

Observer Log



NAME OF SWIM [NAME OF COURSE, SWIM] LAKE MALAWI

LOCATION [CITY, COUNTRY] MALAWI

START POINT	START DATE	START TIME
MAKANGILA	11-05-2026	6h 04
FINISH POINT	FINISH DATE	FINISH TIME
Senga Bay	11-05-2026	14h 09

Maggie Regan
SWIMMER NAME [SWIMMER'S NAME]

SWIMMER DOB [DATE OF BIRTH] 25/11/1991

RULES FOLLOWED [RULES FOLLOWED I.E.]

WOWSA RULES

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
------	------------------------	---------------------	-------------------	---------------------------	--------------------------------	-------------------------	--

6:04		27	20	3 km	E		CALM CONDITIONS
06h35	53	27	20	6 km	E	1	NO INFLUENCE GOOD CONDITIONS - SMALL SWELL N → S - FISHING BOATS 720' - WIND DROP!!
7h10	52	27	24	10	E	1	URINATE - ALL GOOD - SWIMMING STRONG!!
7h40	52	28	27	5	E	1	ASKED TO EXTEND FEED TO 60M INTERVAL.
8h20	52	28	29	3	E	1	WIND CHANGE NE AT 8.30. SLIGHT SWELL - CONDITIONS VERY GOOD
09h00	51	29	31	-	-	1	WIND DROPPED - SMOOTH - FEED BACK TO 30M
09h30	51	28	32	-	-	1	URINATE - GOOD CONDITION - HOT!!
10h00	51	28	32	-	-	1	BIT TIRED BUT SWIMMING STRONG
10h30	52	28	32	-	-	1	SMOOTH - HOT CONDITION - STRONG SWIM
11h00	51	28	33	-	-	1	URINATE ALL GOOD - SLIGHT W WIND 11h15
11h30	51	29	30	4	W	1	CENTRE WEST WIND - RIPPLES
12h00	51	28	30	4	W	1	CALM - MAGGIE ALL GOOD
12h30	50	28	31	7	N	1	WIND CHANGE N AND PICKING UP - CURRENTS ^N
12h00	51	28	30	11	N	1	BREEZE / CHOP / CURRENT - SLIGHT FROM N.
13h30	51	29	28	13	N	D	STRONG SWIMMING. SKIPPED LAST FEED - LEFT FOOT PAIN NOTED. CONDITION GETTING TOUGHEN + CURRENT OUT OF BAY. SOUTH → NORTH
14h09	51	28	28	13	N		FINISHED - STRONG - Senga Bay Beach.