

## Swimmer

Name: Cheryl Coletti-Lawson Gender: F Age: 54 Resides In: Henniker, New Hampshire

## Support Personnel

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

Crew names & roles: Andrea Hyrnchuk, Kayaker; Brianna Blake, Kayaker; Bob Fernald, Crew

## Swim Details

Date: August 19, 2020 Body of Water: Lake Sunapee Location: Newbury, Sunapee NH

Route description: South to North, North to South, Starting point: The Town beach in Newbury NH. Swim to the west of Great Island and Little Island. Turnaround on the beach at George's Mills in Sunapee and head back the same route.

Swim distance: 16 miles Start time: 5:29 Finish time: 6:10 Elapsed: 12:40:54

List any "first" or record claims: First S-N-S double crossing of Lake Sunapee

## Rules & Conduct

Feeding (substances & frequency): Liquid Carbs (Infit), Skratch Hydration, Water, Untapped Maple Syrup/Caffine packs, homemade solids

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

Speedo Pro Endurance Swim suit, Late Cap, Goggles, Wax Earplugs, One Goggle Change from Clear to Polarized green light on back of cap

List any modifications of MSF Standard Swim Rules:

none

Observer: Alyssa Langlais

Email or Phone: 978 979 1763



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

8/19/20

Swimmer(s)

Cheryl  
Coletti-Lawson

Observer(s)

Alyssa  
Langlais

Swim Description

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:25						before official start cap broke & replaced - delayed start by 4 mins
						see next page for official start
	43°19'18"N	72°2'16"W				Taken at beach prior to start
						fuel = infinite liquid
						solids = homemade fuel

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Alyssa  
Landais

Swim Description

Lake  
Sunapee  
S-N-S  
Double

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:29	Official	Start				
5:40	43°20'41"N	72°3'16"W	71/68	NW 4.8	<del>50</del>	overcast, calm, twilight
5:47					52	sun coming up stroke check
6:00	43°21'34"N	72°2'31"W	71/61	NW 5.4		
6:12				at	50	stroke check
6:29	43°22'29"N	72°2'31"W	71/60.8	NW 4.2		
6:30					<del>51</del>	first feed 10 <sup>oz</sup> fuel (peeing) boat repositioned to swimmer's left ↗
6:37					51	stroke check change out goggles for polarized (sun in eyes)
6:57	43°22'34"N	72°3'8"W	70/63.3	0.0		
7:01						6oz fuel-requested by swimmer push out regular feed by 10 mins.
7:07					49	stroke check overcast/cloud cover calm
7:13						solid Food <sup>x1</sup> , 8oz fuel second feed
7:27	43°22'35"N	72°3'8"W	70/61.5	NW 5.6		heavy cloud cover
7:38					48	water wavy, rippled stroke check
7:45						3rd feed 8oz fuel + solid (chatty- peeing) Food <sup>x1</sup>

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7:59	43°22'35"N	72°03'8"W	70/62	NW 4.0		
8:04					47	stroke check
8:08						Passing to NW of small Island next to great Island (private Island w/one house)
8:19						4th feed 14oz fuel swap out kayak
8:28	43°22'29"N	72°2'31"W	70/66	NW 3.1		sun out, slight ripple / calm
8:37					49	stroke check
8:50						5th feed 12oz fuel + solids x1 (feels really good! she says) peeing
8:58	43°22'21"N	72°3'5"W	73/76.4	NW 4.3		sun fully out nearly clear sky slight ripples in water / calm
9:04					50	stroke check
9:20						6th feed 9oz fuel solids x1 peeing
9:29	43°22'29"N	72°2'35"W	70/81.5	W 4.2		
9:36					50	stroke check
9:50						7th Feed - 10oz fuel peeing
9:58	43°22'33"N	72°3'8"W	71/85	W 3.2		slight ripples / calm
10:03					49	stroke check

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Sunapee  
S-NS  
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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
10:23						8th feed Solid x1 7oz fuel peeing
10:27						Swimmer requested advil (dissolved in water) (Next Feed)
10:30	43°24'33"N	72°1'25"W	71/86.3	0.0		Wind occasionally gusts Monarch Butterfly! leading Cheryl
10:32					47	stroke check
10:39					46	11
10:54						9th feed 10oz fuel peeing Advil in water 1oz Swimmer Chatty/happy
10:57	43°24'33"N	72°1'25"W	71/76	0.0		Cloud cover moved in water calm rainbow!
11:05					49	stroke check
11:18				NW 5		Wind changed back to NW Swimming head on
11:24	43°24'31"N	72°1'30"W	73/74.6	NW 2.1		10th feed 6oz fuel
11:31					48	stroke check
11:40						Swimmer lands at turnaround 11th Feed 2x Solid; 6oz fuel
11:45						Swimmer back in water calm water slightly overcast
12:02	43°24'31"N	72°1'24"W	74/74.4	NW 1.8		
12:09					48	stroke check

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
12:17						untapped maple/coffee caffeine packet 8oz fuel 12th Feed peeing
12:25					47	stroke check
12:30	43°24'31"N	72°1'24"W	73/76.1	NW 4.2		water light ripples/calm partly cloudy, few raindrops
12:40					51	stroke check
12:48						13th Feed 8oz fuel peeing
1:03	43°24'33"N	72°1'25"W	75/75.2	SW 6.2		2oz Advil (headache) Solids x 1 6oz fuel 14th Feed (extra)
1:08					50	headwind, v. overcast heavy <sup>dark</sup> clouds Chop picking up, raindrops
1:26						rain picking up reposition power boat to Rt. of swimmer/kayak temporarily
1:33	43°24'29"N	72°1'30"W	73/73.9	NW 4.5		heavy rain
1:35						Swimmer in good spirits, likes rain Solids <del>1</del> 1/2 waffle 8oz fuel 15th Feed
1:46						swimmer stopped and stretched chest + deep breathing
1:49					48	water calm again, overcast, dark clouds
2:02	43°24'25"N	72°1'28"W	73/71.9	W 2		

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
2:11						16th Feed 1/2 APPLE - solids 80z fuel
2:26						Chop + rolling waves; overcast/cloudy
2:31	43°22'29"N	72°2'31"W		4.1		reposition <sup>power</sup> boat to right of swimmer
			73/70.5	East NE		
2:41						17th Feed 1x Solids (Homemade) 80z fuel peeing
2:47					48	light rain
3:00	43°22'29"N	72°3'5"W		NE 2.5		rain gusts (wind) close to 10mph
		air 73.4				
3:07						Swimming to right of small Is next to Great Island
3:13						18th Feed 80z fuel 20z water Adw 1 30z Caffeine/Maple (untapped) Swimmer chatty
3:27					44	stroke check
3:29	43°22'28"N	72°2'35"W		NE 1.7		69° air
3:36					46	stroke check
3:45						19th Feed 80z fuel peeing

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4:03	43°22'29"N	72°2'31"W	0.0	70.1 air		calm; sun out again, boat traffic waves
4:03						73 water
4:11					44	Stroke rate
4:19						20th Feed 80z (about) peeing
4:36	43°22'21"N	72°3'5"W	NE 2.0	71.1 air		73° water boat traffic waves
4:45						21st Feed caffeine/maple packet Solids x1 Water 60z (about) peeing
4:54					47	stroke rate fairly calm water, slight
5:01					47	" ripple
5:15	43°22'22"N	72°3'1"W	0.0	wind 73.2° air		73° water
5:15						60z fuel 22nd Feed swimmer slowing v. tired but in good spirits
5:36	43°21'37"N	72°2'33"W	SE 3.2	wind 73.2° air		73° water
5:45						23rd Feed 50z fuel
5:50	43°21'19"N	72°3'10"W	0.0	72.8° air		temp 73° water
6:10						Swimmer finishes on Beach

12h 40m 54s