

Against the Tides – Pic Lock version 13th April 2018

Timecode		Timecode	Audio
10:00:08	Footage of water unveiling a swimmer in slow motion		
10:00:13	Caption: Arte Bayerische Rundfunk Red Rock Entertainment		
10:00:20	Caption: In association with Nevision & Zero One Film		
10:00:27	Caption: Present Oceans 7 Films Production		
10:00:54	Footage of Beth French swimming in water	10.00.54	BETH FRENCH: From as early as I can remember, I've had the compulsion to get in water. I remember as a child standing on the shore looking at the horizon and just wanting to go there. I feel totally at home in the sea, completely at peace. Being in water gives me freedom.
10:01:45	TITLE SEQUENCE: AGAINST THE TIDE		
10:01:54	Blank Screen		
10:01:56	Ariel views overlooking London		
10:02:01	Caption: London 16 July, 2016		
10:02:06	Views of people outside a shop talking		
10:02:10	Footage of Man holding a conference	10:02:10	MALE: Welcome back.
10:02:13	Footage of the audience	10:02:11	AUDIENCE: (Applauds)
10:02:18	Footage of Beth French giving a talk about swimming Ocean 7	10:02:14	BETH FRENCH: Thank you very, very much. So, my name is Beth French and I am swimming Ocean 7 in a single year. Now Ocean 7 is a list of channels around the world that basically

			take a swimmer apart. They erm, test your endurance of course, erm, cold water, warm water, nerve, sharks, jelly fish, tankers. Erm, five people have completed err, the list in their lifetimes. I'm gonna be the first person to attempt to do it in a single year.
10:02:47	Caption: Guide Graphics		
10:02:48	For extreme swimmers the 'Oceans Seven' challenge is the ultimate test		
10:02:52	Each crossing pushes the limits of physical and mental endurance		
10:02:57	Nobody has tried to swim all seven in one year		
10:03:02	Footage of the Map showing all the oceans that Beth will attempt to swim		
10:03:18	Footage of a boat in the sea		
10:03:26	Caption: South Coast, England		
10:03:31	Footage of Beth talking to a crew member on the boat	10:03:31	BETH FRENCH: And I will be less than 2 metres from your boat. Martin will be counting my strokes, every minute of every step of the way because although this is just a training session, at 8 degrees the risk of hyperthermia, erm, is very real.
		10:03:44	MALE: Right.
		10:03:44	BETH FRENCH: In the event that I stay in too long, or if I fall unconscious, that's when Martin pulls me out. Do you wanna take it from there Martin?
10:03:53	Caption: Martin Lead Support	10:03:51	MARTIN: Yeah. So, if its... worst comes to the worst and we have to pull Beth out ourselves...
		10:03:56	MALE: Uhhh.
		10:03:57	MARTIN: ...we'll get one either side...

		10:03:58	MALE: Under each arm?
		10:03:59	MARTIN: ...under each arm, yeah.
		10:03:59	MALE: Yeah.
10:04:00	Footage of Beth preparing to enter the water	10:04:00	MARTIN: It's dangerous swimming in oceans regardless of where it is, but when you do the colder ones we're gonna have the hyperthermia risk, we're gonna have Jay fish in every swim that she does. There's the shark risk, there's the strong currents, fatigue.
10:04:21	Footage of Beth in the water		
10:04:26			My biggest fear is Beth not completing it, and now bringing her back.
10:04:32	Footage of Martin watching Beth as she swims		
10:04:40			MARTIN: While you're doing the crossing, you're not allowed to have any contact with me or any boats. So, she can't touch this, she can't touch the kayak, I can't touch her, but we can like pass her pain killers and pass her her feed bottles, err, that's about it. If she does then that's the end of the err, that's the end it.
10:04:59	Footage of Beth swimming and taking a drink		
10:05:09	Martin talking to Beth as she takes a drink	10:05:09	MARTIN: Is it difficult? How you feeling?
		10:05:12	BETH FRENCH: Uhhh, Good.
		10:05:16	BETH FRENCH: I can hand my entire existence over to Martin and he takes care of me.
		10:05:23	MARTIN: Okay, good stroke.
10:05:16	Footage of Beth swimming	10:05:26	BETH FRENCH: I cannot tell you if I'm okay, he can and

			actually if I start to say, 'I don't wanna do it' Martin's job is to say, 'You keep going'.
		10:05:37	MARTIN: This has taken a lot of planning on her part, a lot of work, a lot of training, a lot of dedication. So, I will be pushing it and pushing it, and pushing it and pushing it.
10:05:47	Underwater shots of Beth swimming		
10:06:06	Overhead shots of Beth swimming	10:05:56	BETH FRENCH: I'm doing the Ocean 7 because it's not just a one-off event. It's can I drive this body to do them one after another, after another, after another. To rise to the challenge again and again, and again.
10:06:29	Caption: Somerset, England		
10:06:32	Footage of houses		
10:06:35	Footage of Beth talking to her son Dylan	10:06:35	BETH FRENCH: So which ones do you know?
		10:06:37	DYLAN: Err, Ireland...
		10:06:40	BETH FRENCH: Yeah to Scotland.
		10:06:41	DYLAN: Hawaii...
		10:06:42	BETH FRENCH: Which is way over here...
		10:06:44	DYLAN: Hey!
		10:06:44	BETH FRENCH: ...it's not on the map cause it's too teeny tiny.
		10:06:46	DYLAN: Oh.
		10:06:47	BETH FRENCH: Yeah.
		10:06:48	DYLAN: Then all there.

		10:06:50 10:06:51 10:06:52 10:06:56 10:06:57	<p>BETH FRENCH: Yeah, New Zealand. Yeah.</p> <p>DYLAN: But that's all I know.</p> <p>BETH FRENCH: Those are the ones. Well, then you've got between these islands in Japan...</p> <p>DYLAN: That's gonna be long.</p> <p>BETH FRENCH: It is gonna be long, I know there's lots of swimming isn't there?</p>
10:07:01	Footage of Dylan playing on stepping stones	10:07:03	BETH FRENCH: Pick a good spot, find our good going home stone.
		10:07:06	BETH FRENCH: Dylan is the reason that I'm doing the 7 swims.
10:07:09	Footage of Beth and Dylan walking on the beach to look at the sea	10:07:10	BETH FRENCH: Let's go and check it out, see where the water is.
		10:07:12	BETH FRENCH: Dylan is the reason that I did channel swims in the first place because becoming a single Mom I wanted to teach Dylan by showing him that you can fulfil your dreams, and you can fulfil your potential at any stage in life.
10:07:25	Beth and Dylan looking at stones on the beach and Dylan taking photographs	10:07:25 10:07:27	<p>BETH FRENCH: There's a good blue one there.</p> <p>DYLAN: Oh my God, oh my God! Mom, give us a thumbs up, yeah. (Laughs) That's my Mom.</p>
10:07:35	Footage of Beth French preparing to go into the sea whilst Dylan takes photos.	10:07:35	BETH FRENCH: I'm taking Dylan with me on this journey so that he can see the nuts and bolts of what it means to go through this, to be determined. We'll find out together.
		10:07:46	DYLAN:

			3, 2, 1, zero!
10:07:50	Footage of a chicken		
10:07:56	Woman feeding the chickens		
10:08:08 10:08:11	Sync Intv: Suzey Caption: Suzey Beth's Mom	10:07:59	SUZEY: We don't talk very much about her swimming. I'm not her number 1 supporter or haven't been because she's a single parent, she has a small child and from my prospective as Mother, 4 children, stay at home, do your job, I felt that it was maybe something she should do when Dylan was older.
10:08:26	Footage of Beth and Suzey in the kitchen	10:08:26 10:08:30 10:08:30 10:08:31 10:08:33 10:08:35	SUZEY: I was gonna do my usual bacon, but I thought no, I'd get them muddled up. So, I've got... BETH FRENCH: (Laughs) SUZEY: ...the same as you. (Laughs) BETH FRENCH: (Laughs). SUZEY: And it's all very veggie. BETH FRENCH: Oh, thanks Mom.
10:08:39 10:08:45	Sync Intv: Suzey Footage of Suzey and Beth eating	10:08:37	SUZEY: I don't like the idea of my daughter swimming through shoals of jellyfish cause I don't want her to be hurt (laughs). And I don't like the idea of her swimming against the tides, but I know Beth will never say she's had enough. Beth will go on and on, she's got to get to the other side.
10:08:55 10:08:55 10:08:59 10:09:01	Footage of gulls on the beach Overhead views of a seaside town Caption: Northern Ireland Caption: The start of the challenge		

10:09:09	Footage of Beth in the harbour and boarding the boat		
10:09:19	Footage of the nautical maps and discussing the way the sea goes	10:09:19	BOAT CAPTAIN: The tides coming up the coast and it turns out. But it actually does that.
		10:09:23	BETH FRENCH: Right, okay.
		10:09:24	BOAT CAPTAIN: But if you get in the wrong one just straight up there.
		10:09:25	BETH FRENCH: Right.
		10:09:26	BOAT CAPTAIN: You haven't a hope of getting across, and that's... that's the conditions tomorrow.
		10:09:29	BETH FRENCH: Yeah, okay.
		10:09:30	BOAT CAPTAIN: So, we've gotta leave it for a few days, until the weather settles.
		10:09:32	BETH FRENCH: Right. Down in the South West of England this year I've seen almost no jellyfish, they've been really...
		10:09:38	BOAT CAPTAIN: Well...
		10:09:38	BETH FRENCH: ...scarce.
		10:09:39	BOAT CAPTAIN: ...we had two swims a week ago and one guy stopped because he'd been stung so many times.
		10:09:43	BETH FRENCH: Really?
		10:09:44	BOAT CAPTAIN: This is the worst time of the year for jellyfish.

		10:09:45	BETH FRENCH: Yeah.
10:09:47	Caption: Guide Graphics		
10:09:49	Caption: The North Channel		
10:09:54	Caption: North Channel 22 miles		
10:10:01	Footage of the North Channel	10:10:02	BETH FRENCH: The North Channel from Northern Ireland over to Scotland is renowned for being the coldest of the Ocean 7, err, the tides are very, very strong. The weather is completely unpredictable. So, we've got the weather and the tide matching at the same time. That's why channel swimming is... is a real gambler's, risk takers game.
10:10:04	Footage of ship on the North Channel		
10:10:11	Sync Intv: Beth French		
10:10:19	Sync Intv: Boat Captain	10:10:19	BOAT CAPTAIN: It's a 12-hour swim basically. So, you've got to be capable of managing 12 hours in the water temperatures which are about averaging 14 degrees. It's cold, you know if you can swim for 3 or 4 or 5 hours, it's one thing but to be in it for 12 or more, well that's a challenge.
10:10:28	Footage of Beth looking out to sea	10:10:37	We had a guy, he was incapacitated within 6 hours. He couldn't speak. And when the guy was bought aboard the boat he was... he was shaking violently, err, and unconscious. So, I just declared a medical emergency to the coastguard and got... got help.
10:10:53	Overhead views of the seaside town		
10:11:00	Footage from inside the car with Martin and Ella		
		10:11:02	MARTIN: If her stroke rate does drop down and she starts saying she's cold...
		10:11:06	ELLA: Yeah.
		10:11:07	MARTIN: ...then I have to ask certain questions that I'll ask her.

		10:11:10	ELLA: So, what are the questions on there?
		10:11:12	MARTIN: Things like what's her son's full name. What's her son's name mean because when people are going hypothermic they get confused and disorientated. So, if she can't answer these questions quickly...
		10:11:25	ELLA: Yeah.
		10:11:25	MARTIN: ...then we'll know that... we'll end the swim.
10:11:35 10:11:38	Sync Intv: Ella Caption: Ella Project Support	10:11:29	ELLA: There is something more to life than working the 9 – 5 and getting married and things like that. It's a huge, amazing opportunity. So, erm, yeah, I just quit my equipment job and erm, I mean all the guys there are pretty supportive about it anyway, they were like, 'You'd be stupid not to do it'.
10:11:47	Ella looking at Beth French Facebook blog	10:11:48	<i>BETH FRENCH: So here we are in Ireland, and it looks like...</i>
10:11:58	Sync Intv: Ella	10:11:50	ELLA: I have been helping with social media, booking flights, accommodation, trying to manage the project as a whole, but I wouldn't wanna give it the title Project Manager because (Laughs)... I don't think it's a formal as that.
10:12:05	Footage of a cloudy sky and thunder storms		
10:12:14	Looking at the weather monitor	10:12:12	BETH FRENCH: The weather forecast was for the next four days to be flat calm and 23 degrees. But the weather had changed so much that there's storms coming through, its... its 35 mile an hour winds forecast for the next three days. So, getting a chance to swim is the biggest thing that concerns me about this one.
10:12:29	Footage of Beth and Dylan in the bathroom while thunder storms continue		

10:12:36	Footage of Beth reading to Dylan	10:12:36	<i>BETH FRENCH:</i> <i>This isn't good at all, you're under arrest for opening the doorway to another world and allowing normal into Scream Street....</i>
10:12:43	Footage of the thundery skies		
10:12:56	Footage of a child's park		
10:12:58	Footage of waves crashing onto rocks		
10:13:02	Footage of boats on the rough sea		
10:13:06	Sync Intv: Boat Captain	10:13:05	BOAT CAPTAIN: And it was forecast coming up to maybe a Storm 10, it's not far away from that now. It doesn't look good I have to say and typical September weather.
10:13:10	Footage of the stormy seas		
10:13:15	Caption: After six days waiting for the weather to improve Beth is forced to postpone the swim		
10:13:26	Blank Screen		
10:13:28	Overhead views of Somerset		
10:13:30	Caption: Somerset, England		
10:13:33	Footage of shops		
10:13:39	Footage of Beth giving a massage	10:13:39	<i>BETH FRENCH:</i> <i>Because you've got a threadle in your hips you might find that the muscle down response isn't as effective in your arms.</i>
10:13:51	Sync Intv: Beth French	10:13:46	BETH FRENCH: I support Dylan and I on 3 days a week, and a vital part of how I can do what I do for the swimming side, is because I've got the work in the background.
10:13:57	Footage of Beth and Dylan walking down the road talking to a man	10:13:59	Even if the swim didn't happen in Ireland, I still had to pay for flights, accommodation (laughs), food. It's an awful lot of money to... you know to blow.
10:14:08	Footage of Beth at a fundraising event with Ella		
		10:14:13	BETH FRENCH: For some of the swims I had to start paying

10:14:23	Sync Intv: Beth French		deposits 2 years ahead and paying is a thousand pounds, and a thousand pounds, and a thousand pounds (laughs).
10:14:26	Footage of the fundraising event	10:14:27	I'm glad that the gigs happening tonight. I'm very glad.
10:14:41	Footage of the band playing and people dancing	10:14:31 10:14:41	MALE: It's a very special night for us, erm, Beth has been a wonderful member of the community here in this village. AUDIENCE: (Applauds and cheers)
10:14:51 10:14:56	Sync Intv: Beth French Footage of Beth dancing	10:14:48	BETH FRENCH: We both did the project to cost 83,0000 pounds. 3 years' worth of working if I didn't eat. That's how much this project's costing me. I'm a self-employed single Mum you know. I decided to take this on knowing that at some point I might have to remortgage my house, it was that serious.
10:15:05 10:15:15 10:15:18 10:15:20	Footage of Beth and other villagers dancing Footage of the beach at dawn Caption: Los Angeles Caption: 1 month into the challenge		
10:15:25	Footage of Dylan and Martin – Dylan climbing up the tree with Martin's help	10:15:24	DYLAN: Err yeah, it's back against the wall and I'm good at climbing, and I'm gonna get up here with ease. I'm gonna start... urgh. I'm gonna... ah, best tree ever, uh.
10:15:43	Footage of Beth talking to Martin and Ella about the project	10:15:43	BETH FRENCH: I'm not expecting any warm feeds needed at all until possibly the last hour, two hours, maybe three, that's it. It's about 21 degrees over on the Catalina side. If we start from this side, then it's one hour and then every half hour. And so, you, if you notice that I'm getting cold don't ask me if I'm cold. Just say, 'I think Beth's cold, get a warm feed for her'.

		10:16:10	Erm, in the absence of Milky Ways, Three Musketeers...
		10:16:14	ELLA: Yeah.
		10:16:15	BETH FRENCH: Have fun trying not to eat that for me. There's the Ovaltine.
		10:16:19	MARTIN: But it...
		10:16:19	ELLA: And how...
		10:16:19	MARTIN: ...tastes so good.
		10:16:20	BETH FRENCH: I know.
		10:16:21	ELLA: How many miles off the shore does the cold water hit?
		10:16:24	BETH FRENCH: About 3.
		10:16:25	ELLA: About 3 miles?
		10:16:26	BETH FRENCH: But it's the last 3 miles. Erm, if there's a shark sighted, and you might be one of the first people to see a shark...
		10:16:32	ELLA: Uhhh.
		10:16:33	BETH FRENCH: ...what I want to happen is that, you know we heads up, keep close to the boat and we keep going and... and hope the shark just gets bored and goes away.
10:16:41	Footage of palm trees and the sea		
10:16:48	Footage of the crew eating breakfast		
		10:16:51	BETH FRENCH: Do you want to come and meet me when I

10:16:54	Beth giving Dylan a hug	10:16:54	get back? DYLAN: Yes.
		10:16:57	BETH FRENCH: We've gotta get the uncomfortable bits out of the way.
10:17:01	Subtitles: <i>I'll be fine Mum</i>	10:17:01	DYLAN: (Subtitles) I'll be fine Mum.
		10:17:02	BETH FRENCH: I know you'll be fine. Do you wanna go and talk to Martin or Ella?
10:17:10	Subtitles: <i>I'm not going to talk to anyone because...</i>	10:17:10	DYLAN: (Subtitles) I'm not going to talk to anyone because...
		10:17:13	BETH FRENCH: Oh okay.
10:17:14	Subtitles: <i>I know you'll be perfectly safe.</i>	10:17:14	DYLAN: (Subtitles) I know you'll be perfectly safe.
		10:17:17	BETH FRENCH: Yeah.
10:17:19	Footage of Beth hugging Dylan as she leaves	10:17:19	BETH FRENCH: I'll see you tomorrow okay? You have a good night. See you tomorrow.
10:17:26	Footage of Beth, Martin and Ella walking down the road		
10:17:31	Overhead views of Los Angeles and views at night		
10:17:37	Guide graphics		
10:17:38	Caption: Catalina Channel to California		
10:17:44	Caption: Catalina Channel 21 miles		
10:17:50	Footage of Beth about to start her swim		
10:17:57	Caption: 11:30pm		
		10:18:05	BETH FRENCH:

10:18:09	Footage of Martin giving the okay from the boat		In order to land in day light, you often have to start at night. Swimming into daylight is a relief because you've battled your demons through the night, and you've made it to the day.
10:18:13	Footage of Beth swimming		
10:18:25	Footage from onboard the boat		
10:18:30	Footage of the kayak guiding Beth as she swims		
10:18:53	Underwater shots of Beth swimming		
10:19:13	Footage from on board the boat		
10:19:20	Footage of Beth swimming at dawn		
10:19:22	Caption: Swim Time: 7 hours		
10:19:25	Caption: 12 miles to go		
10:19:40	Overhead shots of the boat		
10:19:53	Footage from inside the cabin on the boat as updates come over the radio		
10:19:57	Footage of Beth swimming		
10:20:10	Sync Intv: Boat Captain	10:20:00	BOAT CAPTAIN: Just err... it's gonna be a long one. 10:20:05 REPORTER: Yeah. 10:20:06 BOAT CAPTAIN: Yeah, this one's gonna be a long one. Err, I mean she's got her pace, but she's just not err... not going as fast as the wind is, err, its picking up and its blowing us off. So, she's fighting harder just to stay with us cause we're trying to stay on course. 10:20:25 REPORTER: Yeah. 10:20:26 BOAT CAPTAIN: Err, if err, if you stay at this speed for about another hour or two, we're gonna start hitting some nice swells.
10:20:18	Footage of Beth swimming		
10:20:36	Footage of Martin watching Beth from the boat		

10:20:45	Footage of the Boat Captain		
10:20:49	Footage of Ella watching Beth from the boat		
10:20:52	Footage of Beth in the water	10:20:50	MARTIN: You've slowed right down with your pace.
10:02:54	Subtitles: <i>That's the current.</i>	10:20:52	BETH FRENCH: I know.
		10:20:54	MALE: (Subtitles) That's the current.
		10:20:55	BETH FRENCH: Yeah.
		10:20:55	MARTIN: And it's like there is no current.
10:20:59	Subtitles: <i>But her stroke rates faster than it was before</i>	10:20:57	MALE: There are plains. (Subtitles) But her stroke rates faster than it was before.
		10:21:03	MARTIN: Do you want a hot feed?
		10:21:05	BETH FRENCH: No.
		10:21:05	MARTIN: Do you want a jelly block?
		10:21:06	BETH FRENCH: No.
		10:21:07	MARTIN: Okay.
10:21:09	Beth continues to swim		
10:21:26	Sync Intv: Martin	10:21:21	MARTIN: At the moment we're about 6 miles off from the mainland, off from LA. Erm, we're going into the 10 th hour of Beth's swimming and she's dropped, erm, the speed has dropped down err, to about half a mile an hour.
10:21:37	Footage of Beth in the water	10:21:37	Ella's just been speaking to the Captain and he's just said if we're not there by 3 o'clock he's gonna pull the plug, he's gonna stop the swim. So, things are looking a bit... a bit desperate at the moment.

10:22:28	Overhead shots of Beth swimming	10:21:53	So, I'm going to go out with some extra feeds, take out a couple of extra chocolate bars for her and try and get her motivated and tell her... tell her what the situation is and try and get her a move on really. And if we can pick her stroke back up to how it should be then it will let us keep going. But, its... its err, yeah, ifs and buts at the moment.
10:22:32	Overhead shots of the boat		
10:22:34	Caption: Swim Time: 13 hours		
10:22:36	Caption: 5 miles to go		
10:22:39	Footage of Beth swimming		
10:22:54	Footage of the boat alongside Beth as she swims		
10:23:07	Footage of crew member writing down Beth's progress		
10:23:17	Footage of Beth swimming		
10:23:30	Footage of Ella timing Beth's progress		
10:23:34	Footage of Beth swimming		
10:23:39	Overhead shots of the boat		
10:23:42	Caption: Swim Time: 16 hours		
10:23:44	Caption: 3 miles to go		
10:23:50	Footage of Ella watching from the boat		
10:24:09	Footage of Beth being sick in the sea	10:24:01	ELLA: Beth is pretty tired. Erm, feeling a bit despondent. She's being sick now.
10:24:26	Sync Intv: Ella	10:24:20	This is the first time I've really seen Beth in this scenario. I know that she's a capable swimmer, erm, she's gotta keep going. Just one stroke in front of the other, its gonna get you there. Everyone you take there's one less you don't have to take again (laughs).

10:24:34	Footage of the coast and cheers and applause coming from the boat		
10:24:44	Footage of Beth swimming to the coast		
10:25:11	Underwater shots of Beth swimming		
10:25:30	Footage of Beth swimming as the team on the boat cheers and applauds her	10:25:13	BETH FRENCH: One of the things that has surprised me is the ability of the body to endure. It's not what drives you forwards, it's what holds you back that stops you from doing it. So, you don't need to find a meaning to keep going, you need to let go of what's stopping you.
		10:25:41	The times when there's doubt, let go of the doubt. Let go of the things that aren't gonna help you.
10:25:54	Footage of Beth reaching the shoreline to applauds and cheers from the boat		
10:26:44	Caption: Swim completed after 19 hours 5 minutes		
10:26:58	Footage of Beth boarding the boat	10:26:48	BETH FRENCH: I wanted to crawl up onto the beach and cry, and I wanted to be left alone just to let it go and actually put down all of the horror that I'd been putting myself through. I had put everything into the swim.
10:27:18	Blank screen		
10:27:18	Footage of crashing waves		
10:27:24	Caption: Hawaii		
10:27:26	Caption: 3 months into the challenge		
10:27:32	Footage of Beth, Ella and Martin in the car	10:27:32	MARTIN: What's it like with the currents here?
		10:27:34	BETH FRENCH: Oh my God. Its Pacific, its Pacific water so...
		10:27:38	ELLA: Swells.
10:27:42	Footage from inside the car	10:27:38	BETH FRENCH: ...it's so big and as you're coming in to land,

10:27:46	Footage of Dylan sitting in the back of the car		within the last half a mile that is when the currents get bad. Usually, there's a side current and you never know which way its gonna go, it depends on what the water's doing, close to the water. But it goes whoosh.
10:27:54	Footage of the mountain range Footage of Beth, Dylan, Martin and Ella walking to the beach		
10:28:09	Footage of Beth, Ella, Martin and Dylan playing	10:28:09	MARTIN: Being around in Hawaii with Beth, she seems a lot more at home, more relaxed. She's excited to show everybody her past life.
10:28:20	Footage of Beth sitting on a swing		
10:28:23	Distant view of them playing cricket on the beach		
10:28:29	Footage of the sea hitting the beach	10:28:28	BETH FRENCH: When I was younger the things that drove me forwards, the things that lifted me up were images of a future that had adventure, and that's why I started to travel. And when I came to Hawaii, I loved it from the moment I arrived. It felt like home, a place where I could be happy forever.
10:28:31	Footage of driving in the car		
10:28:39	Views of the mountains		
10:28:42	Footage of waves crashing		
10:28:44	Views of the sea as night sets in		
10:28:53	Views overlooking a bay		
10:29:01	Sync Intv: Beth French	10:28:55	BETH FRENCH: This is Keiki Quewa Bay, its where I discovered the water. Before breakfast I would come down here, 6.30, 7 in the morning err, and swim and then I'd go to work and then when I finished work, coming down and doing it again in the afternoon, playing and diving down for 2, 3 hours erm, without a break.
10:29:07	Footage of Beth swimming in the Bay		
10:29:20	Underwater shots of Beth as she floats in the water		
		10:29:39	BETH FRENCH: Water is where the world makes sense to me, that's where my brain shuts up long enough for me to hear what I feel. I can feel... actually be in my own body and be

			comfortable in my own skin.
10:30:07	Footage of floorboards		
10:30:16	Flash pictures of Beth as a young girl		
10:30:17	Close-up footage of Beth's eye		
10:30:20	Suzey looking through photo albums		
10:30:36	Sync Intv: Suzey	10:30:26	SUZEY: All through her childhood she was very active, but when she started secondary school she had long periods of... (Sighs) unexplained illnesses which I found difficult because basically if you'd got spots or you were vomiting and a temperature, you could stay at home from school, otherwise you went to school.
10:30:40	Suzey looking at pictures of Beth when she was young		
10:30:50	Still picture of Beth as a young girl		
10:30:59	Still picture of Beth as a young girl	10:30:57	BETH FRENCH: When I was well, I was the Hockey Captain and the Tennis Captain, and the Netball Captain and I represented the school or swimming and horse rode outside of school. And then I would crash, and I wouldn't know where it would from, but I would be bedridden, and I can remember now just feeling so frightened because my body reacted in ways that I didn't recognise.
10:31:04	Still picture of Beth on a horse		
10:31:09	Reconstruction of a young girl lying in bed	10:31:28	The crashes became much... more and more and I ended up in a wheelchair. It was literally like my legs had gone from underneath me. The burning muscle pain of just lifting my arm meant that I couldn't do it, I just couldn't do it.
10:31:48	Views of a window with water running down it		
10:31:49	Caption: After seven years of illness, Beth was diagnosed with Myalgic Encephalomyelitis		
10:31:52	Caption: M.E. is a chronic disease that can have a devastating impact on the nervous and immune system		
10:31:59	Views of water running down a		

	window		
		10:32:01	BETH FRENCH: I'd been given every test and when everything came back no, my GP said, 'Well you must have this thing called M.E. There's nothing you can do, you just have to go away and rest'.
10:32:13	Footage of Suzey knitting	10:32:15	SUZEY: At the age of 17, she really nose-dived, and this was scary. You know she was a very intelligent girl, suddenly boom, nothing. She just lay in the bed and slept for hours and hours, and hours. She was dependent on me for everything. I moved an armchair into the room, so I could sit, and I would sit and do sewing or embroidery just so that when she woke, I was there.
10:32:21	Sync Intv: Suzey		
10:32:53	Flashing images of Beth as a young girl		
10:33:00	Still picture of Beth and a close-up of her eye	10:32:54	BETH FRENCH: I withdrew from the world to such a degree that I was semi-conscious. It hurt to open my eyes. I felt so withdrawn that I was this tiny point, just this tiny little blimmer.
10:33:32	Side-view of a lady's face	10:33:23	There was a therapist who my Mum took me to see and he basically told me it was my fault (laughs), that I was in the wheelchair. I thought, 'How dare he', and I think it was that sense of fury that gave me the energy to push back and to start to see a life beyond it.
10:33:41	Footage of bubbles		
10:33:48	Footage of Beth swimming under water		
		10:33:59	BETH FRENCH: Coming out here I felt like I was free, and actually started to appreciate what my body could do. Imagine if you were given wings, its... it was that to me. It was freedom.
		10:34:22	It was like being given the key to not hurting anymore.
10:34:33	Martin, Ella and Beth sitting discussing their next plan	10:34:33	MARTIN: So, gels, you're gonna cool.

10:34:43	Views of a female and Dylan looking at the iPad	10:34:35	BETH FRENCH: Yes.
		10:34:36	MARTIN: Painkillers after 4 hours.
		10:34:38	BETH FRENCH: Yep...
		10:34:39	MARTIN: Ibuprofen?
		10:34:39	BETH FRENCH: ...Ibuprofen, Ibuprofen, they are gonna be needed for this one cause it's all about the inflammatory. I've got erm, the anti-histamine again. Portuguese Manopore, please keep an eye out Ella, they sting really bad (laughs). Really bad. So, if you see a... erm, have you... do you know what they look like?
		10:34:57	MARTIN: Yeah, they're like...
		10:34:58	BETH FRENCH: ...the tail fin?
		10:34:59	MARTIN: Yeah.
		10:34:59	BETH FRENCH: Yeah. So, if you see one of those please, that's when you give me a heads up (laughs).
10:35:13	Sync Intv: Ella	10:35:03	ELLA: It is a long swim, and it is warm and then we've also had the added issue with her postponing her period and she's definitely having a few more cramps. We didn't really have a choice, we had to do it because you don't wanna be drawing sharks towards you by having blood in the water. But it... I think... err, it might affect her physically going into the swim.
10:35:26	Footage of the car parking up and everyone getting out		
		10:35:38	BETH FRENCH:

10:35:45	Footage of Beth waving buy to Dylan in the car		Back in England people have been vocal in front of Dylan and saying, 'Oh aren't you worried about a shark biting you?' And, 'Oh your poor son, aren't you worried?' So, two days before the swim he was sullen and withdrawn, and I knew he was upset.
10:35:57	Caption: Kona Airport		
10:35:59	Footage of Kate and the crew getting on the plane		
10:35:59	Caption: Flying to the start of the swim		
10:36:04	Footage of Beth on the plane	10:36:05	BETH FRENCH: He'd eventually said the night before that he was worried about me being bitten by a shark and dying and not coming back, and all I can do is reassure him that Martin's gonna look after he and I'm sure a shark isn't going to, and I will be fine.
10:36:10	Views looking out from the plane		
10:36:24	Footage of a marina		
10:36:27	Guide giving advice on the equipment needed during the swim	10:36:27	MALE GUIDE: So, then the other thing we've gotta use out here is the shark equipment. So, this one we fly off to the back of a kayak and err, it'll... it emits an err, like an electrical field in the water. So, if you get close to it, you'll feel it like in your teeth...
		10:36:43	BETH FRENCH: Yeah.
		10:36:43	MALE GUIDE: ...they'll kind of make this tingling. And err, what it does is it... it stops the shark from being able to navigate so...
		10:36:50	BETH FRENCH: Yeah.
		10:36:51	MALE GUIDE: ...if you do see sharks out there, we want you to put this on your ankle so that you have another one closer to you.
10:36:59	Caption: Guide Graphics – Molokai Channel		

10:37:06	Caption: Molokai Channel 26 miles		
10:37:12	Overhead footage of Beth on the beach ready to start her swim		
10:37:19	Caption: 3.00 pm		
10:37:33	Footage of Beth swimming through the waves with the kayak beside her		
10:37:59	Underwater footage of Beth swimming		
10:38:08	Footage of Beth swimming	10:38:02	BETH FRENCH: The Molokai Channel is unlike any other channel, its possibly the most unforgiving because of the strength of the swell. It's like the earth is breathing.
10:38:20	Underwater footage of Beth swimming with the kayak beside her		
10:38:30	Views of Beth swimming and the kayak guiding her		
10:39:17	Footage of the boat as night draws in and Beth continues to swim		
10:39:31	Views from underwater of Beth swimming		
10:39:43	Sync Intv: Martin	10:39:43	MARTIN: She's 10.2 miles is it?
		10:39:45	ELLA: Yeah, 10.2 miles down.
		10:39:47	MARTIN: In 6 and a half hours. So, she's... she's near her usual pace.
		10:39:52	ELLA: Yeah.
10:39:56	Underwater footage of Beth swimming		
10:40:01	Footage of the boat warning of a shark		
10:40:10	Footage of crew trying to fit the shark alarm to Beth's ankle as warnings come from the boat	10:40:07	ELLA: Are you alright Beth?
		10:40:09	BETH FRENCH: How do I fix it to my ankle?

10:40:20	Footage of Beth treading water as they all speak about the sharks	10:40:14	MALE: It's only a shark for 5 minutes, right next to me.
		10:40:17	BETH FRENCH: I heard something, I heard... I thought it was sharks and it just fell off.
10:40:21	Footage of Ella looking for the sharks	10:40:21	MALE: I reckon you know it's right under the boat.
		10:40:25	BETH FRENCH: Can we turn the light... there's a yellow light.
		10:40:28	ELLA: What's that?
		10:40:29	MALE: I told her not to look. That thing was...
		10:40:31	BETH FRENCH: It's very close now.
		10:40:32	MALE: Keep going and it'll actually swim with the boat. Are we gonna keep going then?
		10:40:37	MARTIN: Keep going. Can we keep Beth closer to the boat?
		10:40:39	MALE: Yeah, yeah.
10:40:41	Beth starts to swim again	10:40:40	MARTIN: You're good to go.
10:40:45	Ella and Male Boat Member discuss the shark	10:40:45	MALE BOAT MEMBER: It was a tiger shark, and he circled past us first from the back...
		10:40:49	ELLA: Yeah.
		10:40:50	MALE BOAT MEMBER: And then came around my left side, and then he err, swam under the kayak and looked at her and then came back and actually put his nose right up to the kayak with his nose. It was wild.

10:41:12	Beth start swimming again	10:41:03 10:41:08	MARTIN: Has she had her gel? She's had her gel. She's had her gel. ELLA: She's had her gel? Good to go?
10:41:16	Overhead footage of Beth swimming and the kayak guiding her as sun rises		
10:41:18	Caption: Swim Time: 15 hours		
10:41:20	Caption: 5 miles to go		
10:41:28	Close-up footage of Beth swimming		
10:41:34	Underwater shots of Beth swimming		
10:41:44	Distant views of the boat in front and the coastline		
10:41:51	Underwater shots of Beth swimming		
10:41:59	Ariel views of the coastline		
10:42:03	Footage of Beth walking out of the water		
10:42:15	Caption: Swim completed after 17 hours 58 minutes		
10:42:27	Sync Intv: Beth French	10:42:51	BETH FRENCH: I'm tired, achy, fatigued, elated, confused.
10:42:32	Footage of the beach		
10:42:35	Footage of Beth and Dylan playing on the beach		
10:42:58	Footage of Beth and Dylan on the beach hugging	10:42:37 10:42:49	BETH FRENCH: There's a question of why I'm doing it always comes up when I swim and in this one, it was after the shark and it was really, 'What am I trying to teach my son?' I need to spend some time with Dylan to let him know how important he is to me.
10:43:03	Footage of the countryside in		

10:43:09	Somerset Footage of Beth emptying the bin at home and cleaning the house		
10:43:17	Footage of Dylan using the climbing wall up the stairs		
10:43:37	Footage of Dylan climbing walls	10:43:36	BETH FRENCH: Dylan has severe sensory processing issues that go along with learning difficulties. When he went up to primary school they believed he might be autistic or an autistic spectrum. He spent most of his time hiding underneath the tables, erm, cowering and being disruptive.
10:43:54	Footage of Beth teaching Dylan	10:43:54	BETH FRENCH: <i>In 2014, lots of English bands rebelled against John...</i>
		10:43:57	DYLAN: <i>(Makes the sound of a trumpet)</i>
		10:43:58	BETH FRENCH: <i>...it led to the signing of the Magna Carta.</i>
10:44:04	Sync Intv: Beth French	10:44:00	BETH FRENCH: Every day Dylan begged me not to go to school. 'Mommy, I'll be a good boy, I'll do anything if you just don't send me to school. Mommy, I can't go to school', and he started to say he was rubbish, he was a rubbish human being.
10:44:12	Footage of Beth teaching Dylan	10:44:12	DYLAN: <i>In 1199...</i>
		10:44:13	BETH FRENCH: <i>Okay. Now be careful of these ones.</i>
10:44:22	Sync Intv: Beth French	10:44:15	BETH FRENCH: The destruction of his self-esteem to me was... was too much. So, I took the decision to take him out of school to try and figure out how we could make it better.
10:44:25	Footage of Beth teaching Dylan	10:44:25	DYLAN: <i>I'll go back to socially speaking.</i>
		10:44:27	BETH FRENCH: <i>You're going to socially speaking, are you?</i>

		10:44:37	<i>Suggest two different ways to start a conversation.</i>
		10:44:37	<i>DYLAN: Erm...</i>
		10:44:38	<i>BETH FRENCH: If I'm just standing doing the washing up and you want to talk to me, what might you do?</i>
		10:44:42	<i>DYLAN: Mom? Please may I have a quick chat in private.</i>
		10:44:48	<i>BETH FRENCH: That's a good way.</i>
		10:44:49	<i>BETH FRENCH: I don't want Dylan to be limited by his boundaries, just like I've had to learn not to be limited by my boundaries.</i>
10:44:55	Footage of Beth talking to Dylan in his room	10:44:55	<i>BETH FRENCH: We're not taking any Lego this time. Do you know what? We're gonna be staying right on a beach anyway, so I don't think there's gonna be much Lego time. And we're gonna be having fun in New Zealand. So, shall we risk it for a biscuit and leave it?</i>
		10:45:06	<i>DYLAN: Risk it for a biscuit.</i>
		10:45:08	<i>BETH FRENCH: Rocking. That's my boy.</i>
10:45:15	Footage of Beth packing up the van	10:45:09	<i>BETH FRENCH: The experience he's having of travelling around the world is invaluable. By doing these Channel swims I'm being the best me I can be, and that's the best Mom I can be.</i>
10:45:28	Footage of Beth and Dylan at the airport		
10:45:44	Caption: Beth's Father's house		
10:45:46	Footage of news coverage	10:45:46	<i>MALE PRESENTER: A British swimmer is about to take on one of the most physically demanding challenges in the world. Emma Cropper reports.</i>
10:45:48	Footage of John and family watching the news coverage on the computer		

10:45:59	Footage of Beth in the news coverage	10:45:52 10:45:58	<i>EMMA CROPPER:</i> <i>British swimmer Beth French is tasting out salty beaches and setting her sights on Cook Strait.</i> <i>BETH FRENCH:</i> <i>So, you just get a feel for what the water's gonna be like and a different taste it is from the Pacific, and erm. Yeah, get the body ready to... to tackle it.</i>
10:46:05 10:46:08 10:46:12	Sync Intv: John Caption: John Beth's Father Footage of John and the family looking at news coverage of Beth on the computer	10:46:05	JOHN: I think she's done unbelievably well to come from the wheelchair, through to someone who's doing these swims.
10:46:19	Footage of Beth's Facebook Blog	10:46:19	<i>BETH FRENCH:</i> <i>We've flown up to Wellington, err, windy Wellington and as you can see the sea is pretty wild today.</i>
10:46:28 10:46:31	Sync Intv: Amber Caption: Amber Beth's sister	10:46:25	AMBER: I am terrified of ocean swimming, I'm the complete opposite to her but she's swimming for 14 hours, 16 hours and I can't really imagine doing anything for 14 hours straight at all, let alone actually being in cold water and moving constantly.
10:46:40 10:47:00	John and Amber trying to track Beth's trip Caption shown on screen: Swim abandoned after 8 hours	10:46:40 10:46:43 10:46:47 10:46:51 10:46:57 10:46:58	JOHN: Beth French, which one do you want? AMBER: Err, Beth French there. JOHN: Here we go. AMBER: Fingers crossed. (Laughs) There. JOHN: And that's where she went. AMBER: Yeah. No! A long way down. Oh, she must be devastated.

10:47:06	Footage of Beth's Facebook update	10:47:07	JOHN: We had to stop swimming. Beth is fine albeit a little frustrated. The tide didn't turn as expected and current just too strong. Uh.
		10:47:18	AMBER: We'll just keep waiting.
10:47:20	Footage of John filling the kettle	10:47:23	JOHN: I felt gutted for Beth. She's gone all this way on a shoestring, she needs this one cause its so far away, she can't go back again.
10:47:37	Footage of John's dog		
10:47:41	Footage of Beth video calling her Dad		
10:47:45	Footage of Beth video calling her Dad and family	10:47:45	BETH FRENCH: Hi Dad.
		10:47:47	JOHN: Is that working?
		10:47:48	BETH FRENCH: Yeah, now I can see you...
		10:47:50	JOHN: Yes! All we can say... Darling, all I can say is what a bummer.
		10:47:54	BETH FRENCH: Its gutting because it's the first time that I've never not completed.
		10:47:59	JOHN: No look at...
		10:48:00	BETH FRENCH: Cause at the start its been... I mean it was peaches and cream, I mean it was ridiculous how fast I was going through the water and how easy it felt, you know how good it felt. And then the running tide hit (clicks fingers) like that, just... and you see it just go gggggrrrr... down the coast. And there was... that current wasn't gonna stop. So, Martin ended up coming back in... instead of getting in the kayak, he said, 'I'm really sorry, we've gotta end the swim'.
		10:48:23	JOHN: Is there another window in the next few days for you?

10:48:32	Footage of Dylan in the background	10:48:26	BETH FRENCH: I can try and do it in 10 days' time...
		10:48:28	JOHN: Okay.
		10:48:28	BETH FRENCH: I mean I'm not gonna be fully recovered, but will I be recovered enough?
		10:48:32	JOHN: Yeah.
		10:48:32	BETH FRENCH: And erm... and then...
		10:48:34	AMBER: Hi Dylan. How you doing?
		10:48:36	DYLAN: I'm good.
		10:48:37	AMBER: Yeah. Did you... were you watching your Mom?
		10:48:40	DYLAN: I wasn't there.
		10:48:41	AMBER: You weren't there. So, you just...
10:48:52	Dylan puts the note up to the screen	10:48:43	BETH FRENCH: I've nicked your last nugget.
		10:48:45	DYLAN: She left me in my bed.
		10:48:47	AMBER: Did she?
		10:48:48	JOHN: She what?
		10:48:49	DYLAN: She left me, this note, read it.
		10:48:55	AMBER: Dear Dylan, I love you very much. I'm so proud of you. I will be back later. Love from Mummy. That's a nice note.

10:49:10	Dylan puts the note back up to the screen	10:49:01	JOHN: (Laughs)
		10:49:03	TOGETHER: (Laughter)
		10:49:04	DYLAN: She left me that and now I...
		10:49:06	AMBER: While you were sleeping.
		10:49:08	DYLAN: I responded to it.
		10:49:11	AMBER: What does that say?
		10:49:14	DYLAN: Yes.
		10:49:14	BETH FRENCH: And a sad face.
		10:49:16	JOHN: Aww.
		10:49:16	DYLAN: Yes.
		10:49:16	BETH FRENCH: Because he didn't think I gave him a kiss before I left...
		10:49:19	AMBER: Oh no.
		10:49:19	BETH FRENCH: ...because he was sleeping.
		10:49:20	DYLAN: No, no because you left.
		10:49:24	BETH FRENCH: Yeah, you don't like it when I leave do you?
		10:49:25	DYLAN: Just like that.
10:49:30	Footage of the sea		
10:49:31	Caption: Ten days after her failed		

10:49:33	attempt Caption: Beth decides to try again		
10:49:34	Footage of dolphins in the sea		
10:49:40	Caption: New Zealand		
10:49:42	Caption: 5 months into the challenge		
10:49:45	Footage of Beth preparing to enter the water and Martin rubbing cream on her		
10:50:15	Caption: Guide graphics – The Cook Strait		
10:50:23	Caption: The Cook Strait 16 miles		
10:50:28	Sync Intv: Boat Captain	10:50:27	BOAT CAPTAIN: We've got strong currents cause its like a... a gap between the islands, the current can funnel in there and pick up speed in the narrow points. So, it can really move sometimes. It can be live a river in flood, very, very strong.
10:50:36	Footage of Beth swimming		
10:50:45	Distant view of the coastline and Beth swimming behind the boat		
10:50:54	Close-up footage of the kayak guiding Beth		
10:50:59	Sync Intv: Martin	10:50:56	MARTIN: We're over 2 and a half hours into the swim, erm Beth's looking really strong. She's got a good... good stroke rate. From her point of view, it looks really good. Erm, the current however is pushing us south, in the opposite direction that we need to be going. We've drifted err, so far South that we're currently in the shipping lane.
10:51:18	Footage of the Boat Captain on the radio warning ships of his presence	10:51:18	BOAT CAPTAIN: Ferry approaching tourer channel. This is Felix, Felix you can see us on your starboard side, err, we've got a swimmer and a kayaker in the water here, so we can't manoeuvre too... too much. Just letting you know, over.
		10:51:30	MALE REPONDER:

		10:51:36	Yeah, erm, you're visible. This is the Kijacki I see you and the Kayak in the water, so I will keep away. BOAT CAPTAIN: Thanks very much. Felix out.
10:51:39	Footage of the big ship passing behind the Kayak and Beth		
10:51:46	Footage of Martin and Ella swapping places in the Kayak	10:51:46 10:51:51	MARTIN: Okay, ready Ella? Ready to swap? ELLA: Yes.
10:51:56 10:52:11	Sync Intv: Ella Footage of the coastline and Beth swimming towards it	10:51:55	ELLA: We weren't expecting to get pushed quite so far South, a bit of Deja vue. Erm, but what's happened is we've kind of come down and the trajectory has kind of evened out now. So, we're now heading due East in towards land.
10:52:13 10:52:14 10:52:18	Caption: Swim time: 8 hours Caption: 1 mile to go Footage of Beth continuing to swim and Martin in the Kayak besides her		
10:52:23	Sync Intv: Boat Captain	10:52:22	BOAT CAPTAIN: We've got an incoming tide, we had the slack tide and now it's starting to run South. So, the currents running South all of a sudden, and it's starting to move quite quickly. So, they've gotta get their skates on and erm, get to that beach ASAP.
10:52:34	Martin talking to Beth while she's in the water	10:52:34 10:52:36	MARTIN: We need to get a move on, the current has changed. BETH FRENCH: I know. Oh.
10:52:42 10:52:54	Footage of Ella watching from the boat as Beth swims and shouts to Martin Subtitles: I can feel it. Its pulling us	10:52:49 10:52:54	ELLA: Martin, if you miss that point there, its game over. So just keep an eye. MARTIN:

	<i>there.</i>		(Subtitles) I can feel it. Its pulling us there.
10:52:58	Subtitles: <i>I don't think we can do it. I honestly don't think we can do it.</i>	10:52:57	ELLA: Yeah.
		10:52:58	MARTIN: (Subtitles) I don't think we can do it. I honestly don't think we can do it.
		10:53:02	ELLA: Just push on through, once you get through that little strip, you'll be all right.
		10:53:07	BOAT CAPTAIN: Aim to land on this beach here.
		10:53:08	ELLA: Yeah.
10:53:09	Footage of Beth swimming	10:53:09	BOAT CAPTAIN: She shouldn't be swimming up that way, its just straight across.
		10:53:12	ELLA: Its just not getting closer. Go... go with the current and try and...
		10:53:18	MARTIN: Beth! (Whistles)
		10:53:21	ELLA: Go right a bit Beth.
		10:53:22	BETH FRENCH: No, I'm going there. I'm going there. I'm going there.
		10:53:27	MARTIN: Beth.
10:53:32	Footage of Beth swimming towards the shore	10:53:28	BETH FRENCH: I can see it, I'm watching.
		10:53:42	ELLA: She might get tangled in the seaweed.
10:53:47	Beth continues to swim towards the shore despite Martin's calls and reaches the rocks	10:53:46	MARTIN: Beth! (Whistles)
		10:54:16	ELLA: Whoo-hoo. Well done Beth. (Claps). Now there she goes. Whoo-hoo-hoo!

10:54:43	Caption: Swim completed after 9 hours 11 minutes		
10:54:48	Footage of a rough choppy sea		
10:54:55	Caption: Southend, England		
10:54:58	Footage of Martin walking along the beach		
10:55:10	Sync Intv: Martin	10:55:00	MARTIN: The New Zealand trip started off well, but as time went on, it was just sort of our first strange atmosphere started to develop, not everybody felt like they could get on with everybody else. It was very unsettled.
10:55:14	Footage of Martin looking out at the rough sea		
10:55:29	Sync Intv: Martin	10:55:18	MARTIN: There was a very clear risk that the swim could be ended metres away from getting to the other side. I was worried, so I said to Beth, 'Beth, aim over there' and she just told me to fuck off and put her head down. And at that point, I just thought, 'Right, that's it. I don't want anything to do with this'.
10:55:39	Footage of Martin sitting in the beach huts	10:55:40	My role on the swim series was to be err, lead support and her safety was in my hands. I understand that the stress levels are high, but she needed to listen to us as a team.
10:55:59	Footage from inside the car as Beth drives		
10:56:19	Footage of ducks in the road	10:56:07	BETH FRENCH: Emotional undercurrents erm, impact me far more than physical activity. So, the emotional turmoil in the team that sort of started in Hawaii but really peaked in New Zealand, I was very aware of it. It shocked and surprised both Martin and I how this project was affecting his life and his ability to earn. It was causing a bit of friction. There was miscommunication, you know emotions going in one direction and... and words going in another and it was just
10:56:22	Footage of tree branches as it rains		
10:56:25	Footage of the coastline		
10:56:30	Footage of Beth walking across a field		
10:56:36	Footage of Beth taking off her coat ready to swim		

10:56:50	Footage of Beth swimming	10:56:50	personal lives becoming conflicted. Neither of us handled it very well. He's not part of the dedicated crew any more.
10:57:08	Footage of the countryside at dawn		
10:57:12	Footage of Beth and Dylan in bed		
		10:57:15	BETH FRENCH: The next three months I've got to do plenty of resting. I'm aware that I've got to take care of my stress and my recovery much better.
		10:57:27	I've lived with M.E. I live symptom free but I'm aware the auto-immune system is already grumbling, and I've got to listen to it.
10:57:38	Footage of Beth teaching Dylan	10:57:38	BETH FRENCH: So, if you do questions 1, 2 which is just ordering numbers, erm...
		10:57:50	BETH FRENCH: I've had 3 maybe 4 nights where Dylan hasn't been in my bed because he needs the comfort.
10:58:03	Beth answering the door	10:58:03	<i>BETH FRENCH: Morning. Come on in.</i>
		10:58:04	BETH FRENCH: I'm having work when I know I should be resting and training, and I'm barely giving myself time to get over jet lag.
10:58:12	Footage of Beth showing the babysitter the work she has set for Dylan	10:58:12	<i>BETH FRENCH: Questions 1, 2, basically these. He has to figure out whether its adding or taking away.</i>
		10:58:19	<i>BABYSITTER: Okay. See you later.</i>
		10:58:23	<i>BETH FRENCH: See you.</i>
		10:58:23	<i>BABYSITTER: Bye. You alright puppet?</i>
		10:58:26	<i>DYLAN:</i>

			<i>I'm good.</i>
10:58:31	Sync Intv: Dylan	10:58:31	DYLAN: So, I like it when she's doing it, but I just feel like it... we're having too much time in swimming, and I just wanna be with Mom. That's the whole point and I sort of disagree with it.
10:58:59	Footage of a beach		
10:59:00	Caption: SPAIN		
10:59:02	Caption: 8 months into the challenge		
10:59:05	Footage overlooking a Spanish beachside town		
10:59:08	Footage of the hotels		
10:59:10	Footage of Beth checking her goggles And her kit for the swim		
		10:59:27	BETH FRENCH: Ella's not able to make it over, she's got her brother's wedding so I'm not gonna have anybody but the boatmen feeding me, erm, and actually I'm okay with that.
10:59:42	Footage of Dylan playing chess with Toby	10:59:42	DYLAN: This should be very interesting.
		10:59:45	BETH FRENCH: Toby is coming on board to look after Dylan. He's known Dylan since he was two and he's good fun and it... you know I think after New Zealand that kind of youthful exuberance that he brings, erm. It's probably a good time to have that.
11:00:01	Footage of Dylan and Toby playing chess	11:00:01	DYLAN: Fine.
		11:00:02	TOBY: Alright, so you're allowed to kill me?
11:00:05	Footage of a sea liner in the ocean		
11:00:09	Beth talking to a local woman about the sea currents	11:00:09	FEMALE: There are 9 miles approximate to that... these islands, but never... we never know because if you have problems maybe the

		11:00:19	currents point you in different ways make it a zig-zag. BETH FRENCH: Okay.
		11:00:21	FEMALE: You have to know the first mile is the most important because we have one current that push or lead you in the... in the (Unclear)...
		11:00:29	BETH FRENCH: Huh-uh.
		11:00:30	FEMALE: But there is other such things to... to the land.
		11:00:35	BETH FRENCH: Right.
11:00:35	Caption: Guide Graphics – The straits of Gibraltar		
11:00:42	Caption: The Straits of Gibraltar 8 miles		
11:00:48	Footage of Dylan hugging Beth before she leaves for the swim		
		11:00:52	TOBY: See you later.
		11:00:54	BETH FRENCH: Have fun.
11:01:05	Footage of Guide speaking to Beth before she starts her swim	11:01:05	MALE GUIDE: (Subtitles) It's very important that for the first hour no stopping.
11:01:05	Subtitles: <i>It's very important that for the first hour no stopping.</i>	11:01:10	BETH FRENCH: Yeah.
		11:01:10	MALE GUIDE: Okay?
		11:01:11	BETH FRENCH: Yeah.
11:01:11	Subtitles: <i>If the current brings you to the Spanish coast it's very difficult to</i>	11:01:11	MALE GUIDE: (Subtitles) If the current brings you to the

11:01:22	<i>recuperate. The stop for...</i> Subtitles: <i>Feeding. Very short please.</i>	11:01:21 11:01:22 11:01:24	Spanish coast it's very difficult to recuperate. The stop for... erm... funding... erm... BETH FRENCH: Feeding? MALE GUIDE: (Subtitles) Feeding. Very short please.
11:01:25	Subtitles: <i>Very short.</i>	11:01:25	BETH FRENCH: Yeah. MALE GUIDE: (Subtitles) Very short.
11:01:26	Footage of Beth preparing for the swim, putting cream on		
11:01:44	Footage of the sea crashing onto the shore		
11:01:50	Close-up footage of the boat and the whistle blowing for Beth to start her swim		
11:02:12	Footage of Beth swimming in the rough sea		
11:02:24	Underwater shots of Beth swimming		
11:02:40	Footage of Beth swimming as night starts to draw in		
11:02:48	Footage of the whistle blow for Beth to drink		
11:02:54	Caption: Swim time: 1 hour		
11:02:57	Caption: 6 miles to go		
11:02:59	Footage of break having a drink	11:02:59	MALE: Good job. Good job. (Claps)
11:03:10	Footage of Beth continuing her swim		
11:03:18	Footage of the boats as Beth swims		
11:03:25	Footage of the Male Guide on the radio		
11:03:35	Footage of the Radio Controller on		

11:03:41	board the boat speaking to the Male Guide Footage of the Male Guide putting up a red flag		
11:03:47	Footage of Beth continuing her swim	11:03:46	RADIO CONTROLLER ON BOARD THE BOAT: Report, we are escorting one swimmer in position 3.5.80....
11:03:58	Footage from onboard the boat		
11:04:02	Footage of Beth continuing to swim and the boats guiding her		
11:04:08	Footage from onboard the boat		
11:04:12	Male Guide talking to female on the boat	11:04:12	MALE GUIDE: (Subtitles) Now we have traffic coming from the Atlantic and entering the Mediterranean. This area can be quite a problem, so we have to be on full alert.
11:04:12	Subtitles: <i>Now we have traffic coming from the Atlantic and entering the Mediterranean. This area can be quite a problem, so we have to be on full alert.</i>		
11:04:23	Footage of Beth continuing to swim as a big ship passes her		
11:04:37	Caption: Swim Time: 3 hours		
11:04:38	Caption: 1 mile to go		
11:04:38	Footage of Beth swimming towards the coast		
11:04:43	Footage of the Male Guide whistling on the boat for Beth to have a drink		
11:04:47	Footage of the Male Guide talking to Beth	11:04:47	MALE GUIDE: 1 point 5 kilometres. 1.5 kilometres.
		11:04:51	BETH: 1.5, ah-ha!
11:04:58	Beth continues to swim towards the shore		
11:05:07	Close-up shots of Beth swimming		
11:05:19	Footage of the boat guiding Beth along the shoreline		

11:05:36	Applause from the boat as Beth reaches the shore		
11:05:43	Caption: Swim completed after 4 hours 24 minutes		
11:05:45	Applause and cheers from the boat		
		11:05:47	BETH FRENCH: Whoo-hoo-hoo-hoo!
		11:05:48	APPLAUSE FROM THE BOAT
11:05:50	Footage of Beth swimming back to the boat		
		11:05:56	BETH FRENCH: That was awesome. Beautiful sea.
11:06:10	Footage of Beth beside the boat	11:06:02	BETH FRENCH: I felt strong the whole way through, and I couldn't believe how fast I'd swum. I'm going to go home to my boy now and get back to being a Mum.
11:06:17	Footage of the hotel		
11:06:20	Footage of Dylan and Beth sitting together	11:06:20	DYLAN: And he's a muddy destroyer, he eats alive.
		11:06:23	BETH FRENCH: Uhhh. Do you want to try some chocolate milk, Mummy's chocolate milk? Really, its just made with nut milk instead of ordinary milk. Its quite sweet.
		11:06:34	DYLAN: (Chokes).
		11:06:34	BETH FRENCH: (Laughs). I know, I prefer it with real milk.
		11:06:38	DYLAN: Give me water.
		11:06:39	BETH FRENCH: (Laughs).
11:06:42	Footage of the front of Suzey's house		

11:06:45	Footage of Dylan in the kitchen		
11:06:49	Footage of Suzey cleaning up		
11:06:56	Sync Intv: Suzey	11:06:52	SUZEY: The Gibraltar Straits, probably the best moment was when I got to say, 'Yes, she's made it!' I was... oh, I was so pleased (Laughs). But I have the feeling that the joy of the swims has been muted by the stresses to do with personnel and all of the organisational stuff. And then you see Dylan has been a problem because he has found relating to people quite difficult. And it's very difficult to assess how these few months have impacted on him because he's changing and he's growing, and his err, disabilities are becoming more noticeable as he's got older.
11:07:01	Footage of Suzey sitting with Dylan		
11:07:47	Footage of Suzey talking to Dylan	11:07:47	SUZEY: Are these... are these books going back to the library or are you keeping them?
11:07:54	Footage of Beth returning to pick up Dylan	11:07:52	SUZEY: I mean I have him one day a week as part of his home schooling regime and its difficult because his needs are greater, and his needs aren't being met.
11:08:04	Sync Intv: Suzey		
11:08:06	Footage of Suzey shutting the door on the van as Beth and Dylan leave	11:08:08	SUZEY: Bye Dilly-Pops. See you darling.
11:08:12	Footage of the airport		
11:08:16	Footage of Beth and Dylan in the Airport	11:08:16	BETH FRENCH: Dylan, follow Ella please now. Come on follow Ella, careful.
11:08:24	Footage of Beth, Ella, Toby and Dylan waiting for the plane		
11:08:28	Views from on the plane		
11:08:32	Footage of Dylan on the plane		
11:08:36	Footage of the map		
11:08:40	Footage of arrivals at the airport		
11:08:50	Caption: Japan		

11:08:52	Caption: 10 months into the challenge		
11:08:55	Footage from inside the train and Dylan asleep on Beth's lap		
11:09:06	Footage of Beth on the train	11:09:06	BETH FRENCH: I'm over half way and I'm amazed at how my body's coped. I feel better and stronger than I did when we started. But the next 2 months are gonna be the hardest doing 3 swims in 8 weeks is gonna be tough.
11:09:09	Footage of Ella writing notes		
11:09:13	Footage of Toby asleep on the train		
11:09:17	Footage of Dylan waking up to get off the train		
11:09:30	Overhead views of the seaside town in Japan		
11:09:36	Footage of the crew getting ready and leaving the hotel room		
11:09:47	Footage of the crew eating in the dining room		
11:10:00	Footage of Dylan eating crisps and watching DVDs.	11:10:00	BETH FRENCH: This has been tough for this leg than any of the others I think so far. Its much more humid here which Dylan struggles with. There's not a lot of outdoor communal spaces like parks and things for Dylan to let off steam in. So, he's hot, humid, tired, jet lagged and can't move.
11:10:02	Footage of Ella and Toby eating Japanese food and Toby choking		
11:10:17	Footage of Dylan sitting on the floor with Ella outside the hotel		
11:10:21	Footage of Ella returning inside and leaving Dylan sitting outside		
11:10:35	Footage of the rain		
11:10:39	Beth walking with Dylan in the rain	11:10:41	BETH FRENCH: Are you feeling a little bit better? I was really worried about you this morning, when you were crying so much and saying you wanted to go back to England.
11:10:49	Subtitles: <i>England is better. I have more friends there</i>	11:10:49	DYLAN: (Subtitles) England is better. I have more friends there.
11:10:56	Sync Intv: Beth French	11:10:55	BETH FRENCH: I've been feeling a lot of stress, I might cry (laughs). (Crying) Yeah. I know he doesn't... I mean he... God, he'd never want to do it,

			erm. He doesn't mean to be difficult, erm, you know the stresses... the swims are stressful enough for him anyway. He gets anxious, erm. But when Ella and Toby are tired, and they need their own space, Dylan's not able to build that immediate sense of trust that he's gonna be okay being left with them. (Crying). So today Dylan's been worrying about if he and Toby fall out, he's got nowhere to go and so I'm getting the brunt of that which isn't ideal for the day before a swim.
11:11:46	Footage of Beth and Dylan walking in the rain	11:11:46	BETH FRENCH: When we get back I want you to have a bath, okay?
		11:11:52	BETH FRENCH: I guess a lot of people would say why am I putting him through it? And erm, I can't allow myself to go there.
11:11:59	Footage of Beth and Dylan walking in the rain	11:11:59	DYLAN: Please Mom, can we go... Oh, I don't wanna go for a walk.
		11:12:05	BETH FRENCH: I know.
11:12:09	Sync Intv: Beth French Footage of Beth and Dylan walking	11:12:07	BETH FRENCH: He says, 'I'm an idiot, I'm a freak. I'm useless. I don't deserve love, I don't deserve comfort' and you know (crying) when you hear your child say that, (crying)...
		11:12:20	Channel swimming's easy (laughs). Heading out into the unknown. Heading into... discomfort, discomfort's pleasurable compared to despair that you feel when your kid (crying) stops being able to cope.
11:12:38	Footage of the misty mountains		
11:12:40	Footage of speakers emitting Japanese speaking recordings		
11:12:47	Footage overlooking the ocean		
11:12:50	Caption: Guide graphics – The Tsugaru Strait		
11:12:57	Caption: Tusugaru Strait 18 miles		

11:13:03	Footage of Beth getting ready to start the swim		
11:13:14	Footage of the water		
11:13:19	Footage of the horn sounding for Beth to start the swim		
11:13:22	Caption: 03:30am		
11:13:28	Footage of Beth swimming in the dark		
11:13:32	Close-up shots of Beth swimming		
11:13:47	Footage of the crew on the boat		
11:13:50	Distant footage of the boat in the water		
11:13:58	Footage of the two boats in day light		
11:13:58	Caption: Swim Time: 3 hours		
11:14:00	Caption: 12 miles to go		
11:14:06	Footage from onboard and inside the boat		
11:14:21	Footage of Beth swimming alongside the boat		
11:14:28	Underwater shots of Beth swimming		
11:14:39	Footage of Ella passing Beth a drink		
11:14:46	Close-up footage of Beth drinking		
11:14:51	Footage of Ella talking to Beth as she has a drink	11:14:51	ELLA: Alright?
		11:14:52	BETH FRENCH: No.
		11:14:53	ELLA: No? What you thinking?
		11:14:55	BETH FRENCH: Uh?
		11:14:56	ELLA: What are you thinking?

11:15:00	Subtitles: <i>That I wanna be with my son right now</i>	11:15:00	BETH FRENCH: (Subtitles) That I wanna be with my son right now.
		11:15:02	ELLA: Yeah?
11:15:03	Subtitles: <i>Really, really badly and I don't have anything to prove anymore</i>	11:15:03	BETH FRENCH: (Subtitles) Really, really badly and I don't have anything to prove anymore.
		11:15:09	ELLA: What... what's changed?
11:15:11	Subtitles: <i>My body feels fine.</i>	11:15:11	BETH FRENCH: (Subtitles) My body feels fine.
		11:15:12	ELLA: Yeah.
11:15:13	Subtitles: <i>The swim's going fine.</i>	11:15:13	BETH FRENCH: (Subtitles) The swim's going fine.
		11:15:15	ELLA: Yeah, you're doing well.
11:15:18	Subtitles: <i>But Dylan needs me. That's the truth.</i>	11:15:18	BETH FRENCH: (Subtitles) But Dylan needs me. That's the truth.
11:15:25	Beth continues with the swim		
11:15:33	Subtitles: <i>And I just wanna get out</i>	11:15:33	BETH FRENCH: (Subtitles) And I just wanna get out.
		11:15:34	ELLA: Is it... Are you able to put you know everything aside for a minute and fully just go into your meditation fully in your body? Try and zone out from everything, just give it half an hour.
11:15:49	Beth continues with the swim		
11:16:02	Sync Intv: Ella	11:16:02	ELLA: I just want her to just try and enjoy the swimming and focus on that because whether she sees Dylan in 2 hours or 7 hours, it doesn't really make a big difference.

11:16:17	Caption: Swim Time: 6 hours		
11:16:19	Caption: 8 miles to go		
11:16:24	Footage of the radar on board the boat		
11:16:31	Footage of Beth continuing to swim		
11:16:33	Footage of a drink being thrown to Beth		
11:16:36	Footage of Beth and Ella talking while Beth has a drink	11:16:36	BETH FRENCH: Every half hour okay?
		11:16:37	ELLA: Yeah, no worries.
		11:16:37	BETH FRENCH: And I want some chocolate next time.
		11:16:39	ELLA: Yeah, of course. The currents are a bit mixed in this little patch, but we should be out of them soon. You're doing really well. You're looking strong. Good work, well done.
11:16:56	Beth continues with the swim		
11:17:01	Sync Intv: Ella	11:16:59	ELLA: We've done 20 kilometres and there's 10 left so we're two thirds of the way there, and the current was basically pushing us horizontally. The currents now swapped and is pushing us towards the goal. So, everything's lined up for us to do it, yeah.
11:17:13	Footage of the coast		
11:17:17	Close-up shots of Beth swimming		
11:17:29	Overhead shots of Beth swimming alongside the boat		
11:17:41	Underwater shots of Beth swimming		
11:18:08	Footage of Ella and Beth talking	11:18:08	ELLA: Alright?
		11:18:09	BETH FRENCH: No. I'm ready to stop. I am, I am honestly, genuinely ready now. Well you can see the end in sight...

		11:18:23	ELLA: What like comp... like stop completely? Like, what does it mean for the project?
		11:18:30	BETH FRENCH: The need to get to the other side is actually not relevant anymore. That's just gone.
		11:18:39	ELLA: 7 kilometres to go Captain Zulu said.
		11:18:43	BETH FRENCH: It wouldn't matter if was 2.
		11:18:47	ELLA: I just... I think you'd be in a better place to make a decision about it afterwards. It is all about you and your project and everything else, but there's loads... like so many people are in it and willing you to do it as well, like...
		11:19:01	BETH FRENCH: Yeah, I know but actually... it's such a personal thing Ella...
		11:19:05	ELLA: People don't...
		11:19:05	BETH FRENCH: ...to put your body through this.
		11:19:06	ELLA: Yeah, I know.
		11:19:07	BETH FRENCH: This, you know never give up blah, blah, that's bollocks. You know I'm willing to give up. And it was always the challenge, is it possible to do the 7 in a year? Yeah it is, I know it is but its not just me, its Dylan.
		11:19:33	ELLA: I know. I know you do... Like I absolutely 100 percent agree with all of these conversations and all of... like...
		11:19:38	BETH FRENCH: But you always release me.
		11:19:40	ELLA:

11:19:51	Footage of Beth touching the boat and giving up the challenge Footage of Beth on board the boat	11:19:40	Yeah, I do. BETH FRENCH: And don't push my hand.
		11:19:42	ELLA: Don't do it. You're doing good, don't do it, don't do it, don't do it.
		11:19:48	BETH FRENCH: I'm sorry Ella, thank you. I swam for my son and I'm getting out for my son, and for me and for my life. Thank you everybody.
		11:20:09	ELLA: Alright?
		11:20:10	BETH FRENCH: Yeah, I am.
11:20:25	Footage of the sea from the boat		
11:20:30	Footage of Beth getting dressed on board the boat		
11:20:54	Sync Intv: Ella	11:20:45	ELLA: As a support crew you're there to support the swimmer and what they want. Beth's had a change of perspective and I understand that, but there's a lot of other people involved here that have also given up their lives essentially, big aspects and money. Erm, and they've now got to deal with the consequences of this decision to.
11:21:10	Footage of Beth with Dylan	11:21:10	BETH FRENCH: So, do you want to play another game?
		11:21:11	DYLAN: Yeah.
		11:21:11	BETH FRENCH: Okay.
		11:21:12	DYLAN: Or do... or... or... oh something's on you.
11:21:19	Sync Intv: Ella	11:21:16	ELLA: You see what's transpired since then is that she has been thinking about it for months, and then that's when I'm like, 'Well, why haven't we had a conversation about it?'

11:21:27	Footage of Beth with Dylan	11:21:29	DYLAN: Do you mind if it's very cheeky and I might give you a few tattoos?
		11:21:34	BETH FRENCH: Yeah.
		11:21:34	DYLAN: A place really obvious.
11:21:46	Sync Intv: Beth French	11:21:37	BETH FRENCH: It has been my dream year and it's been a hell year and swimming was always the easy part. I didn't know that it was gonna be Dylan....
11:21:53	Footage of Dylan drawing on Beth's hand	11:21:53	DYLAN: What? That will remind you.
		11:21:54	BETH FRENCH: Don't press so hard cause its gonna go through the lumpy bits in my hand. There you go.
		11:21:58	BETH FRENCH: If Dylan was okay with the swims I would still be in there now. You know I'd have swum for a week just to get to the other side if Dylan had been okay with it.
11:22:07	Footage of Dylan drawing on Beth's hand	11:22:08	DYLAN: Its really good.
		11:22:09	BETH FRENCH: That's awesome. That's gonna keep me happy.
11:22:13	Sync Intv: Beth French	11:22:12	BETH FRENCH: Yesterday (crying) he was trying to hide my swimming costume saying, 'I don't want you to go, I don't want you to swim. I don't care about the swims, I don't care about Ocean 7' and I was damaging my child, and that's exactly what I swore I wouldn't do again.
11:22:26	Footage of the train station And Beth and Dylan getting on board the train		
		11:22:46	BETH FRENCH:

11:22:48	Footage of Beth and Dylan on the train	11:23:04	<p>So many people have invested time and good feelings and... you know it's not something I take lightly.</p> <p>I have loved doing the channel swims, they've given me so much. They've taught me so much. It's not about completing the swim, it's about completing the journey for me.</p>
11:22:55	Footage of Ella on the train		
11:23:08	Views of the countryside from the train		
11:23:10	Footage of Dylan watching a DVD		
11:23:16	Footage of Beth resting on the train		
11:23:27	Footage of the views from the train window		
11:23:34	Caption: 5 months after Japan Dylan was officially diagnosed with Autism		
11:23:38	Caption: With Beth's support, he is trying to return to school		
11:23:43	Blank Screen		
11:23:45	Still photo of Beth and Dylan with other children in swimwear		
11:23:50	Blank Screen		
11:23:51	Caption: In February 2018, Beth and Dylan swam together to raise money for charity		
11:23:59	Video of Dylan holding a £570 sign	11:23:59	<p>DYLAN:</p> <p>Thank you for... for giving me 570 pounds and for charity. And I'm really happy, 3 thousand...</p>
11:24:13	Caption: Beth continues to swim		
11:24:18	Blank Screen		
11:24:20	END CREDITS		
11:24:49	Recording ends		