

UwP meets...

Anita Sherwood

Author of Top 100 British Shore Dives

It's not often that a well illustrated and informative book on UK diving comes to the market but when I saw Anita Redman's 100 Best British Shore Dives I was delighted and thought UwP readers (and I!) would be interested in knowing more.

I e mailed her my list of questions and she kindly gave me the following insight into her excellent book.

PR

I'd like to congratulate you on the publication of your book Top 100 British Shore Dives. I think it is really excellent, very informative and very well illustrated. The dive sites cover the whole of the UK from top to bottom so it must have taken you some time to compile.

How long have you been diving and taking photos and when did you first have the idea for the book and how long did it take to get it to the presses? Also were you commissioned or was it self published?

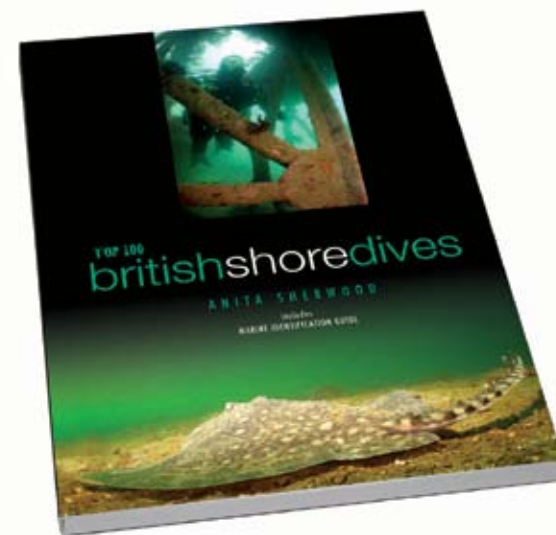
AS

Researching is what really takes

the most time – diving is the fun part. The whole project took about two years to produce from beginning to end.

The book was always a background idea, whilst I was filming for the British Sea Life dvd. After the dvd I was seeking a new project and hey presto. The final year of the book became quite intensive as I was keen to complete what I had started. Balancing a full time job at Hedgehog Studios and working on the book till often 1am in the morning was hard. I was very lucky in the fact my husband, Mark Sherwood and my business partner Chris Redman at Hedgehog supported and encouraged me throughout the book. They also helped me on the diving front with shore cover, diving buddies, research and the task of editing the book.

I have been diving for just over ten years and photographing underwater for only two. I have always had a strong passion for photography and nature, so it wasn't long before the camera headed underwater. I am fortunate in having a job as a studio photographer as these



www.britishshoredives.co.uk



skills certainly help, although I admit they are two different disciplines.

As a studio photographer I am used to working with still objects,



taking my time to move the lights into position and create that perfect 3-dimensional shot. Underwater the subject is moving and the flash lights



are attached to the camera, hence for me is incredibly restrictive.

The book was published by 'Hedgehog Marketing Ltd' as a more profitable method, rather than taking a commission from a recognised publisher. I am happy to say the gamble paid off and the book has now almost sold out of its first print run.

PR

The book layout is very attractive and I see that you did the very useful map drawings. Are you an illustrator by trade or is this another of your obvious talents?

AS

My first job was painting

figurines at Worcester Porcelain and I soon moved on into the publishing industry. I finally ventured to start my own company 'Hedgehog Marketing Ltd', with my business partner Chris Redman, in studio photography and graphics.

PR

One of the things which struck me about the book is the high quality of the photography. I have always banged on about a lot of British underwater photographs having dark backgrounds but you seem to balance available light and additional light very well. What equipment do you use and how do you get the balance so good?



AS

Quite surprisingly, I only used a Sony DSC-NC2 compact camera and housing to produce the whole book. This was combined with a couple of Epoque flashes and an Inon bayonet fit dome port attachment. The key to getting the background exposed the same as the foreground is to keep the power of the flashes down, and use a slow shutter speed. Unfortunately this does mean holding the camera extremely still and on some occasions losing valuable 'f' stops.

PR

I see that you produced a DVD 'British Sea Life' in 2007 do you prefer video to stills and what equipment did you use to shoot the DVD?

AS

I enjoy both medias as they are extremely similar to each other - you still have to light the scene and hold the camera still. I would say photography is slightly easier, for you only have to capture a moment in time - holding the camcorder still for 10 seconds in British waters can be



quite tricky!

The dvd was shot using a sony TRV 950 in a seapro housing, utilising Gates video lights

PR

As I said in the introduction I think your book is very good and will no doubt encourage others to dive in your footsteps, so to speak. Do you have plans for any future books or DVDs?

AS

I do have a possible future project – another book. It gives me another excuse to do lots more diving!

Watch this space!

PR

Many thanks for taking the time to answer my questions and I hope the next project goes well.

Peter Rowlands
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Guidelines for contributors

The response to UwP has been nothing short of fantastic. We are looking for interesting, well illustrated articles about underwater photography. We are looking for work from existing names but would also like to discover some of the new talent out there and that could be you! UwP is the perfect publication for you to increase your profile in the underwater photography community.

The type of articles we're looking for fall into five main categories:

Uw photo techniques - Balanced light, composition, etc

Locations - Photo friendly dive sites, countries or liveaboards

Subjects - Anything from whale sharks to nudibranchs in full detail

Equipment reviews - Detailed appraisals of the latest equipment

Personalities - Interviews/features about leading underwater photographers

**If you have an idea for an article,
contact me first before putting pen to paper.
E mail peter@uwpmag.com**

How to submit articles

To keep UwP simple and financially viable, we can only accept submissions by e mail and they need to be done in the following way:

1. The text should be saved as a TEXT file and attached to the e mail

2. Images must be attached to the e mail and they need to be 144dpi

Size - Maximum length 15cm i.e. horizontal pictures would be 15 cm wide and verticals would be 15cm.

File type - Save your image as a JPG file and set the compression to "Medium" quality. This should result in images no larger than about 120k which can be transmitted quickly. If we want larger sizes we will contact you.

3. Captions - **Each and every image MUST have full photographic details** including camera, housing, lens, lighting, film, aperture, shutter speed and exposure mode. These must also be copied and pasted into the body of the e mail.