

Time of day	Time into Swim	Latitude	Longitude	Stroke Rate	Notes
06:15:05	00:00:00			48	Start. Flat seas, low wind. 6:30 Stops to adjust cap
06:45:00	00:29:55	-21.200829	-159.760043	48	first feed 200ml Electrolyte and Nuun. First 2km in 30min. Chop starting to pick up. 7:10 removed cap and threw into boat
07:15:00	00:59:55	-21.205709	-159.746753		Feed: Powerade. 7:20: pee. 7:22 stingers on shoulders/neck/torso/legs, 7.33 stinger on nose. Turtle sighting. Environmental: Dan felt current, 2nd boat went ahead check currents. Swell on first corner start to increase, take corner close to reef
07:45:00	01:29:55	-21.213573	-159.735574		200 ml electrolytes, 7.50 wee, 8.04 turtle and then sting, 8.07 turtle, 8.09 sting all over head
08:15:00	01:59:55	-21.224708	-159.729789	48	250ml powerade. 8.16 swapped sides of boat. Turtle, 8.18 stinger on neck, ears, cheek, 3.2km/hr, 8.29 48 stroke c, water temp 23.9, 8.32 & 8.38 urinate
08:45:00	02:29:55	-21.239359	-159.724885		500ml Nuun, 8.50 Chloe Seasick : transferred boats, into Avarua harbour, reef shark at passage
09:15:00	02:59:55	-21.256674	-159.721611	47	300ml powerade, 9.22 urination, 9.28 SR 47. Local fisherman radio updated current information.
09:45:00	03:29:55	-21.268049	-159.728257		375ml electrolytes, 9.59 urination, 10.08 breaching Whale and calf. Swimmer reporting 6 strokes overtop of the same rock due to current. 9:47am Live radio interview.
10:15:00	03:59:55	-21.277067	-159.740315		300ml powerade, 10.17 urinate, 10.37 urinate. Large easterly swells, occasionally up to 4m close to reef.
10:45:00	04:29:55	-21.27933	-159.753508		electrolytes, 10.50 urinate, 11.02 Ray sightings
11:15:00	04:59:55	-21.277848	-159.767225		1/2 banana 150 Powerade, 11.22 urinate. Swell and wind now coming from behind and assisting.
11:45:00	05:29:55	-21.274702	-159.781468		peaches, Powerade, 11.51 urinate
12:15:00	05:59:55	-21.2694	-159.798272	44	2 ibuprofen, 2 sandwich bites, nuun 500m Bruce arrived on Jetski, 12.35 Bruce leaves on jetski
12:45:00	06:29:55	-21.26383	-159.815455		Nuun and peaches. Swell has become more southerly and pushing swimmer towards land.
13:15:00	06:59:55	-21.251028	-159.827424		250ml nu and water 2 sandwich, 13.22 urinate. Waves now behind swimmer after rounding point.
13:45:00	07:29:55	-21.236327	-159.83203		250 nu and water pineapple. 14.02 urinate
14:15:00	07:59:55	-21.225501	-159.834205		peaches 200ml nuun. North-easterly gusty winds coming off the land, flat water.
14:45:00	08:29:55	-21.212692	-159.831162		sandwich nuun
15:15:00	08:59:55	-21.201826	-159.821517		coke and peaches, 15.41 Urinate
15:45:00	09:29:55	-21.19611	-159.811104		150ml nuun, 3 sandwich bites, 2 maxigesic, Jetski Visit from Chloe & Bruce
16:15:00	09:59:55	-21.195625	-159.799226		peaches 375 coke, Chloe Transfers back to support boat for final feed and finish. Wind chop increasing, no swell.
16:45:00	10:29:55	-21.199062	-159.788118	47	3 cut up peanut butter sandwich cubes & 100 ml Electrolytes. shitloads of rays, Whales breach in distance. Stand up paddleboarders, jetski, boats and Wakas escort into finish
17:15:00	10:59:55	-21.204947	-159.775295		Feed skipped
17:17:03	11:01:58				Finish