

MARATHON SWIMMERS FEDERATION – Observer Report Cover Sheet

Swimmer

Name: Gender: Age: Resides In:

Support Personnel

Pilot name(s): Vessel: Port:

Crew names & roles:

Swim Details

Date: Body of Water: Location:

Route description:

Swim distance: Start time: Finish time: Elapsed:

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency):

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

List any modifications of MSF Standard Swim Rules:

Observer: *JANNION DI TOMMASO*

Email or Phone: *0423 533 383*



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.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

26 JAN 21

Swimmer(s)

EMIMA RADFORD

(12k @ 303)
Observer(s)

JAI

DI TOMMASO

Swim Description

PALM BEACH TO SHELLY BEACH

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
6:39	33.6 S	151.3 E	22.4	3 kt	61	START
7:09	33.8 S	151.0 E	22.9	2.9 kt	61	200ml GATORADE PRIME
7:39	33.7 S	151.2 E	24	0.8 kt	60	200ml FLAT COKE 20 sec
8:09	33.3 S	151.20 E	25	1.3 kt	60	200ml STAMINADE 40 sec (+ PEE)
8:39	33.3 S	151.20 E	27	4.6 kt	60	200ml BLACK TEA & HONEY / PEACHES
9:09	33.40 S	151.20 E	28	5.8 kt	60	200ml GATORADE PRIME
9:39	33.41 S	151.20 E	29	5.5 kt	60	200ml ROBINA + 2 panadol
10:09	33.42 S	151.19 E	31	7 kt (N)	60	200ml ROBINA + HONEY S/W (30 sec) (14k)
10:39	33.42 S	151.19 E	32	4.3 kt (N)	60	200ml GATORADE PRIME (30 sec) (16k)
11:09	33.44 S	151.19 E	34	6.5 kt	60	200ml FLAT COKE (40 sec) 18k
11:49	33.45 S	151.19 E	34	7.2 kt	60	200ml BLACK TEA + HONEY + PEACHES
12:19	33.46 S	151.18 E	34	7.4 kt	59	200ml GATORADE PRIME (21k @ 5hr 22)
12:49	33.47 S	151.17 E	/	1 kt (SE)	60	200ml BLACK TEA (TAKING HOME) (22k @ 5hr 39)
13:07.28	33.48 S	151.17 E	/	1 kt (SE)	62	FINISH

WNW WIND

20 sec off 5th WHALE BEACH (1.2m) OFF WHALE Bch SWIM

0.9 swim

5k

6.85

10k @ 2H 33min

N WIND