

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: Arik Thormahlen/Adela Burta

Email or Phone: atthormahlen@gmail.com
boatlafrancy@gmail.com



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

28-29 August 2017

Swimmer(s)

Jaimie Monahan

Observer(s)

Arik Thormahlen
Adela Burta

Swim Description

Lake Maggiore

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0	46.1786	8.839	24C/25C	-	50	Start at small beach near marina at Tenero Contra - and we're off!
:30	46.1672	8.826	24C/25C	-	50	Approaching Minusio - happy and moving
1:00	46.1583	8.815	24C/30C	-	47	Near Locarno
1:30	46.1479	8.803	24C/32C	-	47	Other side of boat channel from Gambarogno
2:00	46.140	8.789	24C/32C	-	47	Just past Ascona/Locarno Peninsula
2:30	46.132	8.779	24C/32C	-	47	Near Ronco - possibly named after Ron Popeil: "Set it and forget it!"
3:00	46.124	8.764	23C/32C	-	47	Other side of lake from Isola Di Brissago
3:30	46.115	8.750	23C/32C	-	46	Close to Italy/Swiss Border
4:00	46.107	8.737	21C/31C	-	46	By Pino Sulla Sponda, beautiful day with very little wind, smooth water
4:30	46.099	8.727	20C/3CF	-	46	Water temp dropping in deeper water by Tronzano
05:00	46.089	8.721	20C/31C	-	46	Stroke looks smooth and strong
05:30	46.078	8.719	20C/31C	-	47	Around the first big turn, can't see the start anymore
06:00	46.066	87.18	22C/31C	breezy	47	Starting new thermos of Carbopro feed
06:30	46.056	8.717	22C/31C	calm	46	Just passed beautiful city of Cannobio - stunning
07:00	46.046	8.714	22C/31C	-	47	Carmine ~ .5 miles away. Feeds are warm for now - thermos broken :(

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07:30	46.034	8.714	23C/26C	N 6 kts	45	Entering the middle section of the lake, sun setting behind mountains
08:00	46.024	8.708	23C/26C	N 5 kts	47	Sunsetting by Castelli De Cannero, change goggles as first light broken
08:30	46.018	8.699	23C/26C	-	46	Near Vecchio Porto in main section of lake, no breeze
09:00	46.008	8.692	23C/23C	-	46	Sun almost down, took 2 advil with feed to reduce any sun inflammation
09:30	45.998	8.683	23C/22C	-	46	Near Cadessino
10:00	45.989	8.671	23C/22C	-	46	Just passed Oggebbio, dark now but lights sparkling on shore
10:30	45.981	8.660	23C/22C	-	47	Swimming strong, no wind but boat engine running hot
11:00	45.971	8.649	22C/24C	-	46	Coming to Deccio, half moon lighting the path in silver for her
11:30	45.961	8.638	22C/24C	NE 3 kts	46	Moved swimmer to other side to avoid engine fumes
12:00	45.955	8.631	22C/23C	-	46	Approaching Susello, move to other side of boat is much better
12:30	45.945	8.621	22C/23C	N 3 kts	46	
13:00	45.934	8.610	22C/23C		46	Approaching Intra ~1.5 km away
13:30	45.925	8.604	22C/23C	N 6kts	46	Wind picking up
14:00	45.913	8.597	22C/23C	SW 6kts	46	Just south of Laveno/Intra Ferry Line, wind direction changing
14:30	45.904	8.593	22C/22C	SW 3 kts	47	Out of ferry lane but sadly missing views of Stresa islands in the dark

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15:00	45.895	8.591	22C/22C	-	46	Just past Cerro, wind dropped to 0, clouds moving in
15:30	45.883	8.589	22C/22C	-	46	Near Reno, strong smooth consistent stroke, calm water, very peaceful
16:00	45.873	8.587	22C/23C	-	46	Entering the 3rd segment of the swim
16:30	45.863	8.582	22C/22C	S 3 kts	46	Approaching Carcioni, fishing boats out early
17:00	45.853	8.582	22C/23C	-	46	Stroke very smooth and consistent, wind down to 0 again
17:30	45.842	8.579	22/23C	-	45	Passing the hotel in Belgirate we stayed in last night, looking strong
18:00	45.832	8.577	22C/23C	-	45	Just passed Belgirate, new tank of Carbopro feeds, stroke looks strong
18:30	45.822	8.575	21C/20C	-	46	Near Lesa
19:00	45.811	8.576	21C/20C	W 2 kts	46	Halfway between Lesa and Ranco
19:30	45.801	8.562	21C/20C	-	47	At Ranco, sun is up, wind is down
20:00	45.793	8.564	22C/19C	-	46	Across from Meina, Arona ~3.5km away. Arona has ferry crossings
20:30	45.784	8.562	22C/19C	-	47	Waiting for ferries
21:00	45.772	8.566	22C/22C	-	46	Had to wait for Arona/Angera ferry. Pace increase to get out of lane.
21:30	45.762	8.573	22C/25C	-	48	Stopped by another ferry, had gel with caffeine in feed
22:00	45.755	8.577	22C/25C	-	47	Past Bruschera, swimming strong - she knows it's ~6km to end

