

Observer Log



NAME OF SWIM [NAME OF COURSE, SWIM]

LOCATION [CITY, COUNTRY]

START POINT	START DATE	START TIME
LANDING STOPS The wharf	10.03.26	
FINISH POINT	FINISH DATE	FINISH TIME

Angus McPherson

SWIMMER NAME [SWIMMER'S NAME]

SWIMMER DOB [DATE OF BIRTH]

RULES FOLLOWED [RULES FOLLOWED I.E.]

WOWSA RULES UNASSISTED

Time	Stroke Rate per minute	Water Temp °F or °C	Air Temp °F or °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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10:59							Start - 321 Jump in
11:20	48	25		216			
11:30						25	200ml - tradewinds carb mix Caren asks about lights - Angus Harney - Perfected
12:00	48	25				40	200ml carb mix with vanilla bean su
12:30	48			20		50	200ml Carb - Angus throws bottle over other side / JE seizes
01:00							TAIL wind - recovery Protein drink 1/4 Pepp
01:30						60	TAIL wind chocolate outrage 200ml - carb
02:00						60	TAIL wind - Carb loader
02:30	48	24		20		50	Boat / Boat Piece / Drip drop / ASK for Boat / Boat Banana / Plain water / Drip Next
03:00	48					70	Drip drop / water 200ml ASK for protein next ask for stussing to see boat / protein lister
03:30		24		8			3251 cheer / Protein shake - whole bottle - d provided
04:00							protein - mouthfull
4:30	48	24				70	200ml Carb with gel sue vanilla bean small Bananas
05:00	48	24		2		75	200ml Carb - small Banana / Pepp
05:30	46	24		4		85	250 soaked caramel GUU - with water Pepp

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LANDING STOPS The wharf	10.03.26	22:59
FINISH POINT	FINISH DATE	FINISH TIME

Angus McPherson
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SWIMMER DOB [DATE OF BIRTH]

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6:00	46	24				120	protein shake / filled up coherent conversing BIG
6:30	48	24		15		60	200 carb offered / took 250ml Happy with conditions Hello my love to corn
7:00	47	24				100	200 Strawberry Guu - consumed 180ml good spirit TAKING -
7:30	48	24		9		90	Protein full bottle / drank 1/2 Asking when 1/2 good spirit
8:00	46	24		8		140	Pepee 200ml drank 100ml / Squish Per Seach / Pepee 110ml
8:30	46	24				45	200ml carb Vanilla Bean Guu says shoulder left but light from not be able to get over shoulder
9:30	45	24		2		65	ibuprofen 100ml taken 200ml carb - Pepee (Angus continue) felt shoulder left 325
10:00	45	24		1		70	200ml carb / water Gel Guu Vanilla bean
10:30	45	24		0		90	110ml Baby food Strawberry 200ml carb Pepee waterworks Bean - 100ml drank
11:00							200ml carb
11:30	48	25		7		115	200ml / consumed 100ml Told him Hardwork done - water to go out
12:00	48	25		6		40	carb 200ml gel Guu vanilla bean 150ml Pepee
12:30	45	25		5		90	325 1 Race Pro Carb Pepee 200ml Pepee
13:00	44	25		13		90	Protein chocolate full bottle - Refused / Redbull
13:30	48	25		13		90	Protein chocolate full bottle 1/2 bottle Pepee

9am feed Dichlophone feed time 1-10

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1400	48	25		9		90	3 Piece Rock / 200ml Carb / 100ml drink
1435	48	25		3		60	Capricorn - drop drop Peleche 3251 - / Banana 100ml carb
1500		25		0		2:35	low gel energy gel capricorn 3251 / Carbs 200ml
1530	45	25		0		80	2 Jelly Snacks / drop drop 200ml Kerosene wife
1600	45	25		0		85	Banana - Carb - Peleche - Angus tells us he been in for 17hrs -
1630	46	25		0		95	Peaches / carb loader. Angus quite slightly Energy Claws 50
1657	46	25		0		120	Rocklane 50 - Carding 200ml Strawberry / Quava
1730	48	25		0		60	Red bull - denied - Babyfood / Squid Pullout / count 110ml
Dictation home							
1805	48	26		0			

17.15
CP/SW
Start packing
up indoors
excited for
first / JE say
not far close /
HJ say to
CM - assume
to monitor,

32
16