

Swimmer

Name: Brian Hanahan Gender: M Age: 42 Resides In: Charleston SC

Support Personnel

Pilot name(s): Dwayne Schalles Vessel: KeyWest 197 Port: Summerville SC

Crew names & roles: Ken Immee – Kayak + Crew

Swim Details

Date: 10/11/2017 Body of Water: Atlantic Ocean Folly River Stone River Charleston Harbor Location: James Island SC

Route description: Circumnavigate James Island SC

Swim distance: 33.84 M Start time: 5:36:00 Finish time: 6:57:53 Elapsed: 13:21:53 ~~13:21:53~~

List any "first" or record claims: First to circumnavigate James Island SC

Rules & Conduct

Feeding (substances & frequency): Every 25 minutes
Patorade, Banana, GU, Breakfast BARS

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

Suit (NO cap)
Goggles

List any modifications of MSF Standard Swim Rules:

None

Observer: Janina Serell
 Email or Phone: Jaswin@gmail.com
(646-342-4246)



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.

Janina Serell
 10/11/2017

Feeds every 25 minutes - 250-300 ml of gatorade + rotate 1/2 banana, gel, 1/2 Breakfast bar.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

10/11/2017

Swimmer(s)

Brian

Lanahan

Observer(s)

Janine
Sorell

Swim Description

Swim
around

Jones
Island

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
6:18	32 39 39N	79 54 36W	79/76	0	69	Started at 38 minutes @ 5:40 AM
6:30	32 39 37N	79 54 53W	79/76	0	66	1st feed of boat -> banana + orange.
6:55	32 39 33N	79 55 45W	79/77	5mpS	67	humid -> light of 1/2 moon. + dawn light
7:20	32 39 7N	79 56 52W	79/76	4S	68	Sunrise!! 7:12 passed FBR Pier
7:45	32 38 38N	79 57 26W				lots of Dolphins! Near County park at top of FB - water calm.
8:00	32 38 11N	79 58 13W	79/77	5S		leaving swimmer -> very shallow -> tip of Holly Bear -> Stone River Inlet.
8:45	32 38 36N	79 58 53W		-		Past S. Tip of FB - heading to Stone River -> caught in eddy - swim hard
9:05						Fed -> juice + bars -> rounding tip of JI heading to Stone
9:30	32 38 4N	79 59 49W	80/80	-		Juice + shot of coffee
9:55	32 38 20N	80 0 56W	80		68	2 Alieve - juice - banana.
11:25	32 39 24N	80 0 27W	80/80		68	Juice + 1/2 BAR ->
11:47						PASSED SOL LEGAKE Boat house
10:55	32 40 36N	80 0 27W	82/83	-		Juice + BANANA.

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

10/16/2017

Swimmer(s)

Brian Lonahan

Observer(s)

Janine Serell

Swim Description

Circumnavigate James Island SC

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
11:20	32.46N 46W	79.59 23W	82/83	S3	68	Watered down gatorade 1 Banana + 1/2 BAN - spirits good
11:45	32.42 30N	79.59 21W	82	S7		Sunny Hot Humid ~
12:15	32.43 13N	79.59 47W	84	S7	68	a little sore.
12:40	32.44 17N	80.0 43W	82/84	S6	69	Due South of Maybank Hwy.
1:05						swimmer waved off feed - BOAT went to GAS.
1:35						at Elliot Cut → 5 minutes after the port 1:30
1:40	32.46 4N	80.0 0W	86	S7	68	feed 2 gatorades + banana sw
2:00						gatorade / banana / Pour 1/2 D cold on swimmer
2:30	32.46 2N	79.58 12W	83/86	Ø	68	water / lot / swimmer Hot
3:00	32.46 22N	79.56 30W	84/86	S10	68	Gatorade + coffee → heading into harbor turns Chopped.
3:25	32.45 32N	79.54 40W	84	S9.		swimmer purged → feels better Choppy

