

MSF

Solo Swim Observation Log


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Swimmer Name: Tom Chapman	Route Description: Porthcawl to Glenthorne Cove
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Time	Strokes	Temperature Centigrade		Wind Knotts		Notes
		Water	Air	Speed	Dir	
08:31	51	16.8	15	0	0	Beach start at Sandy Bay, Porthcawl, calm no wind, overcast.
09:10	51	16.8	16.4	6.5	SW	Cloud lifted, wind and small chop. Swimming consistent.
09:50	53	16.8	17.1	7.4	W	Breeze and choppy sea, swimming well
10:00						First feed. 250ml of maltodextrin powder mixed with fructose and squash warmed. Tom ok, he mentioned the choppy sea.
10:30	56	16.7	16.9	8.0	W	Sea state getting worse, Tom asked which direction we were heading in.
10:45						2 nd Feed as first, Tom discussed the direction briefly with the Pilot.
11:10	53	16.8	19.3	7.8	SW	Slightly less swell, Tom swimming well.
11:30	54					3 rd feed as above. Tom Ok
12:00	55	16.8	17.5	6.4	W	Swimming well, sea slightly calmer.
12:15						4 th feed as above, Tom ok and sun out
12:30	53	16.8	17.1	7.7	W	All OK, Tom swimming well
13:00	56	16.9	19.1	8.2	W	5 th Feed same as above. Tom asked if we were getting there. He was told we are making progress
13:30	55	16.9	17.9	7.1	W	Swimming well
13:45						6 th Feed as before. Tom asked if we were in the middle of the channel. Which we were.
14:10	53	16.9	18.9	7.0	W	Swimming consistent
14:30						7 th Feed as above Tom ok, still consistent
15:00	56	16.9	17.6	6.6	W	Swimming well, still consistent.
15:15						8 th Feed. On tide turn, Pilot told Tom 4.5 miles to the Devon coast.
15:30	54	16.9	17.1	8.5	W	Choppier, wind over tide situation with the tide now outgoing. Tom still swimming strong.
16:00						9 th Feed as above, discussion with Pilot about the wind and direction.
16:30	54	16.8	16.8	9.0	W	Slower progress due to wind over tide poor conditions but Tom still swimming strong.

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16:45						10 th Feed as above
17:05	54	16.8	16.3	9.2	W	Making speedier progress, conditions challenging but Tom coping well
17:30						11 th Feed as above
17:40	54		16.0	9.5	W	Fast current, hard for the boat to stay close due to the wind
18:15						12 th Feed
18:35	56	16.6	15.8	7.2	W	The current is taking Tom straight down the channel rather than towards land. Still swimming consistently
19:00	57					13 th Feed, told Tom to aim at the land now quite close. Light is fading
19:15	59			6.2	W	Moved boat so Tom swimming to the left and keeping him close. Lights now on the boat. Glenthorne House visible on the land.
19:45	57	16.2	14.6	4.2	W	14 th and last feed. Tom told to make a final push, sheltered a bit by Foreland Point. Land very close, but difficult to make progress to the land, due to the ^{current} sp. Tom not tired and swimming very strong.
20:27:45						Finished at base of cliffs to the West of Glenthorne Cove, Devon. Tom clambered out and climbed on to large rocks covered in barnacles.

Observer: Rosalind Edmonds

Signature.....

SUMMARY SWIM OBSERVATION REPORT

PORTHCAWL TO GLENTHORNE COVE

16th September 2021

Swimmer: Tom Chapman

PILOT VESSELL: Cobra. Piloted by Ceri Davies of Swansea Watersports
CREW FOR SWIMMER: Colin Hughes
OBSERVER: Ros Edmonds
FEEDS All feeds liquid: 250ml of CNP Maltodextrin powder mixed with fructose, water, and fruit squash, warmed for each feed.

Tom Chapman's goal was to swim from Porthcawl, Bridgend, Wales, UK, across the Bristol Channel to Glenthorne Cove, Devon, England, UK.

The feeding plan was to liquid feed only, on 250ml of maltodextrin powder mixed with water and fruit squash supplemented with fructose on each feed. The first feed after 90 minutes, then every forty-five minutes until the end of the swim. Some solid food was on the boat should he need it. In the event the feeding was exactly as planned, all liquid, no solids.

Both a stopwatch and a Garmin watch on the boat were started to record both the time and the track of the swim.

He started from the beach at 08:30 at Sandy Bay Porthcawl, he swam from the boat to the beach approximately 300 metres, to start. In the shelter of the bay, it was relatively calm, but that soon changed as a westerly wind began to pick up which remained all day.

His swimming was consistent throughout, he navigated a few large patches of seaweed after the first few hours. The wind gradually increased through out the day and Tom was constantly buffeted around by the swell and breaking waves. Despite this his swimming was always strong. Feeds were normally quick, however at times it was difficult to keep Tom close to the boat with the wind and tide. Tom was also concerned about going the correct direction and was obviously quite worried at times as he would question the pilot at some feed stops.

In the latter part of the swim, it was difficult to keep the boat straight with the westerly wind. The boat was to the east of the swimmer, the Pilot was concerned that if the boat went the other side, it could get blown on to the swimmer. Towards the end of the swim when the light was fading and the wind calmer due to the shelter of Foreland Point, we did change sides. The final push was the smoothest water since leaving Porthcawl that morning.

The landing was tricky in the dark, onto boulders at the bottom of the cliff. Fortunately, with the calmer sea it was possible for Tom to navigate the rocks and climb out onto them aided by the light from the boat.

In summary a strong swim in difficult conditions. Tom returned to the boat fresh and only complaining of a painful throat due to the saltwater.

A handwritten signature in cursive script, appearing to read 'Rosalind Edmonds', positioned above a horizontal dotted line.

Rosalind Edmonds