

**Swimmer**

Name: SARAH POPLAR Gender: F Age: 42 Resides In: WHANGAREI HDS, NZ

**Support Personnel**

Pilot name(s): LUKE WYNNE Vessel: BRIGHT ARROW Port: TUTUKAKA

Crew names & roles: TAVINE TUPEA, DECKHAND  
CHRIS PALMER, FEEDER / SUPPORT**Swim Details**

Date: 25-MAR-15 Body of Water: TAKAKIHI REEF Location: NORTH LAND, NEW ZEALAND

Route description: POOR KNIGHTS TO MATAPOURI

Swim distance: 22.9KM Start time: 07:28 Finish time: 15:38 Elapsed: 08:10

List any "first" or record claims: SECOND CROSSING

**Rules & Conduct**

Feeding (substances &amp; frequency): HOURLY. HIGH 5 4:1, HIGH 5 ENERGY GEL

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

SWIMSUIT, CAP, GOGGLES  
SUNSCREEN, VASELINE

List any modifications of MSF Standard Swim Rules:

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Observer: MIKE COCHRANE

Email or Phone:

mike@mikenz.geek.nz  
021 545 565

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

25-Mar-2018

Swimmer(s)

SARAH  
POPLAR

Observer(s)

MIKE  
COCHRANE

Swim Description

POOL KNIGHTS  
TO  
MATAPOURI

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
07:28	-35.482	174.734	20/19	nil		Started in back of Rikoriko Cave. No wind, slight swell. "There's thousands of sprapper!"
08:00	-35.4867	174.7191			64	
08:30	-35.4905	174.7056				3KM. 300ml feed + 1 gel. Happy!
09:00	-35.4947	174.6918	20/21	<5 knots	62	NE confused swell
09:27	-35.4993	174.6792				5.6KM. "I'm enjoying this!" 300ml feed, no gel.
10:04	-35.5064	174.6617		5-8 knots S	61	Occasionally large swells. Div Tutukaka dive boats cheered Sarah on. One reported large striped marlin behind us.
10:29	-35.5110	174.6532	21/22	10-12 knots SW		8.5KM Full 300ml + half coffee gel. Chatty.
10:59	-35.5187	174.6432			60	E swell + SE swell crossing
11:30	-35.5250	174.6301	21/22	8-9 knots S		11.3KM Half feed + 2x paracetamol
12:00	-35.5286	174.6161		<5 knots	60	Breathing every 4th stroke. Wind dropped. Fly by from 'Perfect Day' tourist boat
12:26	-35.5309	174.6027		<5 knots		14.2KM Feed from bow, less fumes. Enjoying the conditions. 2M rolling swell, SE
12:59	-35.5346	174.5881	21/24	<5 knots S	60	Crisp-cross swell, Sunny & Warm. Observer in water for 10min with camera
13:28	-35.5392	174.5711	21/25	5 knots		6.3KM To go. Smiling, happy. Full 300ml + Coffee gel
14:01	-35.5439	174.5536	22/25	<5 knots SE	61	Technique still good. Sunny, no cloud cover. Cheeky smiles when close to boat
14:16						Dolphins!!



