

Observer Log

NAME OF SWIM Circumnavigation St Helena Island

LOCATION JAMESTOWN, ST HELENA ISLAND



START POINT	START DATE	START TIME
Wharf Landing	10 th March 2026	22.58
FINISH POINT	FINISH DATE	FINISH TIME
Wharf Landing	11 th March 2026	19.00

SWIMMER NAME Angus Macpherson

SWIMMER DOB 26 /06 / 1967

WOWSA RULES UNASSISTED

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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
22.58		24 C	21 C	12 KPH	SE		Howard shouts to Angus, Angus raises Arm/ Howard shouts 3 2 1 and Angus jumps in, officially starting his swim, making his way from the landing steps to the left side of the boat in which he will swim.
23.06	48						First stroke rate count, Swimming around 2 meters from Seahawk/Calm waters and dark. Caren and Graham synchronize times and agree on first feed timing.
23.13							Pass Ruperts Bay which has a cargo ship berthed. The ship was bought earlier today than expected due to good weather- Open Water Africa were informed of all movements relating to the ship prior.
23.20	48	25	21	13	SE		
23.25							Caren and Graham prepare first feed with 5-minute warning to Angus-A small child's fishing net strengthened with Duct tape will be the equipment utilized to pass Angus feeds.
23.30	48	25	21	13	SE	25	FEED - 200ml Tailwinds Carb loader- Caren asks about lights on boat- Angus replies 'PERFECT'
23.36							Enchanted Isle out on the left of Seahawk around 50 meters, Shining lights on potential Lobster pots for seahawk to divert from.
23.43							Lobster pots visual and all made aware
23.47							Caren shouts to Angus to stay closer, even more so as we steer and navigate around lobster pots.
23.58							Caren/Graham call Angus into feed/ Caren tells Angus to stay focused on the boat not to get too close but not to get too far. Angus informs Caren he is doing his best.
00.00	48	25	21	15	SE	40	FEED -200ml Tailwind carb loader with Vanilla Bean Gu Gel

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00.15	48		21 C	20 KPH	E/SE		Angus struggles to maintain a good distance from boat- when he comes close, due to swimming on left side he gets the swell bouncing back of the boat, ideal water placement is around 3 meters from boat however he tends to swim 5 to 6 meters away before coming back in- Zig Zag almost.
00.20						10	Angus comes in close /Caren screams, stays away from the boat-Angus stops and asks what's ups and continues to say Caren, I'm not going to touch the boat, don't worry.
00.30	48	24 C	21	20	E/SE	50	FEED- 200ml Tailwind Carb-loader- Angus throws bottle over other side of boat- Jamie Essex retrieves – Angus apologizes.
00.45				15			Angus seems to have found good water placement /as we say that he diverts. Rain starts slightly-rain jackets are being put on.
00.55							Graham prepares Angus Tailwind Recovery protein- A full bottle is made providing the option for Angus to drink as much as he likes. Light rain.
01.00	48	24	21	7	E/SE	30	FEED- Angus drinks around 250ml of protein / Asks for a Gel in his next feed-Informs Howard, he just takes it steady and if that is ok. Howard replies 'of course'. URNINATES
01.22				24			Angus in good water placement-Caren/Graham showing support. Flat calm to strong quick gusts
01.30						60	FEED- 200ml Chocolate outrage gel and tailwind Carb-loader. Short conversation states he is happy. Request normal Carb-loader next feed. Straight after feed swims away from Boat- Caren shouts at him. Seems to be standard practice with Angus veering off
02.00	48	24	21	20	E/SE	60	FEED- Tailwind Carb-loader / Graham announces he will use his headtorch strobe to bring in Angus should we deem he is swimming too far out. Angus request a Drip Drop for next feed.
02.15							Angus Swimming well in and out of the ideal water placement -no concerns as all eyes are on him.
02.30	48	24	21	20	E/SE	50	FEED- 200ml drip Drop/ Water/ 2 small piece of banana-Caren shouts to Angus "Boat, Boat, Boat' to bring him in- Angus says he struggling to see boat (although has green Adventure lights strategically placed. Angus is wearing dark goggles in night.

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02.50							Enchanted Isle about 60/70 meters away from Seahawk on portside. Can make out the outline of the island in the darkness. Approaching Airport as can see red warning light ahead.
03.00	48	24 C	21 C			70	FEED- Drip Drop/ Water 200ml- Angus ask for Protein next feed/ Angus mentions struggling to see boat
03.05							Graham strobes Angus to come in closer to which Angus acknowledges.
03.20							Enchanted Isle comes on the inside of us -Angus now has Enchanted Isle to his right -Seahawk to his left.
03.22							We all get a glimpse of the moon only for it to disappear again.
03.30		24	21	8 KPH	SE		FEED- 32GI Chews/Protein shake- Whole bottle made -around 200ml consumed
03.45							Enchanted Isle pulls alongside Seahawk where Caren disembarks Seahawk -Was expected for Caren to swap between the boats throughout.
03.50							Enchanted isle falls back behind allowing Spotlights on Angus and ahead Swell coming in- Angus Zig Zagging
04.00	48	24	21	20	SE	55	FEED- Protein- one or two mouthfuls consumed- Angus states he appreciates Enchanted Isle spotlights behind him providing light ahead. Choppy but light from Enchanted Isle works well.
04.30	48	25		8	SE	70	FEED- Back on Tailwind Carb loader/ Vanilla Bean GUU gel-Drinks completely small pieces of banana- Angus ask how long swimming been, then answers himself Acknowledges Sunrise inn 90 minutes. Wind along with swell minimally making conditions great and easier from 10/15 minutes ago.
04.45							Caren remains on Enchanted Isle- All onboard Seahawk relaxed -Jamie Yon at the helm -All onboard have lights in hand in aim for Seahawk to be better lit. There are adventure lights, but I think with the swell they fall out of Angus focus sight at times. Gusts every now and again along with swell but nothing major. All eyes on Angus.

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05.00	48	24 C	21 C	2 KPH	SES	75	FEED – 200ml Tail Wind Carb-loader small piece of banana – URINATES
05.10							Enchanted Isle remains behind with spotlights on- Its very dark, cloud cover just not allowing moon to shine through. All awaiting sunrise -2 more feeds time.
05.30	46	24		4	SE	85	FEED -200ml Water/Salted caramel GUU- URINATES
05.40							Can see Sun just starting to rise on the horizon.
06.00	46	24				120	FEED- Protein Shake - full bottle provided-200ml Consumed-Angus coherent and talking- Takes a moment to see the sun rising in the distance which makes Angus super happy /morale boost. URINATES
06.30	48	24	21	15	SE	60	FEED- 200ml Tailwind carb loader offered with 2 small sips being consumed-Angus happy with present conditions -Shouts 'Hello my love' to Caren who pulls up on Enchanted Isle
06.50		24		8	SE		All quiet on Seahawk with Graham preparing Angus feed. Johnny and Coby sitting on roof of Enchanted Isle behind Seahawk.
07.00	48	24				100	FEED – 200ml Water /Strawberry Gu Gel- consumed most -not all/ In fantastic spirits, talking away.
07.05							Enchanted Isle pulls up alongside Seahawk with Coffee. Angus in Good spirits, Informed making progress-seems slightly reluctant to believe that information. Angus asks about the current, Graham says it's all good. Once feed is over Graham suggests to Seahawk crew that 'he is not sure he wants the feed itself, but just to chat' everyone chuckles to this comment in agreement.
07.30	48	24	21	9	SE	90	FEED- Protein -Full Bottle -consumed half. Asking how long to halfway point/ In very good spirits
07.45	44						Howard Notices possible stroke deuteriations and counts
07.50	46						Howard counts again and is happy

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08.00	46	24 C	22 C			100	FEED - 200ml Tailwind carb loader /Squish-Sweet Potatoe-110ml sachet. URINATES
08.20							Enchanted Isle remains on our left side, we can see Speary ahead in the distance, we know Sandy Buoys are coming up (halfway point) Angus remains consistent.
08.30	46	24	2			140	FEED - 200ml Tailwind Carb loader with Vanilla bean Gu. Angus states his left shoulder is a bit tight from not being able to lift high over swell.
09.00	46	24	22			70	FEED -Full bottle of protein shake provided- Half was consumed. Happy to be in Sandy Bay in 10hours-Meaning on par with predictions for 20hrs, Concerned the second half will be slower. Graham suggests not to worry and remain focused. Asks For Anti-inflammatory for next feed.
09.30	45	24				65	FEED - 200ml Tailwind Carb Loader-100ml consumer along with ANTI INFLAMMATORY . Angus counting the hours while chewing on a 32GI chew. Informs shoulder remains tight. Stroke rate dropped slightly to 45, Acknowledging been in water 10 hours-no concerns as in very good spirits.
09.40							Johnny makes his way over to Angus on his kayak. Stay next to swimmer for a short while laughing and joking with Seahawk crew
10.00	45	24	22	1		70	FEED -200ml Tailwind Carb Loader-Vanilla Bean Gu
10.15	46						Wind and swell dropped significantly /not fully flat, nevertheless. Looking to see if support crew have any Vaseline on board in order to come up with a plan to apply. No Vaseline on board. VapoRub rub was suggested which Howard James declined as thought would sting the raw parts.
10.30	45	24		0		90	FEED - 110ml Woolworths Baby food -Strawberry/banana /200ml Tailwind carb loader -100ml consumed. Told to focus On Speary Island for now and we deal with the rest after. URINATES
10.33							Angus back swimming after feed, he did not mention his shoulder or the chafe-Assuming Anti-inflammatory has kicked in.
10.45							A conversation is had on Seahawk to bring forward Angus feed by 10 minutes to provide instructions to stay close to focus on staying with the boat as we go through Speary. We can't afford him to swim too far out as it would take much longer to get back on track/Also rocks to navigate.

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10.52							FEED -Protein /full bottle given with around quarter consumed. Angus is more interested in telling everyone to film this part of the swim for his pleasure later.
11.15							Angus is making his way through Speary; everyone is filming this fantastic part of the swim. Angus seems very happy
11.30	48	25 C	24 C	7 KPH	E/SE	115	FEED - 200ml-Carb Loader-consumed100ml. Informed the hard work has been achieved, still away to go but all stokes lead to the finish.
12.00	45	25		6	E/SE	40	FEED - 200ml Carb Loader with Vanilla bean Gu- ANTI INFLAMMOTARY
12.24	44						Continuing to bring Angus closer to the boat enables us to try cutting over the current and get us into friendly water.
12.30	45	25		5	E/SE	90	FEED - 32Gl Race Pro carb protein Cappuccino Gel/200ml Tailwind carb loader. Angus says he might only finish this swim with one shoulder and ask how far we have swum past Speary. We make light acknowledgement of shoulder and say not to worry about the Rock, it's very big. He is in good spirits, but you can see he struggles with his left arm at times. URINATES
13.00	44	25		13	E/SE	90	FEED - Full bottle of protein forwarded to Angus which he refused and asked for a Red Bull which seemed to really enjoy.
13.30	48	25	25	13	E/SE	90	FEED - Protein Chocolate full bottle forwarded with half being consumed. Angus suggests there were 3 sharks deeper down. Remains in super spirits. It's truly remarkable that he has shown no signs of negativity at all. Caren back on board seahawk. URINATES
14.00	48	25		9	E/SE	90	FEED - 200ml Tailwind carb loader -100ml consumed with 3 pieces of sliced peach
14.22				0			Speary Island is now out of sight, with Egg Island in sight. Conditions are near perfect like the very start but in daylight.
14.25	48	25	25	3		60	FEED -Drip Drop electrolyte 200ml Water small piece of Banana. Angus continues to be high spirits/ Suggests he will have enough energy for his wife later this evening and that he would like to-do a video message to his grandchildren on his next feed. He states his shoulder is painful but not enough for him to not finish the swim. URINTAES

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15.00		25 C	23 C	0		125	FEED- 200ml Tailwind Carb Loader -100ml consumed- Race energy Gel cappuccino 32G product. Caren videos Angus while he records a message to his Grandchildren. It's truly phenomenal that he has the energy and feels he has the time to tell them he loves them and that they can do anything they put their mind into.
15.15	46						All are relaxed on both vessels and just letting /watching Angus make progress.
15.30	45	25		0		80	FEED- 200ml Drip drop/Water- 2 jelly sweets. Lots of quick kisses to his wife from the water. URINATES
15.40							Atmosphere very relaxed, just can hear the slaps of the water from Angus strokes.
16.00	45	25	23	0		85	FEED- 200ml Tail wind Carb loader – Small piece banana. Angus informs us he has been swimming for 17hrs. URINATES
16.15							Conversation on Seahawk about the swim itself, who it is marketed at and whether it will become a major one, all agreed it's a fantastic swim but one that requires focus. All generally impressed with how Angus has dealt with the entirety of his swim
16.30	46	25		0		85	FEED- 200ml Tailwinds Carb loader- 2 small pieces of peaches -2 Gu energy chews. Angus is slightly quitter than previous feeds but not silent.
16.45							Caren tells Graham he is funny in his pink top, He has been wearing it for a while now, but she only seems to comment now which seems to keep her amused.
16.57	46	25	22	0		120	FEED- Rockline GU Strawberry/ Guava in 200ml Tailwind Carb Loader Caren asks Angus to look ahead where you can see Jamestown in the distance, Angus asks how far to no answer but don't worry distance each stroke brings you closer.
17.15							All extremely chilled, the water is fantastic and everyone just watches Angus. Caren and Graham start tidying up and getting excited as they assume 30 minutes till the end. Jamie Essex suggests quietly we are not that close yet.

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17.30	48	25 C	23 C	0		30	FEED- Red Bull denied, asks for Squish Butternut baby food 110ml
17.45							Howard James informs Caren that although we have Emergency services on standby on landing the swim, that Angus should be monitored throughout the night with irregular breathing/disorientation/general well-being.
17.55						25	Graham and Caren shout out to Angus if he would like anything? He shouts back 'Coke'. Graham tries to explain this could be the last stop and that he possibly be 40 minutes from landing the swim. Angus asks him to repeat, acknowledges the coke is Lekker cold and then carries on. Angus as always happy.
18.05	48	26		0			
18.22							Graham and Caren acknowledge that Angus said he will just go through to the finish without stopping. Enchanted Isle erect the South African flag on the port side of the vessel and come on the inside of Seahawk, where Angus makes an abrupt turn to swim between the two vessels, without any prompting.
18.30	48	26	22	0			Caren showing Angus a cell phone with his son screaming support, Not Sure if Angus can see but Caren says its Daniel and Angus waves and shouts 'Love you". This swim is really something else and it's amazing to see the love/ determination and support from so many. URINATES
18.40						15	We are just about to approach the moorings and navigate around them towards the landing steps where a crowd has gathered. Everyone is excited and Graham is standing up looking overwhelmed and having a moment. Howard James says that he can cry if he wants to. Caren makes a joke. The sun is setting; the water is idyllic with just the sounds of Angus stroke slapping the water. It has been a long day full of focus and determination truly something to be part off.
18.50							Mathew Guides Angus in towards the Landing steps/ Angus still wants to swim off course, Mathew doing his best to guide him in without hitting him with the kayak. Caren shouts, just hit him with it joking. You can hear the crowd with sounds of Angus name being shouted. It fabulous.

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