

News

Richard set for Channel swim

GEARED up to swim from Dover to Calais in a bid to raise money for Diabetes UK is St Andrews resident Richard Baker.

The 38-year orthopedic consultant was set to undertake the challenge with five friends on July 10. However, due to issues on the day, the swim has been postponed.

A new date is still yet to be confirmed. The team will tackle the 21-mile crossing as a relay which is expected to take them between 12 and 18 hours – or up to three hours each – tide-dependent.

Richard, who works at Spire The Glen Hospital, said: "I've been training hard for this challenge over the past year by swimming in a quarry in Iron Acton and in Clifton's lido, but I'm not underestimating how hard it's going to be.

"In 2013 I completed the 10k River Dart swim, which was one of the hardest things I've ever done, but it inspired me to set my goal even higher.

"My wife has just recently given birth to our second child and the whole family will be there to cheer me on so I want to make them proud. If this relay swim goes well I might even attempt a solo crossing next year.

He added: "We're hoping to raise as much as possible for Diabetes UK. We've chosen this charity as over three million people in the UK are living with the condition - and that number is increasing.

"Researchers estimate that by the end of the decade there will be another 700,000 people in the UK with diabetes so it's essential that we raise funds and awareness about the issue now."

Spire The Glen Hospital Bristol has kick-started Richard's fundraising with a donation of £500 towards the cause.

Rob Anderson, hospital director, said: "We're delighted to support Richard and his team in this challenge. Richard is setting a fantastic example this year as a channel swim is a really tough."