

SOLO SWIM OBSERVATION SUMMARY

TOM CHAPMAN SOLO SWIM PENARTH, WALES TO WESTON SUPER MARE, ENGLAND

17TH JUNE 2021

PILOT VESSEL: Cobra. Piloted by Ceri Davies and two crew of Swansea Watersports

CREW FOR SWIMMER: Peter Foster

OBSERVER: Ros Edmonds

We met the boat in Penarth Marina and motored out of Cardiff Bay around to the start point at Penarth. Tom exited the boat and swam to Penarth Lifeboat Slipway adjacent to Penarth Pier. He cleared the water. Then re entered to commence the swim at 9:50am.

Both a stopwatch and a garmin watch on the boat were started to record both the time and the track of the swim.

After 10 minutes the first observations were noted on the form attached. The weather was overcast, very little wind and the sea flat. The swimmer was settling into the swim.

The first feed was given after 90 minutes. The feed was 250ml of CNP and fructose mixed in water and fruit squash. This was warmed slightly. All feeds remained the same throughout the swim.

Regular observations were made throughout the swim. At each feed there was dialogue with the swimmer to observe and gage his cognitive state. At all times he was happy and in good form.

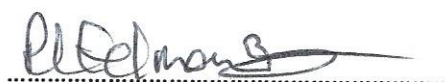
After the tide turned at two hours forty five minutes, the wind picked up and changed direction giving a slightly messy sea with wind over tide. Tom picked up his stroke rate to accommodate the change in the sea. Swimming strong.

As we approached Weston super Mare the sun came out and the sea continued to be choppy. It was evident with the strength of the tide that we would be unable to reach the beach at Weston super Mare. But hoped to land at Brean Down under the Fort at the far end of Weston Bay.

At the sixth feed Tom requested the feeding interval be reduced to 30 minutes. Sea state was getting very messy. At this feed Tom said he was "getting a bit fed up fighting the current".

At 15:40 Tom had his next (and final) feed. We were very close to the headland at Brean Down. The sea was very messy, white caps in an area close to the land. Tom was asked to swim as hard as he could for about twenty minutes. He did this, picked up a strong pace, battled straight through the chop and reached the rocks at the base of the cliff at 16:07. He climbed out of the sea onto the rocks to clear the water. The watches were stopped and recoded a time of 6 hours 17 minutes and 21 seconds.

Tom swam well throughout the entire swim. In good spirits the entire time. No issues with the temperature. He swam back to the boat dressed and hardly shivered on the journey back to Penarth.



R L Edmonds Observer