

MARATHON SWIMMERS FEDERATION – Standard Swim Log

Date	20 April 2021
Swimmer(s)	Lauren Tischendorf
Observer(s)	Belinda Bullivant
Time Zone	UTC+10:30h
Distance	17.4NMiles / 32.2km
Location	Lord Howe Island, New South Wales, Australia
Swim Description	Solo, single session, circumnavigation of Lord Howe Island. Boat Ramp return clockwise to Boat Ramp.

TIME	LATITUDE	LONGITUDE	TEMP sea	TEMP air	WIND spd (kmh)	WIND Spd (kts)	WIND dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
6:47	159°03'2E	31°31.2S	25	20.5	19	10	SW		<ul style="list-style-type: none"> ● Start - Boat Ramp ● Sip water ● Rating (R)-10
07:20	159°03'.070 E	31°31.429S	25	21.2	19	10	SW		<ul style="list-style-type: none"> ● North Passage ● Photograph ● R-10 ● 150ml Tailwind ● Swimmer reported enjoying self and swell
07:47	159°02'.441 E	31°31.500S	25	21.2	20	11	SW		<ul style="list-style-type: none"> ● North Head ● Tailwind 150mL ● R-11
08:18	159°02'.153 E	31°30.898S	25	21.8	10	10	SW/W	80	<ul style="list-style-type: none"> ● Fishy Point ● Approx 4.2km. ● Photograph. ● Cliff Gel (Coffee) ● R-11.

									<ul style="list-style-type: none"> Swimmer reported sighting 2 KingFish swimming / aiming for swimmer
08:47	159°02'.983 E	31°30.470S	25	21.9	19	10	W	60	<ul style="list-style-type: none"> Malabar Approx 5.5km 2xDates w almond paste, 3xCliff Cubes & Water R-10 Swimmer checked in with team as to their well-being
09:12	159°04'.100 E	31°30.481S	25	22	20	11	SW	63	<ul style="list-style-type: none"> Neds Beach Approx 7.8km 1 x 12.5 Voltaren, 1x Advil 150ml Tailwind. R-8
09:52	159°05'.130 E	31°30.973S	25	22.2	19	10	WSW	63	<ul style="list-style-type: none"> Middle Beach Approx 9.8km Vegemite Sandwich (1 slice white bread), sip of coffee. Choppy water
10:48	159°05'.917 E	31°31.821S	25	22.4	19	10	WSW	63	<ul style="list-style-type: none"> Blinkys Beach R-10. Peer swimmer 15 minutes. Approx 12.3km
11:30	159°06'.341 E	31°32.702S	25	22.2	20	11	SW	63	<ul style="list-style-type: none"> Boat Harbour R-9. Photograph & Video SC. Nil consumption Swimmer focussed and reported being in rhythm. Approx 12.9km
12:33	159°06'.447 E	31°33.575S	25	22.1	24	13	WSW	63	<ul style="list-style-type: none"> East Point Photograph R-10. 2 sharks circling. Swimmer raises hand to indicate sharks in area No consumption. Approx 15.2km Swimmer called out to check with observer to ensure recording data
13:21	159°06'.152 E	31°34.764S	25	22.5	22	12	WSW	63	<ul style="list-style-type: none"> Gower R-9.

									<ul style="list-style-type: none"> • Water w 1 x 12.5 Voltaren, 1x Advil • 3 sharks circling & trailing / following as reported by the swimmer - too choppy to sight from boat. • Approx 16.6km
14:04	159°05'.854 E	31°35.503S	25	22.7	24	13	WSW	63	<ul style="list-style-type: none"> • Gower Mountain • R-9. • 150ml Tailwind. • Swimmer continues to raise hand & call out number of sharks • Sharks & large swell • Swimmer appeared relaxed • Approx 17.05km
14:33	159°05'.384 E	31°35.762S	25	22	26	14	WSW	63	<ul style="list-style-type: none"> • Btwn Gower Island & Big Saddle • Approx 17.9km. • Sharks circling and increasing in number 5 reported • Large swell and choppy water. • Very windy & gusty • No nutrition • Swimmer hardly moving
15:04	159°05'.008 E	31°35.882S	25	22	19	10	WSW	60	<ul style="list-style-type: none"> • Btwn Gower Island & Big Saddle • Approx 18.3km. • Photograph & Video. • R-8. • No food or liquids consumed. • Swimmer checked in with team on their feeling
15:35	159°04'.570 E	31°36.047S	25	21.2	15	8	WSW	60	<ul style="list-style-type: none"> • Gower Island • Paddler Out. • Many sharks circling - galapagos sharks • Tiger shark at arm's length heading towards swimmers chest • Approx 18.9km • R-NIL. • Photograph • No nutrition - attempted throw, cancelled due to shark moving towards swimmer. Shark tried to attack food container being reeled in
16:05	159°04.063E	31°35.922S	25	21.8	15	8	SW	55	<ul style="list-style-type: none"> • King Point • Photograph • Approx 19.9km

									<ul style="list-style-type: none"> ● R-7 ● Water Rubber Ducky following island side
16:39	159°03.670E	31°35.309S	25	21.3	17	9	SW	50	<ul style="list-style-type: none"> ● Split Rock ● Approx 21.7km. ● Photograph. ● Nil Consumption. ● Choppy Waters ● R-7
17:08	159°03.798E	31°34.393S	22	20.9	15	8	SW	40	<ul style="list-style-type: none"> ● Mount Lidgvid ● Approx 22.5km. ● Photograph. ● Swimmer started to slow right down ● Water sip ● R-7
17:43	159°03.946E	31°33.838S	22	20.9	13	7	SW	54	<ul style="list-style-type: none"> ● Goat House ● Approx 23.5km ● R-7 ● Observer had to move boats to watch, without main boat instructions. ● Police Rubber Ducky now following with crew
18:16	159°04'042E	31°33'104S	22	20.9	15	8	WSW	55	<ul style="list-style-type: none"> ● Escorts Passage ● Approx time traveled 10.55 in ocean ● Port Marker from Seaward. Time sunset ● Getting dark & sun setting ● Paddler on Kayak returned. ● Marine Rescue boat left due to low tide & reef. Boat returned to main port and replaced by Police rubber duck with crew on board - route redirection to swim through Lagoon due to low tide swimming through the reef. ● Police escort rubber duck for navigation to end.
Approx 18:45	159°04.18E	31°32.4S	22	20.8	15	8	WSW	Approx 60	<ul style="list-style-type: none"> ● 2nd Port Marker Marker ● No time intervals recorded due to darkness. ● No nutrition ● Torch used to direct swimmer from rubber duck to guide the way through reef and coral in Lagoon
Approx 19:15	159°04.3E	31°32.15S	22	20.7	11	6	WSW	Approx 60	<ul style="list-style-type: none"> ● North End Airport Runway ● Swimmer still rotating every 30 mins for backstroke ● Swapped for fresh, clean goggles, complained of greasy

									<ul style="list-style-type: none"> goggles and poor visibility Swimmer picking up pace
Approx 19:45	159°03.44E	31°31.5S	22	20.3	17	9	W	Approx 60	<ul style="list-style-type: none"> Aquatic Club Reef shark sighting by swimmer Swimmer continued to increase pace Swimmer commented on night sky Swimmer between kayak and rubber duck
Approx 20:15	159°03.28E	31°31.4S	22	20.3	19	10	W	Approx 60	<ul style="list-style-type: none"> Far Rocks Sounds of car hooters and shouting from mainland heard Swimmer continuing to gain momentum and speed through reef
20:39	150°03'2E	31°31'2S	22	20.5	15	8	W		<ul style="list-style-type: none"> End - Boat Ramp Unsupported exit and touch same rock on land that had started on. Doctor on scene to do initial check, provided 2 x Safety blankets Swimmer coherent, shaky legs initially, but settled within 2 minutes