

Observer Log



NAME OF SWIM [NAME OF COURSE, SWIM]

LOCATION [CITY, COUNTRY]

START POINT	START DATE	START TIME
MAKANJIZA	19-10-2025	05h 40
FINISH POINT	FINISH DATE	FINISH TIME
Senga Point	19-10-2025	14h 01-43

PETER PLAVEC
SWIMMER NAME [SWIMMER'S NAME]

SWIMMER DOB [DATE OF BIRTH] 16.07.1987

RULES FOLLOWED [RULES FOLLOWED I.E.]

WOWSA RULES

Time	Stroke Rate per minute	Water Temp of 0.1°C	Air Temp of 0.1°C	Wind Speed kts mph kph BF	Wind Direction cardinal or (°)	Feeding duration in min	Notes Brief description of the swimmer's physical and mental state or brief description of the nutrition or feeding
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FEED AT ALL STOPS

05h40	-	25	25	-			CALM START - SAW OTTERS SWIMMING BY.
06h10	58	26	26	11	SE	.30	STRONG START - WIND PICKED UP SHORTLY AFTER
06h40	58	26	27	13	SE	.30	ALL GOOD CHOP + SWELL S → N
07h10	58	26	27	13	SE	.30	CHOP + SWELL. S → N
07h40	57	25	28	8	SE	1	URINATE - CHOP + SWELL
08h10	58	25	28	9	SE	.30	ALL GOOD - SWIMMING WELL.
08h40	55	25	28	9	SE	1	SMILING IN GOOD SPACE !! CHOP + SWELL.
09h10	54	25	28	8	SSE	1	CHOPPY + SMALL SWELL - STRONG SWIMMING NO INFLUENCE
09h40	54	26	29	8	S	1	WIND CHANGING MORE CHOP - BOAT NOTED
10h10	54	26	30	8	SW	1	URINE - WIND CHANGING
10h40	54	26	30	10	SW	1	Few gusts of wind - pushing us NABTI
11h10	54	26	31	11	WSW	1	WIND CHANGE - HEAD WIND - CHOP + SWELL
11h40	52	26	32	10	WSW	1	LOOKS TO BE CALMING DOWN - CHOP + SMALL SWELL
12h10	54	26	32	10	WSW	1	STILL CHOP - WIND VARY IN FEW GUSTS
12h40	55	26	33	9	WSW	1	CHOPPY - HEAD WIND - SMALL SWELL.

A short paragraph on the reason for taking on a Lake Malawi Attempt:

I LOVE THE ADVENTURES AND THIS LOOKS
LIKE A GOOD IDEA TO DO. IT IS
LONG, WARM, AND ORGANIZED VERY
WELL.

Did you incorporate anything different in your training regime? Perhaps the temperatures expected are very much out of the norm for you as an individual.

NO. NOTHING SPECIAL. I'M A COLD WATER
SWIMMER SO THE ONLY THING IS THAT
THIS SEASON I DIDN'T STARTED MY
COLD WATER ADAPTATION.

How are you feeling about your upcoming swim?

I'M VERY EXCITED AND CURIOUS
HOW IT WILL BE.

The above information will be transferred onto your observers document and then submitted for ratification/certification with all original formalities kept in our archives.



Co-Ratification Declaration

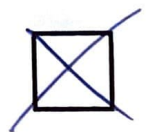
Open Water Africa's Lake Malawi swim is certified by the World Open Water Swimming Association (WOWSA). By default, Open Water Africa will handle all documentation and co-ratification with WOWSA.

Swimmers have the option to have their swim co-ratified with the Marathon Swimming Federation (MSF), for which they will be responsible for membership and providing login details for documentation submission by Open Water Africa.

I have read through and acknowledge the rules and regulations presented to me by observer **Walter Muggleton**, related to my Lake Malawi crossing. Which will be co-ratified or co-certificated through Open Water Africa and organisation of your choice.



World Open Water Swimming Association (WOWSA)



Marathon Swimming Federation (MSF)



Swimmers Name: *PETER PLAVEC*

Swimmers Signature: *[Signature]*

Observers Signature: *[Signature]*
W.A.T. Muggleton

Date: *18. 10. 2025*