

MARATHON SWIMMERS FEDERATION – Observer Report Cover Sheet

Swimmer

Name: Cheryl Coletti-Lawson Gender: F Age: 53 Resides In: Henniker, NH

Support Personnel

Pilot name(s): Scott Lawson Vessel: Four Winns H200 Port: Pierce Lake, Hillsboro NH

Crew names & roles: Bob Fernald, crew - s  
 Jr Linden, crew, navigator, support swimmer  
 Andrea Hrynchuk, kayaker

Swim Details

Date: July 1, 2020 Body of Water: Newfound Lake Location: Bristol, NH

Route description: South to North, North to South Start point: the beach on Shore Drive opposite "The Big Catch". Swim between Mayhew Island and Pikes Point Turnaround\* at North end of Lake at beach at N Shore Rd.\*

Swim distance: 12.3 miles Start time: 5:28 Finish time: 2:08 Elapsed: 8:41:30

There was a Trak.r.s tracker  
 List any "first" or record claims: First S→N→S double crossing of Newfound Lake

Rules & Conduct

Feeding (substances & frequency): First feed on the hour, 1/2 hour feeds after  
 Liquid carb, water, Gw, Maple Syrup packs, Homemade solids

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:  
 Speedo Pro Endurance swim suit  
 Latex cap  
 Goggles  
 Wax earplugs one goggle change from clear to polarized

List any modifications of MSF Standard Swim Rules:  
 See notes

Observer: Guy Davis  
 Email or Phone:  
 DAVICASS@AOL.COM  
 603-964-6062 landline



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. \* See notes

\* This is the beach on the W side at the top of the Lake. Opposite Sleepy Hollow Lane.

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

July 1, 2020

Swimmer(s)

Cheryl  
Coletti-Lawson

Observer(s)

Guy Davis  
(Bob Fernald)  
(crew)

Swim Description

Newfound Lake  
NH  
Double Crossing  
S-N-S

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:28						
5:41	43.37.48	71.44.30	Water 74 Air 63	0m	52/3	52/3 SR Calm overcast
5:57						to pass around island. Briefly lost swimmer & kayak 5
6:07	43.37.96	71.44.73	"	-	54	Back with swimmer out of sight 6:00 to 6:03
6:29	43.38.41	71.44.98	"	-		First feed. Swimmer happy - Peeing 😊 overcast 8-12oz liquid feed
6:53					51	Stroke rate check
7:00	43.38.98	71.45.43	"	0	-	Second feed. 12oz liquid
7:34	43.39.62	71.45.82	73 water 65 air	0	51	Third feed. 11oz Peeing New 63.8 liquid
8:06	43.40.19	71.46.05	73 water 67 air	0	51	Fourth feed liquid, 16oz water
8:15					48	
8:19					49	
8:36	43.40.76	71.46.34	74 68 air	-		Feed 5. Peeing Liquid 8oz
9:07	43.41.36	71.46.55	74 69	5k+ NW		Feed 6. 12oz Peeing Liquid, Maple Water
9:16					51	
9:47	43.42.00	71.46.88		2k+ W		Landed N Shore Sleepy Hollow Beach 16oz 4oz water feed



Note:  
Kt = knots

Feed: "Liquid" means carb drink  
Specified "water" when water

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

[ ]

Swimmer(s)

Cheryl  
Coletti-Lawson

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)
9.49						Return swim start.
						Kayak support required shore adjustment, left a few minutes
9.57						Kayak and swimmer back in sync
10.08	43.41.70	71.46.67	74 water 71	W 1 kt	50	Sunny, clear Back on track N → S
	Andrea is holding up very well in the kayak. Looks more comfortable after			Kayak adjustments		Cheryl in good spirits, looking smooth and steady. Met with Phil from Swim with a Mission who brought his boat out to support
						Slight decline in SR, Cheryl invited JR to support swim. Sounding feisty 😊
10.21	43.41.40	71.46.61	74 72	5 kts NW		Feed 8oz sunny Breeze from NW seems to be building
10.28						JR jumped in for some support swimming.
10.32					53	
10.42	43.40.94	71.46.43	"	5 kts South		wind shift from NW from the South
10.52	43.40.79	71.46.38	"	5 kts South		Feed. 8oz liquid, some solid. Sunny Cheryl sounding chirpy 🐦
10.58			"	0		Wind change. Drop to — Slightly overcast
11.11				0		Cheryl requesting Advib. Super flat, calm, no wind ☀️



MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

Swimmer(s)

Cheryl  
Coletti - Lawson

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)
11.12						Support swimmer exits
11.18	43.40.28	71.47.06	74 Fair	0	51	Humidity dropped into 70s from 90s ☁️ Cloudy with Sun
11.26	43.40.17	71.46.00	"	0		Feed 8oz Feed, 1/2 Maple Waffle 2X Advib Cheryl sounding good
		↻⊗ Boat position				Andrea getting uncomfortable but doing OK
12.01	43.39.35	71.45.73		0		Feed: Not sure of details as we had to lay off in deeper water
12.34					52	Cheryl has been less talkative. May be suffering a little from shoulders
12.36	43.38.85	71.45.32	74 W 76 air	W 2 RH		But still in good spirits Feed: Gugagattienated Overcast
1.09	↑	↑	74 W 76 air	↑		Peeing (12oz water) Soon 16oz liquid feed
1:30	43.38.32	71.44.95	76 air	5 / RH		Leaving kayak & swimmer to go around island as they pass
↓						between islands in shallow channel
1:36						Back with swimmer & kayaker within clear sight of finish
1:20					48	Swimmer tiring a little, stroke rate dropping a bit.
1:37	43.37.75	71.44.60		Peeing		Last feed. Within clear sight of finish Rain Clouds developing. Rain Possible
1:48						Southerly wind (head wind) picking up Rain.
2:08						Finish at "The Big Catch" Heavy before finish with thunder as we exited the water