

Swimmer

Name: Vanessa Eugene Gender: F Age: 39 Resides In: Monica, Saint Lucia

Support Personnel

Pilot name(s): Kerney Evans
Michael Paul - First mate Vessel: MV Lady Helen Port: Rodney Bay, Saint Lucia

Crew names & roles: Sue Dyson - independent observer Bernard Farris - photography
Keenan Sonson - feeder Kerma Mondesir - Sandals photographer
Fernal Compton - kayak support

Swim Details

Date: Nov 21, 2021 Body of Water: Rodney Bay / Caribbean Sea Location: West coast Saint Lucia

Route description: Sandals Grande Beach down to Rat Island, around Rat Island and back to Sandals Grande Beach

Swim distance: 14 KM Start time: 6:21 AM Finish time: 1:19 PM Elapsed: 6:58:10

List any "first" or record claims: First documented swim of swim route.

Rules & Conduct

Feeding (substances & frequency): There was not a set frequency ~~to~~ to feed
Electrolytes mixed in water, coconut water, banana, gatorade, Carbo pro mixed w/ water, ~~A3 performance~~ spring energy gels, stamina energy drink

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:
dentrol Rx - all natural mouth spray with coconut oil, essential oils, and vitamin E // soft silicone swim cap // basic watch
A3 performance swim suit; Caribbean Blue Natural spf 25 sunscreen, vaseline

List any modifications of MSF Standard Swim Rules:
no ~~any~~ modifications

Observer: Sue Dyson
Email or Phone: 758-716-7806
S14channelswim@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
[Signature]



Solo Swim Observation Log

Date:

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Swimmer Name: Vanessa Eugene Route Description: Sandals Grande down around Rat Island, back to Sandals Grande

| Time | Strokes per minute | Temperature C or F | | Wind kts mph kph m/s BF | | Notes Use reverse side for longer notes - please include timestamps. |
|----------|--------------------|-----------------------|------|----------------------------|-----|---|
| | | Water | Air | Speed | Dir | |
| 6:21 AM | | 82°F | 78°F | 13 mph | E | air horn sounded by Captain to signal start of swim |
| 6:50 AM | 51 | 82°F | 78°F | 13 mph | E | first 30 minutes making good time |
| 7:21 AM | 52 | | 78°F | 13 mph | E | swimming strong, Doesn't want feed until reach outside Rodney Bay |
| 7:35 AM | | 82°F | 79°F | 13 mph | E | first feed electrolytes + water mix... great spirits |
| 7:50 AM | 51 | | 79°F | 13 mph | E | 1 1/2 hours into swim... heading towards Windjammer Landings... making good time |
| 7:59 AM | | | | | | requested Dental Rx to spray mouth again to help with salt mouth: steering issue... Captain had to make adjustments to steering cables as boat spun & drifted in circle |
| 8:2 AM | 52 | 82°F | 82°F | 12 mph | E | 16 KM entered Rat Island in sight - kayaker in water: gave tracking device to kayaker |
| 8:39 AM | | | | 13 mph | E | stopped for quick feed before swimming around Rat Island feed = gatorade + gra |
| 9:16 AM | | 82°F | 82°F | 13 mph | E | made it around Rat Island, quick feed and loaded kayaker back onto boat |
| 9:31 AM | | | | | | sprayed more dental Rx to help with salt mouth (pee'd) |
| 9:51 AM | 50 | 82°F | 82°F | 14 mph | E | quick feed → Energy drink (Stamina) and banana |
| 10:12 AM | | | | | | current working against Vanessa; stop for coconut water |
| 10:51 | 50 | 82° | 83°F | 14 mph | E | 4 1/2 hours 2nd pee |

PAGE 1 ONLY - Time recorded as (HH:MM:SS)

Start Time: 6:21 AM

Finish Time: 1:19 PM

Total Elapsed Time: 6:58:10

Observer Name:

Sue Dyson

Observer Signature:

Sue Dyson



Solo Swim Observation Log

Date:

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Swimmer Name: Vanessa Eugene

Route Description: Sandals Grande beach to Rat Island and back to Sandals

| Time | Strokes per minute | Temperature C or F | | Wind kts mph kph m/s BF | | Notes Use reverse side for longer notes - please include timestamps. |
|----------|--------------------|-----------------------|------|----------------------------|-----|--|
| | | Water | Air | Speed | Dir | |
| 11:00 AM | | 82°F | 83°F | | | Coconut water & gel pack... currents and wind making swim back difficult. |
| 11:21 AM | 46 | 82°F | 83°F | 13 mph | E | 3rd pce 5 hours into swim windjammer landings / Traya beach |
| 11:51 | 49 | 82°F | 83°F | 13 mph | E | boat tried to change side of Vanessa but current made to difficult to direct |
| 12:21 PM | 50 | 82°F | 84°F | 13 mph | E | 6 hours into swim banana and energy drink (Stamina) |
| 12:40 PM | | | | | | Kayaker entered water (Mgr Terrol Compton) to help motivate - push Vanessa |
| 12:51 | 50 | 82°F | 84°F | 13 mph | E | Kayaker pushing Vanessa along - can see folks on beach waiting |
| 1:19 PM | | | | | | Vanessa landed on beach of Sandals Grande and horn sounded |
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PAGE 1 ONLY - Time recorded as (HH:MM:SS)

Start Time:

Finish Time:

Total Elapsed Time:

Observer Name: Sue Dyson

Observer Signature: SJDyson