FLATFISH

Plaice

Pleuronectes platessa Also known as European plaice

Caught off the Sussex coast | Confirmed record



Plaice (*Pleuronectes platessa*). Picture: Hans Hillewaert, CC BY-SA 4.0 (creativecommons.org/licenses/by-sa/4.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Pleuronectes_platessa.jpg.

IN SHORT
Plaice are a classic flatfish, and the orange spots give them away. Plaice are fished throughout the Sussex district, and the Kestrel Warrior site lists them on the sandbanks in spring. British boat record: confirmed.

Key facts

IDENTIFY IT
Right-eyed flatfish, brown or green on top with bright orange spots and a white underside. A row of bony bumps sits behind the eyes.

SIZE
Up to about 26 in and 10 lb; shore fish typically 1-3 lb. Wikipedia gives a maximum of 78 cm and 5.7 kg and typical 50-70 cm.

HABITAT
Sand, mud and shingle. Adults live in deeper water (usually 10-200 m); young fish use shallow sandy coasts and estuaries.

OFF SUSSEX
Spring, on the sandbanks (Kestrel Warrior charter site).

AROUND BRITAIN
Most commonly caught by shore anglers March to September; moves inshore in spring and offshore in autumn to spawn. Spawning runs December to May.

METHODS
Boat flatfish drift trips (Kestrel Warrior lists an 8-hour flatfish drift); worms (ragworm, lugworm) on small hooks, flapping rigs with beads (shore guide).

GROUP
Flatfish

COME FISHING WITH US

Fish with Kestrel Warrior from Brighton Marina

Where you might meet plaice with Captain Ant:

- **Drift for plaice on the flatfish trip** (8 hours drifting the sandbanks; 8 hours, £90 per person or £700 whole boat)
- **Plaice on a 4-hour inshore trip** (sand, reefs and rough ground near Brighton; 4 hours, £55 per person or £500 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/

Scan to book

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

About the plaice

Plaice are a classic flatfish, and the orange spots give them away. This is a right-eyed fish, brown or green on top with bright orange spots and a white underside, and a row of bony bumps sits behind the eyes. It lives on sand, mud and shingle. Adults are usually in deeper water, 10 to 200 m, while young fish use shallow sandy coasts and estuaries.

Size depends on the source. One guide gives up to about 26 in and 10 lb, with shore fish typically 1 to 3 lb. Wikipedia gives a maximum of 78 cm and 5.7 kg, and typical fish of 50 to 70 cm.

Shore anglers most often catch them from March to September. The fish move inshore in spring and offshore in autumn to spawn, and spawning runs from December to May. Worms such as ragworm and lugworm on small hooks are the usual baits in the shore guide.

Off Sussex they are a spring fish on the sandbanks, and Kestrel Warrior runs an 8-hour flatfish drift. The minimum size is 27 cm, so measure before you keep one, and check the current rules.

On the boat

Boat anglers fish for plaice on flatfish drift trips, and Kestrel Warrior lists an 8-hour flatfish drift. The shore guides use worms, ragworm and lugworm, on small hooks and flapping rigs with beads. In Britain they are most often caught by shore anglers from March to September, moving inshore in spring and offshore in autumn. On the Sussex sandbanks the record points to spring.

British boat-caught record

Confirmed record

Weight	10 lb 3 oz 8 dr (weight list, now frozen). A length-based boat record of 68 cm was set in 2025.
Where	Longa Sound, Scotland. Length record: North Shetland, from charter boat Ascention.
When	1974 (length record 2025)
Angler	H Gardiner (aged 16). Length record: Jeffrey Iggo.

Confirmed British boat-caught record: H Gardiner (aged 16), 10 lb 3 oz 8 dr, Longa Sound, Scotland, 1974. The official weight-based boat records were frozen in June 2024, and newer claims are by length only. A length-based boat record of 68 cm was set in 2025 by Jeffrey Iggo, from the charter boat Ascention at North Shetland. The list gives years, not full dates.

Care and rules

Minimum size is 27 cm on the gov.uk MCRS list. Plaice stocks are within safe limits according to ICES, as reported by Wikipedia. Rules change: check the current rules before you fish.

Did you know?

Boat records now go by length. The 2025 plaice record of 68 cm came from a charter boat, Ascention, at North Shetland, and Jeffrey Iggo is the angler named for it.

Sources: Wikipedia: European plaice; British Sea Fishing: Plaice; BRFC sea fish listings June 2026; Sussex IFCA: species; Kestrel Warrior; Gov.uk MCRS. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/plaice/