

Swimmer

Name: Isaac Wan-ho Yuen 袁允灝 Gender: M Age: 36 Resides In: Tseung Kwan O, HK

Support Personnel

Pilot name(s): Alfair Lee 李詩豪 Vessel: 2-person sit-on-top Port: Siu Hang Hau
+

Crew names & roles: Po Lam 林麗寶 1-person sit-on-top (feeder)

Swim Details

Date: 2020-08-12 Body of Water: Port Shelter Location: Sai Kung District, HK

Route description: Sheung Sze Wan 相思灣 ↔ Ngam Tau Sha 岩頭沙 ↔ 爛排 Lan Pai (round-trip)

Swim distance: 10.2 km Start time: 09:23:11 Finish time: 14:08:41 Elapsed: 4:45:30

List any "first" or record claims: First documented solo swim in Sai Kung waters

Rules & Conduct

Feeding (substances & frequency): ~ 1 hour, water + one of (bar, bread, banana)

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

one swim cap, one pair of ear plugs, goggles, one piece of swim trunk

List any modifications of MSF Standard Swim Rules:

None

Observer: Michael Chun Chi Tsang 曾進智

Email or Phone: miklect@gmail.com 5304 5037



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.

曾進智

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

2020-08-12

Swimmer(s)

Isaac Yuen

Observer(s)

Michael Tsang

Swim Description

Sheung Sze Wan
 Ngam Tai Sha
 Lan Pai

Page 1 of 2

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
09:23 ¹¹	22.30699	114.29454	31/30	5	64	SP
09:32	22.31045	114.29360			58	
09:48	22.31495	114.29230			57	
10:00			31/30	5		
10:03	22.31858	114.29151			58	
10:16 ²⁸	22.32199	114.28910		6		CP1, round the rock clockwise
10:27	22.31830	114.29135			56	
10:34	22.31557	114.29352				1st feed, water and bar
10:48	22.31160	114.29850			54	
11:02	22.31052	114.30379	31/30	7	61	
11:15	22.30648	114.30790			56	
11:31	22.30227	114.31226			57	
11:36 ²³	22.30073	114.31225				CP2, round the rock clockwise
11:42						2nd feed, bread and water
11:47				15		a rainstorm comes, 15 knots tailwind

