

Alice gasps as the cold water closes over her face and bites into her head. Always the worst bit, putting her face in the water! Then she's off - arms slicing the waves, she freestyles across the bay.

Billie gets in gradually, in and out, squawking and splashing, she takes at least five minutes to immerse.



Noel knows his facts - water temp, air temp, tide times, wind direction he rhymes it all off - words ricochet off the harbour wall as he steps gingerly down the slipway in his woolly beanie.

Newcastle Open Water swimmers. They rarely miss a day. Another community enjoying the sea. They will emerge pink cheeked and clear headed. Different reasons different styles and reach for their...





Really cosy I don't have to rush home to warm M Bennet (Windermere) up now.

> Best buy ever, fab for changing. C Doran (Kilkeel)

Snug I wear it to my son's matches in J Barbour (Largs) winter.

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