FLATFISH

Flounder

Platichthys flesus

Caught off the Sussex coast | Confirmed record



Flounder (*Platichthys flesus*). Picture: Holger Krisp, CC BY 4.0 (creativecommons.org/licenses/by/4.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Flunder_Platichthys_flesus.jpg.

IN SHORT
The flounder is a diamond-shaped flatfish, mostly right-eyed, dull brown or green and sometimes marked with dark orange spots. Kestrel Warrior's flatfish drift trip targets plaice, dabs, flounder and rays. British boat record: confirmed.

Key facts

IDENTIFY IT
Diamond-shaped, mostly right-eyed flatfish, dull brown or green, sometimes with dark orange spots and rough bumps along the lateral line.

SIZE
Most UK fish up to about 1 lb; 2-3 lb is very good. Maximum about 6 lb (60 cm and 2.93 kg per Wikipedia).

HABITAT
Shallow sand and mud, estuaries, bays and river mouths; tolerates fresh water and travels far up rivers.

OFF SUSSEX
Recorded off Sussex; no months in our sources

AROUND BRITAIN
Present all year; moves to deeper water to spawn in late winter and early spring, so fewer are caught then.

METHODS
Lugworm and ragworm on long-shanked hooks, two or three hook rigs with beads or spoons, fished close in (shore guide).

GROUP
Flatfish

COME FISHING WITH US

Fish with Kestrel Warrior from Brighton Marina

Where you might meet flounder with Captain Ant:

- **Drift for flounder on the flatfish trip** (8 hours drifting the sandbanks; 8 hours, £90 per person or £700 whole boat)

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 flounder

The flounder is a diamond-shaped flatfish, mostly right-eyed, dull brown or green and sometimes marked with dark orange spots. There are rough bumps along the lateral line. It likes shallow sand and mud, estuaries, bays and river mouths. It tolerates fresh water and travels far up rivers.

Most UK fish reach about 1 lb, and 2 to 3 lb is very good. The maximum is about 6 lb, and Wikipedia gives 60 cm and 2.93 kg.

Flounders are present all year. They move to deeper water to spawn in late winter and early spring, so fewer are caught then. The shore guide suggests lugworm and ragworm on long-shanked hooks, with two or three hook rigs using beads or spoons, fished close in.

On the Sussex coast, Kestrel Warrior runs a flatfish drift trip that targets plaice, dabs, flounder and rays. The official boat record, 5 lb 11 oz 8 dr from Fowey in 1956, shows what a flounder can reach.

On the boat

Flounder are fished with lugworm and ragworm on long-shanked hooks, often on two or three hook rigs with beads or spoons, close in. They are present all year, but fewer are caught in late winter and early spring, when they move to deeper water to spawn. Kestrel Warrior's flatfish drift trip targets plaice, dabs, flounder and rays. The sources give no Sussex months or grounds.

British boat-caught record

Confirmed record

Weight	5 lb 11 oz 8 dr
Where	Fowey, Cornwall
When	1956
Angler	A G L Cobbledick

Confirmed British boat-caught record: A G L Cobbledick, 5 lb 11 oz 8 dr, at Fowey, Cornwall, in 1956. This is the official British Record Fish Committee listing of June 2026, so it is a confirmed record, not a claim. The list gives the year only, not the full date.

Care and rules

There is no national minimum size for flounder on the gov.uk list. British Sea Fishing quotes 27 cm. Local IFCA byelaws may apply. The record gives no protected status or eating advice, so none is claimed here. Rules change: check the current rules before you fish.

Did you know?

Flounders tolerate fresh water and travel far up rivers, so they can turn up well away from the open sea.

Sources: Wikipedia: European flounder; British Sea Fishing: Flounder; BRFC sea fish listings June 2026. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/flounder/