RARER VISITORS AND OTHERS

# Tompot blenny

*Parablennius gattorugine*

Caught off the Sussex coast | None listed



Tompot blenny (*Parablennius gattorugine*). Picture: Diego Delso, CC BY-SA 4.0 (creativecommons.org/licenses/by-sa/4.0), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Cabruza_(Parablennius_gattorugine),_Parque_natural_de_la_Arrábida,_Portugal,_2022-07-22,_DD_48.jpg.

**IN SHORT**

The tompot blenny is a small fish with a lot of face. Common year-round in Sussex waters, on marine and chalk reefs, according to Sussex Wildlife Trust. British boat record: none listed.

## Key facts

**IDENTIFY IT**
Large-headed fish with branched tentacles above the eyes, orange-brown with darker bars. Lives in rock holes.

**SIZE**
Up to 30 cm (Sussex Wildlife Trust); British Sea Fishing says about 10 inches.

**HABITAT**
Crevices in rocky and chalk reefs, usually shallower than 20 m.

**OFF SUSSEX**
Common all year round in Sussex waters (Sussex Wildlife Trust).

**AROUND BRITAIN**
No months in our sources

**METHODS**
Light rock fishing (LRF) with very small hooks and worm, fish or crab bait. A mini-species catch.

**GROUP**
Rarer visitors and others

COME FISHING WITH US

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The tompot blenny has been recorded off the Sussex coast, but none of our trips sets out to catch it. Come and see what is biting on one of our eight trips (Prices 2027):

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- **Sea fishing trip, multiple species** 4 hours, £55 pp
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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

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## About the tompot blenny

The tompot blenny is a small fish with a lot of face. It has a large head, branched tentacles above the eyes, and an orange-brown body with darker bars. It lives in holes and crevices in rocky and chalk reefs, usually in water shallower than 20 m. Sussex Wildlife Trust says it grows up to 30 cm, while British Sea Fishing puts it at about 10 inches. Either way, this is a small fish. It is not a food fish. It is a mini-species catch, taken on light rock fishing gear with very small hooks and worm, fish or crab bait. In Sussex it is well placed to be met: the Trust describes it as common all year round in Sussex waters, on marine and chalk reefs. There is no boat record for it, because it appears only on the mini-species page of the British Record Fish Committee list. If you do catch one, return it unharmed.

## On the boat

The tompot blenny is a mini-species catch. Anglers take it with light rock fishing (LRF) gear, very small hooks and worm, fish or crab bait. It lives in rock and chalk reef crevices, usually shallower than 20 m. The sources give no British months, but Sussex Wildlife Trust says it is common all year round in Sussex waters, on marine and chalk reefs.

## British boat-caught record

None listed

No British boat-caught record is listed for this species. It appears only on the British Record Fish Committee mini-species page, which has no boat and shore split. The mini-species record is Master Shay Upham, aged 16, Torbay, South Devon, 2010.

## Care and rules

A small reef fish, not a food fish. Return it unharmed. No minimum size was found on the GOV.UK MCRS table. Rules change: check the current rules before you fish.

## Did you know?

The tompot blenny has branched tentacles above its eyes and lives in rock holes. Sussex Wildlife Trust says it is common all year round in Sussex waters, on marine and chalk reefs.

**Sources:** Sussex Wildlife Trust: tompot blenny; British Sea Fishing: tompot blenny; BRFC sea fish records, June 2026. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/tompot-blenny/