



Solo Swim Observation Log

Date: 03 March 2024

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| Swimmer Name: Ridzwan Abd Rahim | Route Description: Summer's Bay Beach Lang Tengah Island-Arwana Perhentian Resort Perhentian Island |
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| Time | Strokes per minute | Temperature C or F | | Wind <i>kts mph kph m/s</i> BF | | Notes Use reverse side for longer notes - please include timestamps. |
|-------|-----------------------|-----------------------|------|--------------------------------------|-----|---|
| | | Water | Air | Speed | Dir | |
| 9:30 | 60 | 28.1 | 31.1 | 3.1 | E-W | N5°47'50", E102°53'25" Swim start from Summer's Bay Resort Beach. Water condition is calm. |
| 10:15 | 61 | 28.5 | 28.1 | 7.1 | E-W | N5°47'991", E102°52'868" Dist. 1.2KM. Water choppy. 1st feeding(5mins): Mineral water. Both support swimmers start to swim |
| 11:05 | 62 | 30.0 | 29 | 10.3 | E-W | N5°47'951", E102°52'083" Dist. 3.6KM, swell about 1.5-1.8M. Wind getting stronger. Support swimmer stop swimming with swimmer 2nd feeding (5 mins): Mineral water, 1 protein bar. |
| 12:05 | 60 | 30.0 | 29 | 9.3 | E-W | N5°47'992", E102°51'313" Dist. 5.4KM, Feeding difficult, water very choppy 3rd feeding (15 mins): Gatorade, 1 apple |
| 13:00 | 61 | 30.0 | 29 | 9.2 | E-W | N5°48'093", E102°50'560" Dist. 5.9KM, Water still very choppy and wind still strong At 13:09, Tsuyoshi jump in the water to swim with swimmer. 4th feeding (8 mins): Gatorade, 1 banana |
| 14:00 | 60 | 30.0 | 29 | 10.1 | E-W | N5°48'400", E102°49'648" Dist. 8.1KM, Feeding difficult as water is still rough At 14:13, Tsuyoshi finish his swim, Razak went in the water to swim with swimmer. 5th feeding (13 mins): Coffee, 1 banana |
| 15:05 | 60 | 30.0 | 31.7 | 10 | E-W | N5°48'814", E102°48'587" Dist. 11KM, Swimmer feels okay but water very choppy. Kayaker asked to switch position with Tsuyoshi as he got seasick and exhausted. 6th feeding (15 mins): Mineral water, 1 apple |

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|-------|----|------|------|------|-----|---|
| 16:05 | 60 | 30.0 | 30.1 | 11 | E-W | <p>Dist. 13.4KM, wind getting much stronger. Current is pushing swimmer to Lang Tengah Isl. Swimmer's feeling okay</p> <p>7th feeding (10 mins): 1 protein bar, Gatorade</p> |
| 16:50 | 60 | 30.0 | 30.1 | 11 | E-W | <p>Dist. 15.4KM, Swimmer report that he was stung by jellyfish. He can feel the tentacles length and describe it was long</p> |
| 17:01 | 60 | 30.0 | 30.1 | 13.4 | E-W | <p>Dist. 15.4KM, Swimmer feels okay with the water condition. Feeding still difficult. Wund is very strong. Few crew got seasick</p> <p>8th feeding (10 mins): Mineral water, 1 apple</p> |
| 17:55 | 61 | 30.0 | 31.2 | 9.5 | E-W | <p>Dist. 17.3KM, Team captain discovered a couple of small Blue Bottle jellyfish and scooped into boat. Water choppy. Swimmer okay but feels difficult to swim</p> <p>at 18:09, swimmer report that he was stung by jellyfish (knees and calf)</p> <p>9th feeding (10 mins): Peach, mineral water</p> |
| 18:46 | 61 | 30.0 | 30.2 | 10.5 | E-W | <p>Dist. 19KM, water getting much worst but swimmer feeling better and okay to swim</p> <p>At 19:00, swimmer reports that he got stung by jellyfish again but he's okay. No medical attention needed. Main kayaker inform that he wants to continue and switch position with Tsuyoshi to paddle.</p> <p>10th feeding (10 mins): 1 apple, Gatorade</p> |
| 19:45 | 60 | 29.5 | 28.2 | 10.3 | E-W | <p>Dist. 21.1KM, Swimmer got stung by jellyfish on the chest. Getting dark and difficult to see.</p> <p>11th feeding (5 mins): mineral water</p> |
| 20:25 | 60 | 29.5 | 28.4 | 9.1 | E-W | <p>Dist. 22.7KM, water condition calmer, swimmer okay</p> <p>12th feeding (5 mins): mineral water (swimmer requested for a short break)</p> |

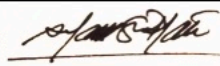
PAGE 1 ONLY - Time recorded as (HH:MM:SS)

Start Time: 09:30

Finish Time: 21:55

Total Elapsed Time: 12 hrs 25 mins

Observer Name: (Main) Shamsul Hamimi & (2nd) Tsuyoshi Sawada

Observer Signature:  澤田 剛



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Swimmer Name: Ridzwan Abd Rahim

Route Description: Summer's Bay Beach Lang Tengah Island-
Arwana Perhentian Resort Perhentian Island

| Time | Strokes per minute | Temperature <i>C or F</i> | | Wind <i>kts mph kph m/s</i> BF | | Notes Use reverse side for longer notes - please include timestamps. |
|-------|-----------------------|------------------------------|------|--------------------------------------|-----|--|
| | | Water | Air | Speed | Dir | |
| 21:15 | 61 | 29.5 | 27.9 | 8 | E-W | N5°52'924", E102°45'022" Dist. 24.7KM, Boat captain difficult to find the landing spot. 2nd boat went to the landing area to check on the water condition 13th feeding (10 mins): mineral water, 1 banana |
| 21:55 | 60 | 29.5 | 27.7 | 4.5 | E-W | N5°89'519", E102°75'109" Dist. 26.2KM, main boat could not enter the landing area because of low tide and coral. Second observer assist main kayaker to receive swimmer at the landing spot at Arwana Perhentian Resort |