

MARATHON SWIMMERS FEDERATION – Observer Report Cover Sheet

Swimmer

Name: Gender: Age: Resides In:

Support Personnel

Pilot name(s): Vessel: Port:

Crew names & roles:

Swim Details

Date: Body of Water: Location:

Route description:

Swim distance: Start time: Finish time: Elapsed:

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency):

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

List any modifications of MSF Standard Swim Rules:

Observer:

Email or Phone:



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

21 April 2018

Swimmer(s)

Sarah Poplar

Observer(s)

Mike Cochrane

Swim Description

Taranga Island to Waipu Cove

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
06:43	-35.9577	174.6916	20.1/17	10-12KT W		Chris and Sarah swim to shore. Sarah cleared water then began swim. Chris returned to boat.
07:15	-35.9628	174.6841			62	"Water is glorious"
07:45	-35.9678	174.6714		10-12KT W		300ml feed. No gel. Bit confused by boat angle in the wind. 2.5km
08:15	-35.9703	174.6617		8-10KT W	69	Skipper finding it challenging to hold course at slow speed in chop.
08:45	-35.9765	174.6504		9-12KT W		4.8km. Happy. 250ml feed. Sea state improved. less chop. No swell.
09:15	-35.9817	174.6427	19.8/18	10-12KT W	59	5.7km chop now shorter and steeper.
09:45	-35.9885	174.6330		10-14KT NW		7.2 7.2km. Little liquid. Half caffeine gel. Smiling. Large ship drifting towards us at 1.4 knots
10:05	-35.9943	174.6264				8.1km. Large cargo ship started engine and underway 400m from us. We will cross prop wash
10:25	-35.9972	174.6215		9-13KT NW	60	NW chop 0.5-1.5m
11:45	-36.0009	174.6154		8-10KT NW		9km. Reluctant to feed. Had half liquid feed, no gel.
11:07	-36.0019	174.6095		8-10KT NW	59	
11:15						Support swimmer in the water
11:45	-36.0059	174.5958	19.2/20	7-9K NW		11.5km 200ml flat coke. Has been vomiting. Not a happy swimmer. Chop flattened off. Support swimmer out
12:00						8.3km to Waipu Cove surf life saving club
12:17	-36.0049	174.5819		9-12K NW	58	0.5m chop

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12:45	-36.0044	174.5522	19.4/19	8-10kt NW		12.7KM. 200ml flat coke. 1x metoclopramide 10mg tablet Smiling coming into feed. Light rain.
13:15	-36.0066	174.5738		gusting 15kt NW	60	Stroke power reduced, rate normal. 13.7KM. rain/ Squal approaching visibility ~2km.
						Strong squal >30knots wind and rain, lasted ~3min
13:45	-36.0099	174.5699		7-9kt W		14.5KM. 200ml High 5 + gel. Focused, not chatty. Left arm not lifting as high as start of swim
14:20	-36.0114	174.5554		7-9kt W	59	4.5KM to go. Chop reduced to <0.4m Sun returning. Stopping/breaststroking more often
14:45	-36.0125	174.5485	19.3/19	7-9kt NW		Initially refused feed. On Chris' insistence had 1/3 feed. Now swimming against tide.
14:55						Support swimmer in water
15:45	-36.0141	174.5296	19.2/19	7-9kt off shore		Support swimmer out. Sarah declined feed. 18.6km, 2.1km to beach
16:15	-36.0219	174.5213		6-8kt off shore	59	Coffee gel + 150ml feed. 1200m to beach.
16:45	-36.0264	174.5113				Chris about to enter water with fins and rescue tub to escort Sarah to beach.
16:54						Finished on beach. Met by friends and family