

Swimmer

Name: CHARLOTTE BRYNN Gender: F Age: 52 Resides In: VERMONT
 NATIONALITY NEW ZEALAND

Support Personnel

Pilot name(s): CYNTHIA NEEDHAM Vessel: KAYAK-HOBBIE Port: N/D

Crew names & roles: MARGARET WASKINS - FEEDING / KAYAK SUPPORT
 EMILT WASKINS - PHOTOGRAPHY
 JOHN WASKINS - SHORE CREW SOUTH BEACH & NORTH BEACH.

Swim Details

Date: 8/25/18 Body of Water: LAKE WILLOUGHBY Location: WESTMORE, VT, U.S.A.

Route description: TRIPLE CROSSING
 SOUTH TO NORTH - NORTH TO SOUTH - SOUTH TO NORTH

Swim distance: 14.28 MILES Start time: 7:52.19 Finish time: 15:07.10 Elapsed: 7hr 14m 6s

List any "first" or record claims: FIRST TRIPLE CROSSING

Rules & Conduct

Feeding (substances & frequency): 1 HOUR, THEN EVERY 30 MIN. DRIED APRICOTS
 U CAN GATORADE ENDURANCE
 PEPPERMINT TEA

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

SINGLE TEXTILE SWIM SUIT WITH STANDARD COVERAGE,
 ONE SILICONE CAP, GOGGLES, EARPLUGS, VASELINE TO GREASE THE BODY

List any modifications of MSF Standard Swim Rules:

NO MODIFICATIONS / STANDARD MSF RULES

Observer: CYNTHIA NEEDHAM

Email or Phone:

cynthia@smartsience.org



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.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

8/25/18

Swimmer(s)

CHARLOTTE
BRYNN

Observer(s)

CYNTHIA NEEDHAM

Swim Description

TRIPLE
CROSSING
LAKE
WILCOXBY

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FINISH

TIME START	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
7:52:19	44.7175	-72.0305	65F/60F	6K/SSW	69	SOUTH BEACH START, OVERCAST 2ND VIL COOL TEMP
8:30:00	44.7356	-72.0452	66F/64F	7K/SSW	68	CLIFFS OVERHEAD, WIND PICKING UP
9:00:01	44.7494	-72.0541	68/64F	8K/SSW	65	BREAK IN CLOUDS, SUN PEAKING THROUGH FEED UCAN 30SEC, THUMBS UP
9:32:24	44.7643	-72.0621	68/66F	9K/SSW	65	NORTH BEACH IN SIGHT. GATORADE FEED.
10:05:41	44.7793	-72.0721	68/66F	11K/SSW	64	NORTH TURN STRONG HEAD WIND UCAN 100
10:29:59	44.7709	-72.0630	69/68F	13K/SS	64	TEMP WARMING, WHITE CAPS, GATORADE 2ND VIL.
10:59:58	44.7582	-72.0568	69/69F	14K/S	65	WIND GUSTING, STROKE STRONG UCAN
11:31:05	44.7445	-72.0502	68/70F	14K/SSW	64	MAKING GOOD PROGRESS
12:00:00	44.7319	-72.0420	67/72F	10K/SSW	63	H2O TEMP DROP IN DEEPEST PART OF LAKE, WIND DROPPING
12:40:29	44.7175	-72.0307	68/74F	9K/SSW	62	SOUTH TURN, PEPPERMINT T60
13:09:51	44.7307	-72.0413	67/76F	9K/SSW	65	SUN SHINING, TAIL WIND STROKE RATE PICKED UP
13:39:49	44.7431	-72.0502	68/76F	9K/SSW	65	SR CONSISTANT UCAN FEED 40SEC
14:09:47	44.7558	-72.0573	68/77F	9K/SSW	65	CLEAR SKIES, BEACH IN DISTANCE
14:39:43	44.7689	-72.0646	68/77F	10/SSW	64	LAST FEED, GATORADE, LAST PUSH TO FINISH.
15:07:10	44.7793	-72.0725	70/77F	10/SSW	64	STRONG FINISH, CLEARED WATER 15:07