North Channel (Ireland to Scotland) still to do.

But all attention is on Molokai, the furthest swim of the seven, with the difficult swells and aggressive marine life, such as sharks, whales and jelly fish.

Walker has been sponsored by the company he works for as a national account manager, Indesit, to help fund the challenge and the Equus Hotel in

to complete the gruelling swim.

Walker hopes to complete the swim in 13 to 14 hours but is already preparing himself for being violently seasick, as happened when he swam the Channel.

"This swim will challenge me physically and mentally to the limit," he said. "Across the English Channel I was consistently sick with the swells before I finally arrived on Wis-sent beach in 11 hours 35 minutes, exhausted.

"This swim will be tougher, it is five miles more than the English Channel and the swells will no doubt be bigger as it's the surfing capital of the world, as well as the added concern of sharks."

Physically, he is prepared. But mentally how does he ensure he is not broken in the water.

He said: "I just think positively, do a lot of visualisation about that moment when I



In the swim: Adam Walker puts in the hard work as he pulls his brother around in a canoe during a gruelling training session.

must to take it to the extreme, almost like you would rather die than give in. It is extreme, but that is the only way you can

sneak in, it is downhill.

"If at anytime that happens, you quickly shake yourself off and refocus. It is all worth it in

on his challenge anytime between tomorrow and June 26, depending on the weather.

To sponsor Walker, go to