



Solo Swim Observation Log

Swimmer Name: TOM CHAPMAN

Swim: PENARTH - WESTON SUPER MARE

Time	Strokes	Temperature		Wind		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
10:00	55	17.5 ^c	21 ^c	4MPH	NNE	10 MINS FROM START, SETTLING IN CALM WATER, OVERCAST
10:30	54	17.2 ^c	21 ^c	2MPH	NNE	SWIMMING WELL
11:00	53	17.5 ^c	20 ^c	2MPH		LIGHT RAIN, SWIMMING WELL
11:20	55	17.4 ^c	20 ^c	1MPH	NE	FIRST FEED 250ML CNP SEAWEED SWIMMER WELL, LIGHT RAIN
12:05	59	17.7	26 ^c	1MPH		FED 250 ML CNP SUN BREAKING THROUGH SWIMMING WELL
12:50	59	17.9	19 ^c	8MPH	SW	FED 250ML CNP, CHOPPY WATER OVERCAST 30 SECOND FEED
13:20	59	17.6 ^c	19 ^c	9.5 MPH	SW	CHOPPY SWIMMING WELL
13:37						250ML CNP FEED 51° 24' DE 106 N FAST 30 SEC. 003° 02' DEL 6746
14:15	63	17.9 ^c	21 ^c	8 MPH	SW	CALMING SWIMMING STRONG AGAINST CHOP
14:22						250ML CNP FEED
15:00	61	17 ^c	18.2 ^c	8 MPH	W	SWIMMING STRONG
15:07						250ML CNP FEED Requested 30 min interval for next
						stated a bit fed up of fighting current
15:35	63	17 ^c	19.5	7.5 MPH	W	SWIMMING CONSISTENT, SUNNY
15:40						250ML CNP ASKED HIM TO GOOD SPIRITS SWIM HARD 20 MIN

Observer Name: ROSALIND EDMONDS Observer Signature: Rosalind Edmonds

9:50 Start TOTAL TIME 6:17:21
 16:07 Finish