Aspire launches its 24th Aspire Channel Swim

Tuesday 8 August, 2023

Aspire, a national charity supporting people paralysed by Spinal Cord Injury has launched its 24th Aspire Channel Swim. The original Channel challenge asks people to swim the distance of the English Channel - 22 miles over 12 weeks wherever they like to swim; in their local swimming pool, swimming lake or sea.

The challenge runs from 18th September to 11th December and is free to sign up to. Swimmers can take on the 22 miles by themselves or in a team with family and friends, their swimming club or swim school. Anyone of any age or swimming ability can take part. Swimmers will receive a swim hat when they raise £10 and a medal if they raise £25 or more.

Angie, who is taking on her 11th
Aspire Channel Swim says, “I love swimming because I love the water and the freedom it offers, the meditative state it brings and the relaxing and stress-relieving benefits, as well as general fitness and toning. I enjoy the Aspire Channel Swim because it gives me the focus of swimming a certain distance within a certain time. I have a busy life and it gives me an ‘excuse’ to take time for myself to go swimming and to help a good cause.”

Jackie, who didn’t learn to swim until she was 41 is taking on the Aspire Channel Swim for the 10th time this year and says, “I love doing the Aspire Channel Swim every year because I like to have a target to aim for. I like the thought that I am clocking up lengths for a great distance in the security of a swimming pool. I also like the thought that the money that I raise goes towards helping someone with a spinal cord injury. The Aspire Channel Swim keeps me fit, helps to sustain my strength and, when I swim, I know I’m doing a little bit to help other people.”

Katy Boyd, who manages the Aspire Channel Swim says, “Every year amazing swimmers all over the UK go to great lengths for Aspire. Over the past 23 years the Aspire Channel Swim has raised over £7 million for people paralysed by Spinal Cord Injury, which helps Aspire support thousands of people annually - something we're hugely proud of. Anyone can take part in the challenge, regardless of ability and we love to see people taking part in different ways! Whether you're taking on all 22 miles yourself, signing up as a team with your friends and family, or swimming the distance in a swim school, sign up for free today and conquer the Channel with us this year.”

Sign up to the Aspire Channel Swim for free at www.aspirechannelswim.co.uk

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