



Solo Swim Observation Log

Date: 24-25 June, 2023

Page 1 / 2

Swimmer Name: Ridzwan Rahim	Route Description: Marine Park, Redang Island - Bari Beach
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Time	Strokes per minute	Temperature <i>°C or F</i>		Wind <i>kts mph kph m/s BF</i>		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
21:15	68	30.3	32.7	1.5	W	Start from Marine Park Beach at Redang Island, 24 June (Sat). Weather looks ok. Sky looks clear. Stars is visible. Waves in the bay are calm.
22:00	65	30.2	32.6	2.9	W	1st feeding at 2.0km, 6mins rest, Isotonic(HB), Banana. Swimmer looks good. Water a little choppy.
22:51	64	30.6	32.8	5.6	W	2nd feeding at 4.0(2.0)km, 14mins rest. Consume mineral water, apple x1, Got stung by sea lice on Ridzwan's face, Water still choppy. A little struggle while swimming.
23:50	62	30.3	30.5	6.4	W	3rd feeding at 6.4(2.4)km, 5mins rest, water and half bottle Isotonic, less Sea lice, Feed from kayak because choppy condition.
0:40	64	30.4	31.2	4.2kts	W	4th feeding at 8.3(1.9)km, 15mins rest, with 1 energy bar, 1/2 bottle of water. Water a bit choppy. Ridzwan felt bloated at this time.
1:40	0	30.4	31.1	4.2	W	5th feeding at 10.4(2.1)km, 13mins Rest. Had isotonic with ice, Banana x1. Water still a little choppy. Felt sore on Ridzwan right shoulder.
2:38	63	30.4	31.7	3.8	SW	6th feeding at 12.1(1.7)km. 15mins Rest with 5 slices of peach, ice water(HB). Waves become calm. Start to use mouth wash to avoid salt mouth. Got stung by jelly fish on his arm.
3:38	63	30.3	32.1	3.8	SW	7th feeding at 13.6(1.5)km. 15mins rest with 1/2 bottle Gatorade and 1 energy bar. Still feel bloated and slight uncomfortable in the stomach.
4:38	62	30.2	31.6	5.4	SW	8th feeding at 14.9(1.3)km with 15mins rest. Having 1 Apple and 1 bottle ice water. Strong current pushing Ridzwan to the back, stomach still bloated.
5:34	60	30.0	32.3	2.5	S	9th feeding at 16.5(1.6)km, 31mins rest. Taking 1 apple, 3 bananas and 1/2 bottle isotonic drink. Later Ridzwan perform his Subuh prayer at 05:55. Tried to stop for potty break but failed.
6:50	65	30.0	31.9	6.8	S	10th feeding at 17.9(1.4)km with 20min rest. Had another mouth wash, 5 slices of Peach and 1/2 bottle of Hot Tea and mineral water. Yoshi checked sea condition by SUP
7:55	64	30.0	31.6	9.7	S	11th feeding at 19.9(2.0)km with 20mins rest. Had his favourite ice cofee mix and instant soup. Wind getting stronger.
8:55	62	29.3	33.8	6.4	SW	12th feeding at 21.5(1.6)km with 20mins rest. Had 2 Apples and 3/4 bottle of Gatorade. Weather is clear but getting hot. Current still strong. Ridzwan told that had an after taste after the previous
10:00	61	29.5	34.1	3.4	SW	13th feeding at 23.4(1.9)km with 15mins rest. Taking 1 energy Bar and 1 bottle of ice water.

Start Time:21:15

Finish Time: 17:57:26

Total Elapsed

Time:20:42:26

Observer Name: Tsuyoshi Sawada & Shamsul Hamimi

Observer Signature: 澤田剛 

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Page 2 / 2

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		Water	Air	Speed	Dir	
11:00	63	29.2	36	2.1	SW	14th feeding at 24.9(1,5)km with 20mins rest. Were given 1 bar of chocolate and 1/2 bottle of isotonic drink. Temp. getting higher and hot. Ridzwan could feel exhausted because of the strong current.
12:05	63	30.7	34.3	1.7	NE	15th feeding at 26.5(1.6)km with 20mins rest. Were given 2 bananas and 1/2 bottle of ice Milo, Ice Water(100ml). Ice shower (200ml) to chill Ridzwan. After the long swim, now Ridzwan can feel the salt mouth. Lips feel numb.
13:10	62	31.6	34.8	4.4	N	16th feeding at 28.6(2.1)km with 25mins rest. Were given another 1 bottle of ice Milo, another ice shower. Stomach still bloated. Temp keep rising.
14:20	60	32.0	35.3	6.2	N	17th feeding at 30.9(2.3)km with a short 2mins stop. Only given 1/2 of ice water as requested by Ridzwan.
15:04	62	32.2	35.2	9.1	SW	18th feeding at 32.4(1.5)km with 2mins of rest. Were given only 1/2 bottle of isotonic drink. Sudden brief of strong wind suddenly appears. Can see there's storm coming from mainland.
15:48	64	31.8	33.6	2.1	S	19th feeding at 33.6(1.2)km with 7mins rest. Were give 1/2 bottle of cold Cofee. Ridzwan swim speed decrease because of the distance. Sea getting a bit choppy.
16:40	63	31.6	35.4	1.7	W	No feeding at 34.9(1.3)km. Only short 4mins rest. 2nd boat went to the beach to check on the landing area. Had to change to different location due to an oncoming ship. Pie advised to go with the current
17:30	58	31.6	35.2	1.7	NW	36.5(1.6)km. Final check on landing area. Water is relatively flat and calm. No wind and getting hotter. 1st observer jump in the water to support Ridzwan to complete his swim.
17:57		31.6	35	1.7	NW	37.36(0.8)km, Arrived at Bari Beach around 17:57:26 25,Jun 2023(Sun)

PAGE 1 ONLY - Time recorded as (HH:MM:SS)

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