REEF, WRECK AND BOTTOM FISH

Conger eel

Conger conger Also known as European conger

Caught off the Sussex coast | Confirmed record



Conger eel (*Conger conger*). Picture: Olivier Dugornay (Ifremer), CC BY 4.0 (creativecommons.org/licenses/by/4.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Congre_(Conger_conger)_(Ifremer_00736-84852_-_40887).jpg.

IN SHORT

The conger eel is the big, dark resident of wrecks and rough ground. Congers live in wrecks off the Sussex coast and are a target of the 10-hour wreck trip from Brighton. British boat record: confirmed.

Key facts

IDENTIFY IT
Long, scaleless, eel-shaped fish. Grey to blackish with a pale belly and a row of small white spots along the side.

SIZE
Average catches 2.5 to 25 kg; can reach about 3 m and over 70 kg (Wikipedia). Females grow much larger than males.

HABITAT
Rough, rocky and broken ground, wrecks and reefs. Young fish stay near the coast; larger fish move deeper.

OFF SUSSEX
Kestrel Warrior's seasons guide lists Jan, Feb, Aug, Nov and Dec, and says conger can be caught all year.

AROUND BRITAIN
No months in our sources

METHODS
Fished at anchor over wrecks or rough ground with running ledger rigs and fish baits such as mackerel (Kestrel Warrior, Angling Direct). Mostly caught at night.

GROUP
Reef, wreck and bottom fish

COME FISHING WITH US

Fish with Kestrel Warrior from Brighton Marina

Where you might meet conger eel with Captain Ant:

- **Conger eel over the Sussex wrecks** (a 10-hour day at anchor over wrecks; 10 hours, £110 per person or £800 whole boat)
- **Winter conger eel trips from Brighton Marina** (autumn to spring over wrecks and rough ground)

Free tuition and free gutting and filleting of your catch. Rod hire £10 per person; fishing tackle is included on the shark trip. Prices 2027 from £20 per person: kestrelwarrior6.co.uk/charter-boat-fishing-prices/

Book: ring **07896 471691** (8am to 9pm, seven days a week) · info@kestrelwarrior6.co.uk · kestrelwarrior6.co.uk/contact/

Scan to book

About the conger eel

The conger eel is the big, dark resident of wrecks and rough ground. It is long and scaleless, grey to blackish, with a pale belly and a row of small white spots along the side.

Average catches run from about 2.5 kg to 25 kg. The species can reach about 3 m and over 70 kg, and females grow much larger than males. Young fish stay near the coast, while larger fish move deeper. It lives on rough, rocky and broken ground, and around wrecks and reefs.

Off the Sussex coast, congers live in wrecks, and they are a target of the 10-hour wreck trip from Brighton. Kestrel Warrior's seasons guide says conger can be caught all year. Most are caught at night, fished at anchor with fish baits such as mackerel.

The bite is strong, so anglers handle them with care. Sources do not quite agree on how the species is doing. Wikipedia lists it as Least Concern on the IUCN list, while Angling Direct says Vulnerable.

On the boat

Congers are fished at anchor over wrecks or rough ground with running ledger rigs and fish baits such as mackerel. Most are caught at night. The Kestrel Warrior seasons guide lists January, February, August, November and December, and also says conger can be caught all year. It is a target of the 10-hour wreck trip from Brighton. Rough, rocky and broken ground is where it lives, so that is where the fishing happens.

British boat-caught record

Confirmed record

Weight	133 lb 4 oz (60.442 kg)
Where	Wreck off Berry Head, Torquay, Devon
When	1995
Angler	Victor Evans

Confirmed British boat-caught record: Victor Evans, 133 lb 4 oz (60.442 kg), from a wreck off Berry Head, Torquay, Devon, in 1995. This is from the official British Record Fish Committee list (updated 18 June 2026). Only the year is given. Official boat records were frozen in June 2024, and the weight record is kept for reference.

Care and rules

The bite is strong, so handle with care. No minimum size is listed for conger on the GOV.UK table (updated 3 February 2026), but check local IFCA byelaws too. Sources differ on its IUCN status. Rules change: check the current rules before you fish.

Did you know?

Female congers grow much larger than males. The species can reach about 3 m and over 70 kg, though the average catch is far smaller, between 2.5 and 25 kg, according to Wikipedia.

Sources: Wikipedia: European conger; Angling Direct: Conger eel; Kestrel Warrior: wreck fishing; Kestrel Warrior: Sussex seasons; BRFC sea fish listing June 2026; GOV.UK MCRS. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/conger-eel/