

Swimmer

Name: Gender: Age: Resides In:

Support Personnel

Pilot name(s): Vessel: Port:

Crew names & roles:

Swim Details

Date: Body of Water: Location:

Route description:

Swim distance: Start time: Finish time: Elapsed:

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency):

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

List any modifications of MSF Standard Swim Rules:

Observer:

Email or Phone:

Cat: +41 79 969 7227
cat_french@yahoo.co.uk.

Charlie: +41 76 552 1829
charliemasding@gmail.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.

Start time = 07:48

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

19/07/2020

Swimmer(s)

Martyn Webster

Observer(s)

Cat French
Charlie Masding

Swim Description

Lake Zurich - Tiefenbr

Page 1 of 2

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0748			W: 21.5C A: 15C	0	60	Beautiful morning. water calm + flat. Looking very smooth. In off the steps at Bad: Tiefenbrunnen, ZH.
0847			W: 21.5C A: 18C	0	58	First feed: 1/2 can of UCAN. Swimmer looking comfortable. Pilot needed to spin the boat afterwards for the engine.
0921			W: 21.5C A: 19C	0	56	Passing Strandbad Kiessnacht. Pilot doing great job protecting swimmer from rowers + boats. Swimmer still v. smooth
0948			W: 22.3C A: 20C	0	58	Second feed: 1/2 can of Sponsor. Just passed Erlenbach. Swimmer looking strong is good.
1018			W: 22.3C A: 21C	0	56	Third feed. 1/2 UCAN. Passing Herliberg. Swimmer happy, consistent, comfortable + strong.
1048			W: 22.9C A: 22C	0	56	4th feed. Meilen ferry in sight. Swimmer UCAN. still strong + consistent. Beautiful day.
1118			W: 23.2C A: 24C	0	56	5th feed. Swimmer happy. Putting in a Sponsor push to get past the next ferry.
1148			W: 23.5C A: 24C	0	55	6th feed. Tom, Sally + Taha swam out to say Sponsor + hi. No treading, no drafting. Nice. (ca 1135) 1/2 banana
1218			W: 23.6C A: 25C	0	55	7th feed. Sponsor. Swimmer doing well on track acc. plan. Asked for nurofen in an hour due to tight back.
1231			W: 23.7C	0		Passing Männerdorf Harbour - about 3mins behind "schedule". Good job.
1248			W: 23.6C A: 26C	0	53	8th feed. 1/2 banana + Sponsor drink. Storming past Männerdorf. Beautiful conditions.
1318			W: 23.7C A: 27C	0	55	9th feed. Sponsor drink + 1 Nurofen (painkiller). Back "on schedule". Feeling good + staying consistent.
1348			W: 24.0C A: 27C	0	54	10th feed. Sponsor drink. (No banana). Just after Stäfa. Ferry had to keep at pedaloes. Sally on pier.
1418			W: 24.1C A: 27C	0	54	11th feed. Sponsor drink + 1/2 banana. Getting the job done. Asked where Uerikon is (it's next).
1448			W: 24C A: 28C	0	54	12th feed. Sponsor. Swimmer doing well. Rapperswil is in sight. Crew excited about jumping in the water to pee.

Can't see rowers + waterboards

is good.

to say (ca 1135)

on track tight back.

on pier.

(it's next.)

Start time = 07:48

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

19/07/2020

Swimmer(s)

Martyn Webster

Observer(s)

Cat French
Charlie Masding

Swim Description

Lake Zurich - Tiefenbr

Page 1 of 2

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0748			W: 21.5C A: 15C	0	60	Beautiful morning. water calm + flat. Looking very smooth. In off the steps at Bad: Tiefenbrunnen, ZH.
0847			W: 21.5C A: 18C	0	58	First feed: 1/2 can of UCAN. Swimmer looking comfortable. Pilot needed to spin the boat afterwards for the engine.
0921			W: 21.5C A: 19C	0	56	Passing Strandbad Kinsnacht. Pilot doing great job protecting swimmer from rowers + boats. Swimmer still v. smooth
0948			W: 22.3C A: 20C	0	58	Second feed: 1/2 can of Sponsor. Just passed Erlenbach. Swimmer looking strong is good.
1018			W: 22.3C A: 21C	0	56	Third feed. 1/2 UCAN. Passing Herliberg. Swimmer happy, consistent, comfortable + strong.
1048			W: 22.9C A: 22C	0	56	4th feed. Meilen ferry in sight. Swimmer UCAN. still strong + consistent. Beautiful day.
1118			W: 23.2C A: 24C	0	56	5th feed. Swimmer happy. Putting in a Sponsor push to get past the next ferry.
1148			W: 23.5C A: 24C	0	55	6th feed. Tom, Sally + Taha swan out to say Sponsor + hi. No treading, no drafting. Nice. (ca 1135) 1/2 banana
1218			W: 23.6C A: 25C	0	55	7th feed. Sponsor. Swimmer doing well on track acc. plan. Asked for nurofen in an hour due to tight back.
1231			W: 23.7C	0		Passing Männerdorf Harbour - about 30m behind "schedule". Good job.
1248			W: 23.6C A: 26C	0	53	8th feed. 1/2 banana + Sponsor drink. Storming past Männerdorf. Beautiful conditions.
1318			W: 23.7C A: 27C	0	55	9th feed. Sponsor drink + 1 Nurofen (painkiller). Back "on schedule". Feeling good + staying consistent.
1348			W: 24.0C A: 27C	0	54	10th feed. Sponsor drink. (No banana). Just after Stäfa. Ferry had to keep at pedaloes. Sally on pier.
1418			W: 24.1C A: 27C	0	54	11th feed. Sponsor drink + 1/2 banana. Getting the job done. Asked where Verikon is (it's next).
1448			W: 24C A: 28C	0	54	12th feed. Sponsor. Swimmer doing well. Rapperswil is in sight. Crew excited about jumping in the water to pee.

Can't see rowers + waterboards

is good.

to say (ca 1135)

on track tight back.

on pier.

(it's next.)

