

Swimmer

Name: NEIL AGIUS Gender: M Age: 34 Resides In: GHARDIUR, MALTA

Support Personnel

Pilot name(s): TWIN CUTAJAR
GORDON BUGEJA Vessel: JUST ADD WATER Port: MALTA, VALLETTA

Crew names & roles: LARA VELLA, MARK BUTTIGIEL, MATTHEW TRAVEK TALI,
ANDREA AGIUS, - OBSERVER + FEEDS

Swim Details

Date: 25/06/2020 Body of Water: MEDITERRANEAN SEA Location: SICILY → MALTA

Route description: SICILY (PUNTO BRACCETTO) → MALTA (ST. JULIANS)

Swim distance: 100 km Start time: 05:14 Finish time: 01:21 Elapsed: 23 HRS
7 MINS
27 SECS

List any "first" or record claims: NEW RECORD TIME,

Rules & Conduct

Feeding (substances & frequency): 28 1/2 mins intervals, H2O, JUICES, DATES, SCAPJACUS,
COFFEE 1 1/2 MIN INTERVALS

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

1 SWIM CAP, 1x PAIR GOGGLES, 1x ARENA TEXTILE
STANDARD SWIMWEAR.

List any modifications of MSF Standard Swim Rules:

NONE

Observer: ANDREA AGIUS

Email or Phone: 00352 79435134
ANDYAGIUS@HOTMAIL.COM



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

25 / 6 / 20

Swimmer(s)

Neil Agius

Observer(s)

Lara Vella
Mark Buttigieg
Twain Cutajar

Swim Description

Open water,
Unaided.

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2.7km

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:14			20° / 19°		42 / 43	Needs to change goggles cos smudgy with sudo cream on next feed.
						Before swim Neil had a beetroot shot, coffee, & chia pudding with fruit & seeds.
1 5:43			19° / 20°		43	First feed - water 80ml, shake, Jelly fish ^{bite} on face
						Need to ask him to tell us when he pees.
2 6:12						water 40ml, power ball, 3.4km in under 1hr
						Bite still stinging, didn't want ointment.
3 6:42					42	5.8km in 1.20min. 100ml water
4 7:12					43	80ml still stinging in his face.
5 7:43						80ml water, 1/4 flapjack. 10.3km
						Stomach pain cos he can't pee. feed just a bit.
6 8:13					45	mouth wash. 60ml, managed to pee. ate gel
7 8:43						90ml, not much sudo cream left but not feeling sore, 10ml juice, Jelly bite not stinging anymore. Does not need assisted swimmer.

Total distance 15.2km.

JUICE, SOLID, GEL

SOLID - flapjack, date, energy ball
 ① ② ③

MARATHON SWIMMERS FEDERATION - Standard Swim Log



TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
8 9:12					42	90ml water, ate 1 date 17.8km
9 9:43			28°		43	80ml water, gel, mouth gel
10 10:12						No water, juice. pain in quad req. Catafast 23km
11 10:42					43	No water, Catafast, zanta-antacid, reacted well to distance update, stretched quad.
12 11:12					43	pee? no pee, gel, 80ml water
Observer(s)						Applied Sudo mixed with sunblock. He reapplied to neck, under
13 11:42					44	80ml, juice dates, request to change juice 30km
14 12:12					43	70ml, flapjack 1/2, MW
15 12:45					44	80ml, gel, mouth gel. he peed.
16 13:12					45	50ml the mango juice. Spoke about pace. 2km covered from last feed 38.8km.
17 13:42					44	100ml H2O, energy ball, Richard joined 41km
18 14:14					42	100ml H2O, carb gel (warm), MW. 2km.
19 14:41					43	90ml H2O, Mango Juice, MW. 44.5km (1.9k)
20 15:12						70ml, spirits high, he's ordering pizza, deliveries mouth wash (2.1k) Neil felt he slowed a

Total distance 46.5km

Date

Swimmer(s)

Observer(s)

Swim Description

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2.1

JUICE, SOLID, GEL

SOLID - Flap, date,

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

Swimmer(s)

Observer(s)

Swim Description

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
15:42					43	60ml ORS, Date, MWGel, (1.9k)
16:12						Don't H2O, Carb gel, Denier subo cream
17:15					43	Subo cream, water 100ml, Juice (Mango)
17:24					43	WATER 60ml, Date
17:45					44	WATER 80ml, GEL, ^{MWASV,} GOOD SPIRIT
18:15					44	HYDR TABS, WATER 40ml, NO JUICE, 1 CIPRES
6:15						Citric BALL, 60ml WATER
7:15					(44)	Astid G Carafast, WATER DRINK, DRINK WATER, GEL
7:45						CARAFAST, WATER 10ml, JUICE.
8:15						date, 10ml water, 1/2 hydration tab
8:45						H2O, WATER 100ml, ^{JELLY RASB} GEL
9:15					(45)	JUICE, WATER??ml,
10:12					(45)	ORS 1/2, Caffeine gel, nose spray
10:45					(45)	left over ORS citruline malate, Strawberry juice, good spirits, answered questions correctly.

48.9 tot
 55km??
 1.5k
 APPROX 52k
 1.4k
 56.8k
 1.6k
 35.6k
 60.k
 1.7k
 68.4
 1.3k

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Observer(s)

Swim Description

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
23:13					46	80ml, flapjack, math gel, high spirits 70.2km joking around.
23:45					47	caffeine gel, asked how much does he need to swim to make it under 30hrs. - good sign, 80ml
00:15					46	1.4km between feed, right now doing 1.28 Did you slow down or it current, pee?
00:45						80ml juice strawberry, has not peed in a while Sip of Huel Energy bar/mw 75.7km total
01:12						Gel / Caffe / Huel Sip Jellyfish ;
01:43						Strawberry juice, jellyfish / Huel.
2:12					48	100ml water, caffeine gel, juice 100ml, mouth wash. 80ml. - 22.4km left. requesting nose spray, 80ml water, juice. 81.7km.
2:45						
3:12					47	100ml + ORS, nose spray, jelly bite on back of knee and bite.
3:45					48	stimol, mouth wash, Asked some random questions about what's in front of us referring to Ewsive & malta.

1.3
1.5
1.6
1.5

70.2km

83.2km

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
04:15					48	160ml carb drink, MOUTH GEL, INFORMED THAT 2 FEEDS TO SUNRISE
04:45						COFFEE 100ml, DATE, SLIGHTLY DISORIENTED + FEELING COLD, ASKED FOR MORE SOLI.
						SWAM AROUND IN A CIRCLE, TOOK A WHILE TO GET ATTENTION BACK.
05:15						COFFEE, MOUTH GEL
05:45					46	COFFEE SIPS, DIDN'T WANT SUDOCREM, SIP H2O. 11.5km LEFT
06:15					46	STRAWBERRY JUICE, H2O
06:45					46	SUDOCREM, CAFFEINE GEL, 160ml H2O, MOUTH GEL. 96.4km DONE!
07:15						H2O
07:45						GEL, H2O, OR JUICE
08:12					53	TOLD HIM WHOLE BODY HAS TO BE OUT OF THE H2O TO STOP THE CLOUT;
08:45					54	
09:21						COMPLETED THE SWIM !!