

Swimmer

Name: MARTYN WEBSTER Gender: M Age: 53 Resides In: RAPPERSWIL, CH

Support Personnel

Pilot name(s): HANS PETER LEHNHARD Vessel: LARSON SEI Port: LUZERN

Crew names & roles: CAT FRENCH - FEEDS
SALLY BANTOCK - COMMS
TOM RUTTER - OBSERVER

Swim Details

Date: 13/9/2020 Body of Water: LAKE LUZERN Location: SWITZERLAND

Route description: LUZERN BOAT JETTY (OUTSIDE CULTURAL CENTRE) TO SEEDORF

Swim distance: 35.2 km Start time: 7:20:45 Finish time: 18:50:11 Elapsed: 11:29:26

List any "first" or record claims: FIRST RECORDED SWIM OF THIS ROUTE

Rules & Conduct

Feeding (substances & frequency): SPONSOR LONG ENERGY, ISO STAR ENDURANET BANANA, IBUPROFEN, 30 MINUTE FREQUENTLY

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

STANDARD TRUNKS VASELINE
GOOGLES
SILICONE SWIM HAT

List any modifications of MSF Standard Swim Rules:

NONE

Observer: TOM RUTTER

Email or Phone:
tomrutter@gmail.com
+41 76 44 66 84 9



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.

Tom Rutter signature

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

13/9/2020

Swimmer(s)

MARTYN WEBSTER

Observer(s)

TOM RUTTER
SALLY BANTOCK
CAT FRENCH

Swim Description

LAKE LUZERN
LUZERN SEEDORF
/FWÜELEN

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Tom Rutter

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
7:20 ⁴⁵	LUZERN	FERRY STOP	21/15ish	0	58	MISTY. WELL WISHERS ON JETTY
7:51	47.02.64	8.19.97		1 W	60	GOING WELL
8:20	47.02.14	8.20.91		0 W	60	7 SCOOPS ISOSTAR IN 500ML COLD WATER. ASKED FOR WARMER. PRANK HALF
8:56	47.01.63	8.21.93	20/21	0 W	60	SUN COMING THROUGH. WARMING UP
9:20	47.01.18	8.23.00	20/22	0	60	2 MORE SCOOPS + WARM WATER. ← FIRST FERRIES
9:50	47.00.81	8.24.05	20/22	0	58	3 SCOOPS SPONSOR LONG ENERGY. QUICK FEED. PRANK HALF
10:20	47.00.52	8.25.23	20/24	0	57	7 SCOOPS ISOSTAR WARM. QUICK 20s FEED. HALF BOTTLE
10:50	47.00.30	8.26.60	20/25	0	55	FINISH PREVIOUS SPONSOR. HAPPY WITH FEEDS FEELS OK
11:07	47.00.15	8.27.29	20/25	0		SALLY INTO THE WATER TO ACCOMPANY
11:15						SALLY OUT OF THE WATER (DISTANCE BETWEEN BOATS BIG)
11:20	46.59.96	8.27.78	20/26	0	56	ISOSTAR FINISH FEED + BANANA TALKED GOOD SPIRITS
11:50	46.59.52	8.28.59		1/2	56	SPONSOR 3 SCOOPS WARM. CHOPPIER WITH BOATS CHATTERING. ALL OK.
12:20	46.59.27	8.29.69		1	57	ISOSTAR 7 SCOOPS IN 500ML BOTTLE WARM. ASKED FOR BANANA
12:50	46.59.22	8.30.83	17/1	1	58	SPONSOR FINISH FEED + 1/2 BANANA ASKED FOR SPONSOR NEXT
13:20	46.59.21	8.31.80		2b	56	SPONSOR. IBUPROFEN + PARACETAMOL ASKED FOR STRONGER

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

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MARTYN WEBSTER

Observer(s)

TOM CUTLER
SALLY BANTOCK
CAT FRENCH

Swim Description

LUZERN-SEELE

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1350	46.59.22	8.33.13	19/25	2	57	STRONG ISOSTAR. ^{QUIETER} TOLD ON TARGET ASKED SPONSOR BANANA
1420	46.59.22	8.34.29	19/25	2/3W	55	SPONSOR BANANA. WATER CHOPPER. SHOULDER BLADE HURTING
1450	46.59.22	8.35.63	1/23	3 ^{NE} W OFF HILLS	56	ISOSTAR. BETTER MIND. ASKED FOR STRONGER FEEDS
1520	46.58.52	8.35.74	8/24	3/4N	56	SPONSOR. COLD → WARMER SPOON
1550	46.57.90	8.35.77	125	1/2N	54	ISOSTAR 10 SCOOPS WARM. NURSE TAB
1620	46.57.06	8.35.78	25	1/2N	54	SPONSOR 4 SCOOPS WARM. TIRED. SORE SHOULDERS
1650	46.56.30	8.35.76	26	0/1N	54	ISOSTAR 10 SCOOPS WARM.
1720	46.55.78	8.35.76	26	0	58	SPONSOR 4 + 1 ISOSTAR WARM
1750	46.54.70	8.35.97	25	0	56	SPONSOR 3 STRONG. FOCUSED ON FINISH TOLD 45 TO 1HR TO GO
1820	46.54.06	8.36.01	21	0	56	SPONSOR 3 STRONG (250ML WATER)

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*Feeding Liquids

With Camelbak thermos

Pre-measured energy powder made up with warm water

Solids

Passed from boat with retractable dog lead hooked to bottle

Passed using fishing/landing net/pole with bag containing solids

Applies to fruit/cakes etc

Pain relief. If needed. Ibuprofen via landing net too

When requested

When requested

When requested

g Schedule Below

Time	Warm Drink	Yes/No	Stroke Rate (55-60)	Solids
00:00				
00:30				
01:00	Isostar 330ml	+ 7 scoops. want it warmer next time!	60	
01:30				
02:00	Isostar 330ml	+ 2 extra to the half + made warmer.		
02:30	Sponsor 330ml	Drank 1/2.		
03:00	Isostar 330ml	Drank 1/2. All okay		
03:30	Sponsor 330ml	Drank remainder 1/2. Asked Q's all ok		
04:00	Isostar + Banana 1/2 330ml	✓ talked 1/2 bottle + 1/2 banana. more biscuits were.		fruit - 1/2 banana
04:30	Sponsor 330ml	✓ talked 1/2 drank. All okay		
05:00	Isostar 330ml	all okay - wants banana next time.		
05:30	Sponsor + Banana 1/2 330ml	✓ Banana + sponsor		
06:00	Isostar 330ml	✓ + neurofen x 1 + ibuprofen x 1		fruit - 1/2 banana
06:30	Sponsor 330ml	want warmer + extra scoop.		
07:00	Isostar 330ml	✓ shoulder hurts		
07:30	Sponsor 330ml	✓ seemed better. Turning last corner! 😊		
08:00	Isostar 330ml	✓		fruit - 1/2 banana
08:30	Sponsor 330ml	10 scoops + water. + 1x neurophen.		
09:00	Isostar 330ml	shoulder still hurts.		
09:30	Sponsor 330ml	Neurofen, x 1		
10:00	Isostar 330ml	told him next is last feed.		fruit - 1/2 banana
10:30	Sponsor 330ml			
11:00	Isostar 330ml	last feed! 😊		