# Ross Edgley Takes on New World Record Attempt for Longest Distance Swum in Pool



Ross Edgley, a seasoned ultra-swimmer from Alderley Edge, Cheshire, is attempting to set a new world record for the longest distance swum in a pool over seven days. Edgley plans to swim 223 miles (360 kilometers), roughly equivalent to 36 marathon swims, at the Best Centre in Mallorca, Spain, from May 19 to May 26.

During this challenge, Edgley will swim for an average of 15 to 18 hours daily while cooperating with sports scientists to analyze the impact of his calorie intake on his performance. This scientific study, supported by PhD Nutrition, seeks to determine the maximum amount an endurance athlete can consume while maintaining optimal performance. The focus is on the capacity of the human digestive system during prolonged physical activity.

Throughout the week, Edgley, who has previously completed significant swimming challenges such as the Great British Swim and a record-setting swim in Loch Ness, will function as a "guinea pig" for these scientific observations. Despite aiming for a world record, Edgley emphasizes that the primary goal of his undertaking is the scientific research, which he hopes will later be published.

Ross Edgley has expressed gratitude for public support during his challenge and conveyed that understanding these extreme physical limits could potentially benefit broader sport science and individual health pursuits.