



Solo Swim Observation Log

Date: 27/9/21
Page 1/1

Swimmer Name: Julie Boxsell Route Description: Cirumnavigation Dunkelskare

Time	Strokes per minute	Temperature C or F		Wind kts mph kph m/s BF		Feed #	Notes Use reverse side for longer notes - please include timestamps.	Photo
		Water	Air	Speed	Dir			
6:31:15		23.2	24.3	1.1	WSW		START.	1 ✓
6:59:59	70	23.5	23.8	12	SW	1	feeling good. video taken. (6:59)	✓
7:29:15	67	23.9	24.7	12.5	SW	2	video taken. 7:19	✓
7:58:21	67	23.6	25.4	9.0	WSW	3	feeling good. Video taken. 7:36	✓
8:28:26	65	23.3	26.4	12.5	SSW	4	took a pee 8:29:00. video taken. 8:36	✓
8:58:38	65	23.5	26.7	9.0	S	5	video at 9:05	✓
9:28:46	65	23.7	27.8	10.1	SSW	6		✓
9:58:28	66	23.7	31.6	14	S	7	video at 10:02 took a pee.	✓
10:28:33	65	23.8	36.8	13.1	S	8	video at 10:33.	✓
10:57:58	65	23.9	40.2	15.5	S	9	took a pee.	✓
11:25:51	66	23.9	44.0	17.9	SSE	N/A	no food at 30mins HOME STRETCH.	✓

PAGE 1 ONLY - Time recorded as (HH:MM:SS)
 Start Time: 6:31:15 Finish Time: 11:59:11 Total Elapsed Time: 5:27:56

Observer Name: TAYLA Howey Observer Signature: Taylor Howey

Feed #

Bag 1

- ① Red Cordial (50) 250mls ①
- ② Stamina 1.5 scoops 250mls ②
- ③ Tea + 1tbsp honey + Choc cake 250 ③

Bag 2

- ① Apple juice 250 ④
- ② Stamina 1.5 scoop + SIS Gel 250 ⑤
- ③ Tea + 1tbsp honey, lemon cake ⑥

paracetamol 1gr
 ibuprofen 400mg
 caffeine 100mg

Bag 3

- ① Stamina 1.5 250 ⑦
- ② Stamina 1.5 + SIS Gel 250 ⑧
- ③ Oak Choc Milk, + Choc Cake (200) ⑨

~~Bag 4~~

- ~~① Apple/Blackcurrant juice 250 ⑩~~
- ~~② Stamina 1.5 scoop 250 ⑪~~
- ~~③ Red Cordial 50ml 250 + LEM Bar, 10mg paracetamol + 400 ibuprofen ⑫~~

~~Bag 5~~

- ~~① Stamina 1.5 scoop 250 ⑬~~
- ~~② Red Cordial 50mls 250 ⑭~~
- ~~③ Stamina 1.5 scoop 250 ⑮~~

~~John A. Hickey~~
 TAMCA Hickey 27/9/21