

**Forty Foot Dialog List & Time code.**

- 00:00:07 Now, the weather forecast: a cold start with frost and icy patches and some rain, sleet and snow in places; the snow will be mainly in high ground but there will be some at lower levels as well. Brightening up later this morning with sunny spells developing, but there will be scattered rain and hail showers also. Highest afternoon temperatures of 5°C to 8°C.
- 00:00:29 **Title Sign:** FORTY FOOT
- 00:00:40 Once you take your clothes off, it automatically gets warmer.
- 00:01:06 The Forty Foot was formed in the year 1880, and we've been maintaining the place ever since 1880.
- 00:01:15 A few men came down here together, it was nearly all men in those days, you know. They all got together and said "why don't we start an association and try and improve the place?" So they start doing things, cut out steps down, railings. Nobody gets any money or payment or anything of any kind for it.
- 00:01:39 **Sign:** FORTY FOOT. Bathing Place.
- 00:01:49 There's a few stories, there's a theory that the Martello towers were 40 feet high; there's a road up in Dun Laoghaire called Marine Road that was 40 feet wide. The strongest theory we have is that the regiment of the 40<sup>th</sup> Foot was stationed in this garrison here.
- 00:02:04 The only fear most people have coming down here is seals, they're inclined to turn you over and people get frights from them, they can nip you sometimes.
- 00:02:13 **Sign:** THE FORTY FOOT. Gentlemen's Bathing Place.
- 00:02:18 The women started about, this is going back about 15, 20 years ago, women started coming in. In those days the men all here swam in the nude, the reason they didn't want women was because of that. Of course it's all changed now for the good.
- 00:02:39 You're supposed to wear togs after 8 o'clock!  
**Sign:** TOGS MUST BE WORN.
- 00:02:41 Did you wear togs going in?  
Oh, I always do, yeah, you wouldn't know what bits might be taken off by a seal or something!
- 00:02:50 A bit of laugh, there always seem to be a bit of laugh down here, you know, people joking and... specially in the morning times when you come down. I'm late now, I used to come at 7 o'clock in the morning, but you still get people here in the dark and all, and lights, a fellow has lights on, just so that you could see where you're going.
- 00:03:07 It's great *craic* (fun) down here, you know. Have you met the 11 o'clock club? They're good *craic*.
- 00:03:15 They way the world has gone nowadays with the recession and all, it's a great place and it's free!

- 00:03:28 One or two people have died, coming out of it; like one old guy came out, he had his swim and all, and he was changing around and he was sitting enjoying talking to some of the lads and he just went off, you know. Good innings, you know, but, what a way to go! After having your morning swim and then just going to God up there, you know!
- 00:03:58 You capture a moment of life and death here! Oh my god!
- 00:04:05 Mind, it's very slippery!
- 00:04:08 Hi, Paddy!
- 00:04:14 I'm not looking forward to this, but I'll get in for a few minutes, but the difference between the water here and Lanzarote is 15°C and you can walk into the water in Lanzarote and stand in the water and just put on your snorkels and walk back out, but here you're in and out! But, it's more invigorating here, somehow or other.
- 00:04:36 I'll just hit it and hit it, let it go over my shoulders and get out. When I get in here today, I know I'll be alright for half a minute, few seconds the next day, few seconds the next day... so when it comes April, May, June, you can have a few minutes more.
- 00:05:05 Sorry, I'm in the nude, but that's the way it is.
- 00:05:13 This place has changed my attitude, changed my personality, changed my diet... I'm healthy still, I'm in my late 50s.
- 00:05:31 This is the famous 11 o'clock club.
- 00:05:34 The sun is shining...  
It doesn't make a difference in the water!  
But, when you hit the water, you find the temperature...
- 00:05:40 There should be a few more people down now.  
It's highly overrated, Christy.  
Now, Noel here would be the man, Noel would be the more senior man here.  
What year was it when you started coming?
- 00:05:50 Well, between 40' and 50'.  
What was it like here then?  
Well, to be quite honest, there were gentlemen here in those days.  
You see, now it starts!  
The ruffians came in at a later stage.  
And gurriers!
- 00:06:11 But, by custom, it was men only. Oh, happy days!
- 00:06:18 You know what it was? They came down here just to give out about women! They even let us into their dinner dance now, they used to dance with the chairs!
- 00:06:27 Still dancing with chairs!  
*It's very, very cold. Hurry up! (in Irish)*

00:06:32 Come on! Don't hurry murry!  
Oh, Jesus!

00:06:54 Thanks for the splash!

00:07:01 Feel that breeze there now?

00:07:05 Where's Mick?

00:07:08 It's nice and fresh. It's lovely, Frank, honest to God.  
I don't believe you!

00:07:14 It's very cold today! The air is cold but the water will be warm I'm sure.

00:07:27 They are lethal, them steps, absolutely lethal!  
There are very, very slippery.

00:07:34 Oh, mammy!

00:07:38 We formed about 5 or 6 years ago and, one of the things we do is a fund-raiser thing for Action Breast Cancer every year; we've raised so far about €90,000 over the last couple of years and, this year, it's going to be on the 14th of November and we hope to raise more money for that.  
50,000 this year!  
50,000 this year!

00:08:00 The Forty Foot itself is a club, but we have our own –this is Catherine- we have an 11 o'clock club and we be here every morning at 11 o'clock and we all get in for a swim.

00:08:10 We forget all our troubles when we come out.  
That's what it's all about.  
That's what it's all about.

00:08:14 Look at Mick. Mick Meagan is a famous footballer

00:08:18 I get in with a limp, and, when I get out... Look, it's better than Lourdes!

00:08:28 Oh, cup of tea now!  
Yeah. Did you bake?  
I didn't cause it's the holy season of Lent!  
That's right!  
There's no nibblings in the holy season of Lent!

00:08:39 We'll have the tea here, Christy, will we?  
Oh, yeah!  
We'll have the Billy cup.

00:08:47 Monica, we'll see you, Monica.  
See you in the morning!  
All the best. See you, John. All the best.  
Take it easy.  
Bye, bye!  
See you tomorrow!

00:08:59 **FADE TO BLACK AND CREDITS.**