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MICHELLE KEEGAN EXCLUSIVE

BBC's IT boss win

THE BBC technology chief sacked over a failed £100million IT project was unfairly dismissed, an employment tribunal has found.

John Linwood, paid £280,000 a year, claimed he was made a scapegoat for the scrapped initiative to update archiving.

The London tribunal said Mr Linwood's claim was well-founded but he also contributed to his dismissal. The BBC said: "We are disappointed."

ED SNOWED IN

CIA fugitive Edward Snowden, 31, wanted for spying, has been given permission to stay in Russia for three more years.

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ADAM'S JOY AS HE ENDS SWIM CHALLENGE IN SCOTLAND



WATER HERO ... Adam completes final stretch and then celebrates with Salire and girlfriend Gemma, below

EXCLUSIVE
By CHRIS SWEENEY

DAREDEVIL swimmer Adam Walker last night told of his delight at finishing a gruelling ocean challenge – and how he can't wait to scoff a pizza to celebrate.

On Wednesday, the 29-year-old arrived in Portpatrick, Dumfriesshire, to become the first Brit to complete the seven hardest ocean swims in the world.

The expedition – which ended with him tackling the North Channel from Northern Ireland to Scotland – saw him chased by sharks and stung by jellyfish.

As an exhausted Adam climbed out of the water, he told The Scottish Sun: "Now I can put my feet up and treat myself to a nice wood-fired pizza. I've been dreaming about one for ages."

Setting off from Donaghadee in Northern Ireland at 6.30am, Adam took ten hours and 45 minutes to cross the North Channel.

He was greeted at the finish line by his brother Mark and proud girlfriend Gemma Clarke.

He said: "It feels amazing to have all seven done. Doing this one I had all these different emotions, if I was going to do it or not.

"I'm ecstatic. It doesn't feel real. I have managed seven out of seven with no failed attempts.

"Only one other person in the world has done that.

"It's bigger than just swimming. I believe I can do anything after this."

Crossing the North Channel was the last of the incredible challenges which started six years ago and was named the Oceans 7 Mission.

He got things under way with the English Channel in July 2008 and the Strait of Gibraltar followed two years later.

In July 2012 Adam swam the Molokai Strait off Hawaii and he was back in the water three months later battling the Catalina Channel on the American west coast.

Last year's mission was to conquer Japan's Tsugaru Channel and this April he completed New Zealand's Cook Strait.

His amazing feat has made him an internet hit. His incredible swim with a pod of dolphins – who circled him to protect him from a shark – in the Cook Strait has had 4.6million views.

He recalled: "I had a dolphin posse at the side of me and in front. I soon realised that whatever



pace I was at they would just nudge ahead like they were my training partners driving me on.

"I just felt so privileged to be out there with them."

And in the Tsugaru Channel he faced another shark.

He said: "I looked down and saw a six-foot shark swim underneath me. The boat was around 50 metres away, so I shouted at them that I'd seen a shark and to come closer.

"They didn't hear me so I sprinted towards the boat."

Adam reckons the Molokai Strait was the worst after he got lost and

I've been stalked by sharks, saved by dolphins and stung by jellyfish. Thank God it's over...

Thrilly Ocean

was stung by a Portuguese Man of War jellyfish.

But he said: "Pain just lasts for a day, success lasts for a lifetime. Although I went through hell on that swim."

There were strict rules Adam had to follow for each challenge.

No breaks or physical contact with the support boat were allowed. Wet-suits were forbidden – with trunks worn above the knee – and he had to constantly move forward with his strokes.

The iron man, from Nottingham, revealed he was inspired to tackle the mission by movie On A Clear Day (2005), starring Peter Mullan, below.

Adam said: "I hadn't swam for 10 years when I saw that movie.

"It's fictional, about a guy from Glasgow swimming the English Channel after being laid off from his job as a ship-builder.

"But I thought, 'I wonder if I could do that'. I wanted to challenge

myself. So I gave it a go."

Despite the challenge being physically arduous, Adam thinks the brain takes the toughest toll.

He added: "Physically you have to be a certain level. But about 80 per cent is mental.

"The ocean tries to break you. It's how you put your mind in a different place and think about the end goal.

"I think about what it will be like at the end.

"I don't dwell in the moment. Out in the ocean, I feel so calm.

"The minute you think negative, it snowballs and you're

stressed as hell. This has tested me to the limit.

"I wanted to give myself the ultimate test – and these swims have been that, both mentally and physically.

"But I got in the mindset that I'd rather die than not make it. It's been a life-or-death attitude about doing everything in my power to make it – and I did."

For more information, go to: www.adamwalkeroceans7.co.uk

You can donate to Adam's Whale and Dolphin conversation project at: www.justgiving.com/swim4whales

HOW HE TACKLED THE SEVEN SEAS



1 ENGLISH CHANNEL (July 2008)

Distance: 21 miles

Route: Dover to Calais

Time: 11 hrs 35 mins

Highlight: "A French family asked to take a picture with me and said, 'Have you just swam from England?' I replied in a very weary state 'I think so.'"

2 STRAIT OF GIBRALTAR (July 2010)

Distance: 12 miles

Route: Spain to Morocco

Time: 9 hrs 39 mins

Highlight: "By completing the swim I was the first British person to swim both ways and the sixth in the world. It was a great feeling."

3 MOLOKAI STRAIT (July 2012)

Distance: 37 miles

Route: Between Hawaii's Oahu & Molokai Islands

Time: 17 hrs 2 mins

Highlight: "That is the hardest swim I have ever done. I've done the English Channel, Morocco, Spain, but it's all good."

4 CATALINA CHANNEL (October 2012)

Distance: 20 miles

Route: US Western coast to Catalina Island

Time: 12 hrs 15 mins

Highlight: "I had the fire service follow me in for the last 3 miles to encourage me, which was great, and I also had some seals follow me behind at some points."

PADDLE DO NICELY ... Adam gives thumbs-up as he completes his Oceans 7 Mission at Portpatrick



5 TSUGARU CHANNEL (August 2013)

Distance: 12 miles

Route: Between Honshu & Hokkaido in Japan

Time: 15 hrs 31 mins

Highlight: "The boat was around 50 metres away, so I shouted at them that I'd seen a shark and to come closer."

6 COOK STRAIT (April 2014)

Distance: 16 miles

Route: New Zealand - North Island to South Island

Time: 8 hrs 36 mins

Highlight: "I saw a fin powering towards me so fast it was in front then underneath in a second. It turned out to be a dolphin but not just one a whole pod."

7 NORTH CHANNEL (August 2014)

Distance: 10.5 miles

Route: Donaghadee in N.Ireland to Portpatrick

Time: 10 hrs 45 mins

Highlight: "It feels amazing to have all seven done. Doing this one I had all these different emotions, if I was going to do it or not. But I've done it now and I'm ecstatic."