

Observer Log



NAME OF SWIM Circumnavigation St Helena Island

LOCATION St Helena Island

START POINT	START DATE	START TIME
Wharf Landing	26 th Feb 2026	00.01
FINISH POINT	FINISH DATE	FINISH TIME
Wharf Landing	26 th Feb 2026	17.14

SWIMMER NAME **Dina Levačić**

SWIMMER DOB **14/03/96**

WOWSA RULES UNASSISITED

Page ONE

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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00.01			20° C				Dina starts swimming, makes way to seahawk Odyssey's instructs feed every 20 minutes to all onboard.
00.07							Sea Rescue checks radio communication with enchanted isle and Seahawk
00.13				1.5k m			Very dark/ very quiet / Sea breeze
00.16	60						Now that Dina is in a rhythm, first stroke rate is taken
00.21	60	25		1.5 km	E	40 sec	FEED 200ml Sponsor Maltodextrin
00.30							ZJ Blows kisses to Dina, Calm atmosphere on Seahawk, flat Ocean, very dark apart from lights on Seahawk pontoon
00.43	60	24		1.2 km	E	20 sec	FEED: Warm water 200ml Sponsor maltodextrin. ZJ talks briefly to DI in Croatian
00.55						25 sec	Seahawk asks Enchanted Isle to go ahead and advise on Lobster pots. Dark, Small moon not visible behind clouds.
01.01	60	24		8km	ESE	35 sec	FEED: Liquid Energy gel-BCCA-200ml warm water. DL urinates. ZJ requests more warm water
01.10			20° C			30 sec	Enchanted Isle pulls alongside, hands over warm water. ZJ requests for it to be hotter next time.
01.15	62	24		3km	E		Enchanted Isle brings hot water flask. ZJ is over the moon and hugs the flask, squeals with delight.
01.20						30 sec	FEED: 200ml warm water -Maltodextrin. / DI ok and happy/ ZJ encourages
01.41	62	24		5.2 Km	ESE	15 sec	FEED: 200ml Warm water/Maltodextrin. DL urinates. Jamie Essex suggests she St Helena mermaid.
02.00	60	24		2.0 km	E	18 sec	FEED: 200ml Liquid Energy gel-BCCA lemon=3 caffeine tablets. DL informs ZL she feels good
02.10			20° C				Jamie Yon checks in all ok onboard, each individual state they are good

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02.22						30 Sec	FEED: 200ml Warm Water-Maltodextrin. DL urinates . Light swell
02.33	62	24		3 km	E		Slight Swell, for those standing, requires moving with motion. DL urinates. Flying fish around Seahawk portside and bow which are visible in spotlight.
02.35							Enchanted Isle provides lighting for Lobster pots/rock formations
02.41	60	24		0		15 Sec	FEED: 200ml Warm water -Sponsor Gel- Conversation between ZL and DL quick and pleasant
02.47	60	24		2km	E		School of Dolphins ahead, it's dark but they are just visible
03.01	60	24	20° C	0		40 Sec	FEED: 200ml Warm Water-Liquid Energy Gel BCCA lemon. DL urinates and states she is happy
03.21	60	24		0		30 Sec	FEED: 200ML Warm water -Maltodextrin
03.41	60	24		0		30 Sec	FEED: 200ML Warm water-maltodextrin
03.45	60	25		0		20 Sec	Christmas Pontoon Lights fail. HJ sets up adventure lights strategically for front middle and back of Seahawk. ZL sits in middle
04.01	60					30 Sec	FEED:200ML Warm water Liquid Energy gel BCCA Lemon +3 caffeine pills Peacefull atmosphere, no wind
04.21						32 Sec	FEED: 200ml warm water -Maltodextrin- No Conversation
04.41	60	24		0		15 sec	FEED: 200ml Warm Water-Maltodextrin- No conversation
05.00			20° C				Calm water, all waiting and looking forward to the sunrise to start.
05.01	60	24		2 km	E	15	FEED:200ml Warm Water-Liquid Energy Gel BCCA lemon. There <u>is</u> gentle breeze and light swell.

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05.40	60	24	20° C	0		40 sec	FEED:200ml Warm Water-Maltodextrin. DL takes 75ml. DL Urinates
05.43	60	24		0		40 sec	Sunrise, the island rockface becomes visible, slight swell
05.55	60	24		0		50	Enchanted Isle offers Hot water/Coffee- Declined by all on Seahawk
06.03	60	24		0		30 sec	FEED: 200ml Warm Water-Maltodextrin-DL takes 100ml. HJ Erects Alpha flag -Flag is limp-no wind
06.21	60	24	21° C	0		30 sec	FEED: 200ml Warm Water -Maltodextrin-Competition
06.43	60	24		0		20 sec	FEED: 200ML Warm water -Liquid Gel BCCA lemon
07.03	62	24		0		30 sec	FEED:200ml Warm water Maltodextrin. ZL shouts BRAVO BRAVO- Mandatory communications take place between pilot boats and Sea rescue
07.15	60	25		0		58	Johnny Heren kayaks over and joins DL on her right side. All on Seahawk laugh and cheer.
07.23	60	25		0		90 sec	FEED: 200ml Warm water-Maltodextrin DL switches to dark lenses. ZL cheers and supports
07.27	60	26		0			HJ asks ZL what DL longest swim to date. ZL informs around 15 hours
07.42	60	24		0		56 sec	FEED:200ml Warm Water-Maltodextrin-Liquid Gel BCCA lemon. DL urinates
08.02		24		0		60 sec	FEED:200ml Warm water Maltodextrin +3 caffeine pills. Around 100ml consumed
08.15	60	24	21° C	0			Halfway point reached (8hr 14 minute) Sandy Buoys Visible
08.22	60	24		0		30 sec	FEED: 200ml Warm water-Sponsor competition-100ml consumed
08.50	60	24		0		90 sec	FEED: 200ml Maltodextrin- Liquid energy Plus cola. DL seems slightly frustrated as Speary Island <u>not</u> getting closer

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09.00	60	24	23° c	6	E		Sandy Bay reached, DL brief stop to look at Speary Island ahead
09.05	60	24		0			School of Rough Tooth Dolphins ahead around 80 meters
09.15	60	24		4 KM	E		DL briefly stops /Stretches and coughs/ Some mucus
09.18							Stroke rate check, holding 60spm/ Navigation update, Speary has shallow reef and does not allow smallest of boats safe passage/Advised by Enchanted to steer clear but avoid hard water as we turn southwest
09.20	60	24		5 km	E	40	FEED: 200ml Warm water-maltodextrin-Competition
09.44	62	24		10 km	ESE	63 sec	FEED: 200ml Warm water – Maltodextrin. DL urinates
10.01	60	24		12 km	ESE	50 sec	FEED: 200ml Warm water Liquid gel BCCA lemon. DL and ZL chat in Croatian, DL is coherent and in good spirits
10.18	60	25		14 KM	ESE		Enchanted Isle goes ahead and sources safe passage through Speary
10.20	62	26		16 KM	ESE	20 sec	FEED:200ml Warm water- maltodextrin. ZL cheers BRAVO BRAVO MACHINA
10.40	62	24		14 km	ESE	47 SEC	FEED: 200ml Warm Water-Liquid Energy BCCA lemon
11.02	60	25		14 KM	E	58 SEC	FEED: 200ml Warm Water-Maltodextrin. DL stretches
11.19			25° C				wind IS up. Few white caps however all favorable to our direction
11.21	60	25		14 km	ESE	35 SEC	FEED: 200ml Water-Maltodextrin. DL stretches. ZL provides support/encouragement
11.30							Large Manta ray spotted behind Seahawk
11.40							FEED: Water -Maltodextrin-Liquid Gel BCCA lemon. DL sighs-stretches-continues

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11.40	64	26		17 km	ESE	25	FEED: 200ml Water-maltodextrin -Liquid Gel BCCA Lemon. DL sighs - Stretches-Continues
11.50	62	26		0		80	ZL Cheers BRAVO BRAVO MACHINA BRAVO
12.00	62	26		21 KM	ESE	20	FEED:200ml Water-Liquid gel Plus Cola +3 Sponsor caffeine pills.. DL seems slightly frustrated at progress towards landmarks
12.30	63	26		11 KM	ESE	40	DL stops, reports 9 to 0 Manta rays-Team on seahawk react with excitement.
12.35	60	25				40	Conditions Flatten-Perfect swimming conditions. DL Urinates Amazing how the gusts can just stop
12.42	60	25		9 km		40	FEED: 200ml Water-maltodextrin-Liquid Energy BCCA gel Lemon. Can see signs of chaffe on DL neck
12.50	63	25		3 km	E	10	DL flips onto her back and stretches out for 10 seconds
13.05	60	25				35	FEED: 200ml Water -Maltodextrin and BRUFEN . DL urinates . ZL continues to provide support and encouragement
13.23	62	26		0		35	FEED: Water 200ml -Maltodextrin. ZL BRAVO BRAVO, DL acknowledges
13.30	65						DL finds a second wind, Measure stroke rate which has upped by 5spm-Perhaps the BRUFEN kicked in
13.42	60	24					DL reverts to 60 spm
13.45	60	24		0		20 sec	FEED: 200ml Water -Maltodextrin-Liquid gel Plus Cola
14.03	64	26	32° c	6 KM	E	25 Sec	FEED: 200ml Water- Maltodextrin -Liquid Energy Gel BCCA lemon
14.15							DL stops and asks for the remaining distance. ZL talks in Croatian Machina Machina and to carry on for now
14.23	62	26		0		80 sec	FEED:200ml Water Maltodextrin. DL urinates and asks distance. ZL suggests around 8km. DL sighs. ZL Encourages. DL seem frustrated but seems focused

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14.30	60	24		6	E		ZL looks anxious, hands clasped, urging DL to maintain strong will.
14.44	62	26		5 km	E	20 sec	FEED: Water 200ml – Liquid Energy Gel Plus cola
15.00	63	26		5 KM	E	40 sec	FEED: Water 200ml Maltodextrin. DL urinates
15.22	63	25				40 sec	FEED: 200ml Water Liquid Energy gel plus cola. DL looks forward, takes a breath, appears focused and determined
15.31							Jamestown moorings visible in distance
15.44	60	25		6 km	ESE	40 sec	FEED: 200ml Water=Maltodextrin. DL ask how much longer, remains focused but frustrated at Jamestown distance.
15.50							DL pushes on, Stroke rate 63spm. Enchanted isle takes inside positioned swims between Enchanted and Seahawk. Enchanted remains a safe distance.
15.55	63	25		3 KM	E	10	FEED: Water Liquid Energy gel BCCA lemon. Short stop. DL seems determined.
16.03			29° C				Jamie Essex informs there are people congregating at the wharf steps
16.05	62	25		14 km	ESE	35 SEC	Howard asks about id the Ice cream van going to be there. MR BORBS
16.20	62	26		16 KM	Ese	6 SEC	FEED: Water Liquid Energy Gel BCCA lemon. DL grunts
16.35							FEED: Water Maltodextrin, DL uninterested, takes a sip then discards and continues to swim
16.40	60	25		13 km	ESE	35 SEC	Wind picked up.
16.45	64						Stroke rate upped. DL digging deep
16.50							JE and HJ erect s St Helena flag on mast

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