

## Swimmer

Name: **MICHAEL TSANG** Gender: **M** Age: **27** Resides In: **TUEN MUN, HK**

## Support Personnel

Pilot name(s): **ALFAIR LEE** Vessel: **2-PERSON SIT ON TOP** Port: **WU KAI SHA PIER**

Crew names & roles: **ALFAIR LEE, PILOT + CREW MEMBER  
SIMON HOLLIDAY, OBSERVER**

## Swim Details

Date: **16/12/20** Body of Water: **TOLO HARBOUR** Location: **SHA TIN DISTRICT, HK**

Route description: **WU KAI SHA PIER → TANG CHAU → CENTRE ISLAND (1.5 FLOOPS) →  
TANG CHAU → WU KAI SHA PIER**

Swim distance: **16 km** Start time: **9:00:00** Finish time: **16:45:53** Elapsed: **07:45:53**

List any "first" or record claims: **FIRST DOCUMENTED SWIM IN TOLO HARBOUR**

## Rules & Conduct

Feeding (substances & frequency): **50g MALTODEXTRIN MIX + 500ML WATER + COKE / 48 MINS  
COCA COLA (FINAL FEED)**

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

**ONE SWIM CAP, ONE SWIM TRUNK, ONE GOGGLES**

List any modifications of MSF Standard Swim Rules:

**NONE**

Observer: **Simon Holliday**

Email or Phone: **yadilloh@  
hotmail.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

16/12/2020

Swimmer(s)

MICHAEL  
TSANG

Observer(s)

SIMON  
HOLLIDAY

Swim Description

WU KAI SHAN  
PIER → TANGCIWA  
→ CENTRE ISLAND  
(1.5 LONG) → TANG  
CIWA → WU KAI  
SHAN PIER

Page 1 of 1

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
09:00	22.43082	114.23590	21.3	6	67	50g MALTO DEXTRIN / 500ml water
09:48	22.44052	114.24512	21.7	4	68	Conditions calmed down (thickened after lunch stopped).
10:36	22.44627	114.25447	21.7	3	67	Some difficulty opening screw top bottle of feed.
11:24	22.44279	114.23886	21.7	3	66	Stroke beginning to shorten.
12:12	22.44038	114.22155	21.7	3	67	
13:00	22.43776	114.22296	21.7	5	66	Wind picked up and against us with moderate waves. Stroke picked up (length)
13:48	22.44119	114.23806	21.7	4	65	Start swinging / getting tired.
14:36	22.44508	114.23885	21.7	3	65	Conditions calming
15:24	22.44192	114.25290	21.7	3	65	
16:08	22.43753	114.23771	21.7	3	62	APPENDX 300ml COCA COLA
16:45	22.43052	114.23530				FINISH

Feed