BASS, BREAM AND MULLET

Couch's bream

Pagrus pagrus

Not recorded off Sussex in our sources | Confirmed record



Couch's bream (*Pagrus pagrus*). Picture: Julien Renoult, CC BY 4.0 (creativecommons.org/licenses/by/4.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Pagrus_pagrus_579910017_(cropped).jpg.

Key facts

IDENTIFY IT
Red or pink bream fading to a silver belly, with a slightly elongated body.

SIZE
Can reach three feet and around fifteen pounds.

HABITAT
Found widely, including the Mediterranean, African coasts and the Americas. The source gives no UK depth or ground details.

OFF SUSSEX
Not recorded in our sources

AROUND BRITAIN
No months in our sources

METHODS
Not given in our sources

GROUP
Bass, bream and mullet

IN SHORT
Couch's bream is a red or pink bream that fades to a silver belly, with a slightly elongated body. Our sources do not record it off the Sussex coast. British boat record: confirmed.

COME FISHING WITH US

Fish with Kestrel Warrior from Brighton Marina

The Couch's bream is not one of the fish our sources record off Sussex, so no Kestrel Warrior trip targets it. Come and fish the Sussex coast on one of our eight trips (Prices 2027):

- **Sightseeing tour** 1 hour, £20 pp
- **Squid and cuttlefish trip** 3 hours, £55 pp
- **Sea fishing trip at anchor, multiple species** 8 hours, £75 pp
- **Wreck fishing at anchor** 10 hours, £110 pp
- **Mackerel trip** 90 minutes, £27 pp
- **Sea fishing trip, multiple species** 4 hours, £55 pp
- **Flatfish drift trip** 8 hours, £90 pp
- **Shark fishing trip** 10 hours, £150 pp

Free tuition and free gutting and filleting of your catch. Rod hire £10 per person; fishing tackle is included on the shark trip.

Scan to book

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

About the Couch's bream

Couch's bream is a red or pink bream that fades to a silver belly, with a slightly elongated body. It can reach about three feet and around fifteen pounds. It is found widely, including the Mediterranean, African coasts and the Americas. Our source gives no UK depth or ground details, so nothing is claimed here about where in British waters it lives.

The British record list includes boat catches. The weight-based boat record, 9lb 5oz 3dr, came from off the west coast of Guernsey in 2011, and the current length-based record is a 59cm fish from off Dartmouth, Devon, in 2025.

Couch's bream is listed as Endangered by the IUCN, which is a good reason to handle any fish gently and to know the rules before you go.

The sources give no months, no methods and no Sussex reports for this species, so those gaps are left open. It is not a fish to plan a trip around, but it is a good one to know about, and a good reason to take care with anything unusual that comes over the side.

On the boat

The sources do not say when or how Couch's bream is caught in British waters, and they give no Sussex reports, so none of that is claimed here. The British record list includes boat catches off Guernsey in 2011 and off Dartmouth, Devon, in 2025. Nothing in the sources covers depth, ground or bait for it, so any plan to target it would be guesswork.

British boat-caught record

Confirmed record

Weight	9lb 5oz 3dr (4.229kg), weight-based; length-based 59cm
Where	Weight: off Guernsey west coast (boat Susanne). Length: off Dartmouth, Devon, own boat
When	Weight 2011. Length 2025
Angler	Richard Le Prevost (weight). Peter Kibel (length)

Confirmed British boat-caught record: two entries on the British Record Fish Committee list. The weight-based record is 9lb 5oz 3dr (4.229kg), caught by Richard Le Prevost off the west coast of Guernsey (boat Susanne) in 2011. The weight-based boat records were frozen in June 2024. The current length-based record is 59cm, caught by Peter Kibel off Dartmouth, Devon, in 2025.

Care and rules

Couch's bream is listed as Endangered by the IUCN. The source gives no UK minimum size. If you catch one, handling it gently and returning it is the sensible course. Rules change: check the current rules before you fish.

Did you know?

Couch's bream is listed as Endangered by the IUCN, and the current British length-based boat record, a 59cm fish, was caught off Dartmouth, Devon, as recently as 2025.

Sources: British Sea Fishing: Bream species; BRFC sea fish listings June 2026. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/couchs-bream/