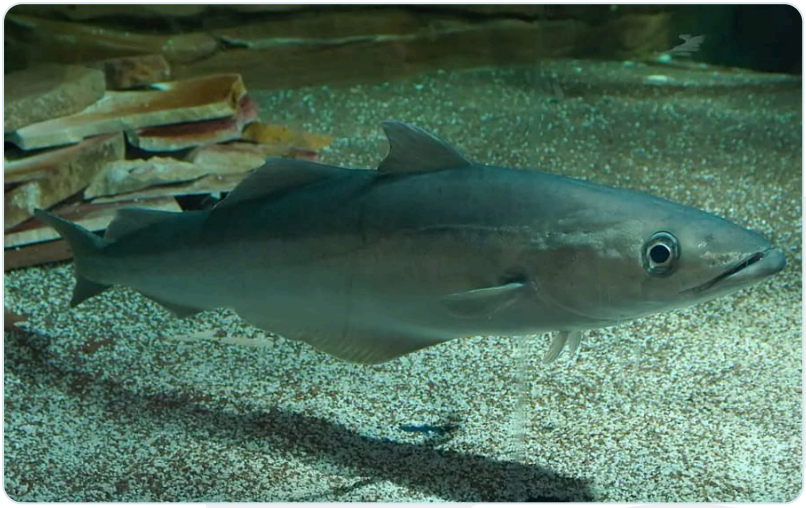
COD FAMILY

Pollack

Pollachius pollachius Also known as pollock

Caught off the Sussex coast | Confirmed record



Pollack (*Pollachius pollachius*). Picture: Tino Strauss, CC BY-SA 3.0 (creativecommons.org/licenses/by-sa/3.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Pollachius_pollachius_02.jpg.

IN SHORT

Pollack has a dark brown-gold back and a lower jaw that sticks out past the upper. Pollack are caught most of the year over Sussex wrecks and reefs, with mid January to May the good-numbers window. British boat record: confirmed.

Key facts

IDENTIFY IT
Dark brown-gold back, lower jaw sticking out past the upper, no chin barbel and a lateral line that curves sharply over the pectoral fin.

SIZE
Shore fish average about 2 kg; a good boat fish is around 5 kg. Can reach 130-140 cm.

HABITAT
Rocky ground, reefs and wrecks, often hanging above the structure, from the surface down past 100 m.

OFF SUSSEX
Arrive off Sussex from mid January and are caught in good numbers to May, then through the season. Winter fishing over wrecks is a main target.

AROUND BRITAIN
No months in our sources

METHODS
Drifting wrecks with artificial lures, light tackle with lures, flappers and jigs, and live baits.

GROUP
Cod family

COME FISHING WITH US

Fish with Kestrel Warrior from Brighton Marina

Where you might meet pollack with Captain Ant:

- **Pollack fishing over wrecks and rough ground** (best from autumn to early spring)
- **Pollack on the 8-hour trip at anchor** (wrecks, gullies and offshore banks; 8 hours, £75 per person or £650 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 pollack

Pollack has a dark brown-gold back and a lower jaw that sticks out past the upper. There is no chin barbel, and the lateral line curves sharply over the pectoral fin. Those clues help tell it from a cod.

It can reach 130 to 140cm. Shore fish average about 2kg, and a good boat fish is around 5kg. Pollack live on rocky ground, reefs and wrecks, often hanging above the structure, from the surface down past 100m.

Off Sussex, pollack arrive from mid January and are caught in good numbers through to May, then through the season. They are caught most of the year over Sussex wrecks and reefs, and winter fishing over wrecks is a main target.

On a boat trip, that means drifting wrecks with artificial lures, light tackle with lures, flappers and jigs, or live baits. Because pollack often hang above the structure, they are not always hard on the bottom. The British boat record is 29lb 4oz, taken off Dungeness in Kent in 1987.

On the boat

Pollack are caught by drifting wrecks with artificial lures, or with light tackle using lures, flappers and jigs. Live baits work too. Off Sussex they arrive from mid January and are caught in good numbers to May, then through the season. Winter fishing over wrecks is a main target. The Brighton wreck charter page gives mid January to May as the good-numbers window.

British boat-caught record

Confirmed record

Weight	29 lb 4 oz (13.267 kg)
Where	Dungeness, Kent
When	1987
Angler	W S Mayes

Confirmed British boat-caught record: W S Mayes, 29 lb 4 oz (13.267 kg), Dungeness, Kent, 1987. The list gives the year only, not the full date. The official weight-based boat records were frozen in June 2024. This record is on the official British Record Fish Committee list, so it is a confirmed record, not a claim.

Care and rules

The minimum size for pollack in UK waters is 30 cm. The record gives no other protection or eating notes for this species. Rules change: check the current rules before you fish.

Did you know?

The British boat record pollack, 29 lb 4 oz, came from Dungeness in Kent in 1987. Planet Sea Fishing says a good boat fish is around 5 kg.

Sources: Planet Sea Fishing - Pollack; Wikipedia - Pollock; Gov.uk - Minimum Conservation Reference Sizes; BRFC Sea Fish Listings June 2026; Kestrel Warrior - Cod and pollack trips; Brighton Wreck Fishing Charters. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/pollack/