

Swimmer

Name: ROSS YOUNGMAN Gender: M Age: 69 Resides In: SYDNEY, AUSTRALIA

Support Personnel

Pilot name(s): MARK YOUNGMAN Vessel: FISHING Port: —

Crew names & roles: RICHARD FAZACKERLY – MANAGER / FEEDS

Swim Details

Date: 13.12.2020 Body of Water: THE DERWENT RIVER Location: HOBART, AUSTRALIA

Route description: NEW NORFOLK BRIDGE TO TASMAN BRIDGE

Swim distance: 34KM Start time: 03:19 Finish time: 12:29 Elapsed: 9:10.25

List any "first" or record claims: FIRST TASMANIAN, FASTEST MALE

Rules & Conduct

Feeding (substances & frequency): PLANNED 45M → 45M → 30M. APPLE JUICE/TAILWIND, GINGER BEER (FRUITS 350ML), RICE PUDDING, STAMINAX/CEL, MILK, IBUPROFEN.

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

1 X CAP, 1 X PAIR GOGGLES, 1 X TEXTILE STANDARD SWIMWEAR, 1 X WHITE LIGHT, 1 X RED LIGHT

List any modifications of MSF Standard Swim Rules:

NO MODIFICATIONS

Observer: ROBERT REID

Email or Phone:

ROBERT.A.REID@OPTUSNET.COM.AU
+61 0419240852



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.

MONITOR: CHRIS GUESDON

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

13.12.2020

Swimmer(s)

ROSS
YOUNGMAN

Observer(s)

ROBERT ROY

Swim Description

THE DERWENT
RIVER B2B.
NEWNORFOLK → HOBART

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
03:19 000	42.46.44.90	147.03.56.102	15/11	6 N	68	START NEW NORFOLK BRIDGE. CLEAR SKIES
03:49 0:30	42.46.20	147.04.34	15.8/10	6 N	68	OBSERVATION
04:04 0:45	42.46.44.5 42.05.04.20	147.05.04.25	15.8/10	6 N	68	APPLE TAILWIND 350ML BOYER.
04:19 1:00	42.46.58.71	147.05.30.06	15.8/11	10 N	68	OBSERVATION.
04:49 1:30	42.46.42.00	147.06.31.78	15.7/11	6 N	68	GINGER BEER CIVIC TWINKATT.
05:19 2:00	42.46.11.23 42	147.07.23.58	15.4/10	11 N	70	2x IBUIRAGON. RICE PUDDING. SORREL CREEK
05:49 2:30	42.46.02.40	147.08.22.62	15.6/11	11 N	68	GEL / STAMINADE + HYDROLYTE (100ML) SORREL
06:19 03:00	42.45.25.22	147.08.49.29	15.6/11	6 N	67	MILK
06:49 3:30	42.45.00.40	147.09.44.87	15.8/11	8 N	69	APPLES / TAILWIND.
07:19 4:00	42.44.33.75	147.10.55.77	16/13	8 N	68	GINGER BEER
07:49 4:30	42.44.19.56	147.12.18.23	16.2/15	11 N	67	RICE PUDDING
08:19 5:00	42.44.29.36	147.13.39.47	15.8/16	11 N	68	STAMINADE GEL
08:49 5:30	42.45.06.63	147.14.56.33	15.9/18	11 N	68	MILK
09:19 6:00	42.46.10.18	147.15.43.44	16.2/19	14 N	67	APPLE TAILWIND
09:49 6:30	42.47.14.51	147.16.40.60	15.6/21	21 N	68	GINGER BEER.

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

13.12.2020

Swimmer(s)

ROSS
YOUNGMAN

Observer(s)

ROBERT
REID

Swim Description

THE DELWENT
RIVER B.L.B.
NEWBOROUGH → HOBART

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
10:19 7:00	42.48.08.27	147.16.41.79	15.6/21	16 N	68	RICE PUDDING MIX.
10:49 7:30	42.48.38.98	147.17.29.34	15.6/22	21 NNW	67	STAMINADE GEL
11:29 8:10	42.49.33.06	147.17.29.34	16/23	19 N	68	MILKO
12:03 8:44	42.50.47.68	147.19.53.13	15.6/24	19 N	68	APPLES TALKWIND
12:29 9:10	42.51.51.80	147.20.58.07	15.6/24	22 N	68	TASMAN BRIDGE