

Around Rarotonga Documented swim

Swimmer Biographical Data

Daniel Abel

41 years

New Zealander

Dual Christchurch New Zealand / London England

English Channel July 2017 / Cook Strait March 2013

Support Personnel

Chloe Harris – Coach/swim support

Mike Cochrane – Swim support/ Tech support / Photography and social media

Shannon Saunders – Official Observer

Rob Matheson – Pilot boat captain

Kyle Matheson – support boat captain

Johnny – Cameraman / Shark protection

Route Specification

Latitude/longitude coordinates and name/description of: Trader Jacks beach, Rarotonga , Cook Islands. Circumnavigation in a clockwise direction returning to Trader Jacks beach, Cook Islands

Start position latitude="-21.205878" longitude="-159.774937"

Please note: Swim routes governed by established local sanctioning organizations are not eligible for MSF Documented Swims, unless there is consent from the relevant organization.

Swim Distance

34km

Rules

http://marathonswimmers.org/rules/11_special-swim-types/ **Circumnavigation**

Swim Log completed by independent observer

See separate PDF document

Start time and date (include local time zone)

Start 6.15am 18 Sep 2017 Cook Islands Local time . Finish 5.17pm Cook Islands local time

Elapsed time of swim (hours, minutes, seconds)

11 hours 2 mins 0 seconds

Log of regular timestamped observations of:

GPS location (latitude, longitude) - satisfied by complete GPS tracking data – see attached documentation.

GPS Tracking Data

Original/raw data from GPS tracking device such as a SPOT Tracker, Garmin watch, or smartphone app. Accepted data formats: GPX, TCX, CSV, KML. We recommend using at least two tracking devices simultaneously in case one fails.

Photos and Video

Coming soon.

Swimmer Narrative

See attached