

Observer Log



NAME OF SWIM [NAME OF COURSE, SWIM]

LOCATION [CITY, COUNTRY] MALAWI - AFRICA

START POINT	START DATE	START TIME
MAKANTILA	16-10-2025	05h 58
FINISH POINT	FINISH DATE	FINISH TIME
Senga Bay.	16-10-2025	18h 56

DEZIDER PÉK
SWIMMER NAME [SWIMMER'S NAME]
SWIMMER DOB [DATE OF BIRTH] 12.07.1973
RULES FOLLOWED [RULES FOLLOWED I.E.]
WOWSA RULES

Time	Stroke Rate per minute	Water Temp of or °C	Air Temp of 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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05h58	-	26	26	-			CALM START - FEW FISHING BOATS
06h28	55	26	27	14	E	30sec	FEED - (AND FISHING) NEARBY SLIGHT CHOP
06h58	52	26	27	11	ESE	30sec	BREEZ SMALL CHOP MINIMAL SWELL - FEED
07h28	52	26	29	12	ESE	1min	URINATING - FINE SMALL CHOP. - FEED
07h58	50	26	31	8	SE	1min	0.5m SWELL CURRENT N→S PUSHING HIM S
08h28	52	26	30	8	SSE	1min	SMALL SWELL - SWIMMER PULLING LEFT + N→S CURRENT
08h45							BOAT MOTOR CUT - 20 MIN STOP TO RESTART
09h05							SWIMMER RESTART CALLED FOR SECOND BOAT - SAFETY PRECAUTION
09h10	52	26	29	8	SE	1min	ALL GOOD - FEED
09h40	52	26	29	11	S	1	FEED ALL GOOD - PULLING LEFT + CURRENT N→S
10h10	50	27	29	11	S	1	FEED PULLING LEFT - SLIGHT CURRENT N→S
10h40	50	27	29	9	S	1	FEED ALL GOOD - CHOP AND SMALL SWELL
11h10	50	27	29	15	S	1	TALKING + SMILE BANANA + FEED - CHOP + SWELL S→N
11h40	50	27	29	10	S	1	FEED CHOPPY - BREEZ DROPPING A BIT
12h10	50	27	29	11	S	1	HAPPY + SMILE FEED - ALL GOOD - URINATING CHOPPY

Observer Log



NAME OF SWIM [NAME OF COURSE, SWIM]

LOCATION [CITY, COUNTRY]

MALANI - AFRICA

DEZIDER PEK

START POINT	START DATE	START TIME
MAKANJILA	16-10-2025 05h58	05h58
FINISH POINT	FINISH DATE	FINISH TIME
Senya Bay	16-10-2025	18h56

SWIMMER NAME [SWIMMER'S NAME]

SWIMMER DOB [DATE OF BIRTH] 12.07.1973

RULES FOLLOWED [RULES FOLLOWED I.E.]

WOWSA RULES

Time	Stroke Rate per minute	Water Temp of or °C	Air Temp of 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

12h40	48	27	29	11	S	1	CHANGE TO REPLACEMENT BOAT - PRECAUTION ALL GOOD - FEED - CHOP + SWELL + FEED
13h10	50	27	29	13	SW	1	FEED - CHOPPY - FEELING + LOOKING STRONG
13h40	50	27	30	14	NSW	1	CHOPPY - FINE - FEED -
14h10	50	28	33	9	WSW	1:30	SUN CONDITIONS FEED CAP OFF / CREAM - CALMING DOWN - 1 BOAT SEEN
14h40	48	28	35	6	W	1	FEED ALL GOOD - URINATING - CALM GOOD CONDITIONS
15h10	48	28	35	4	W	1	STRONG - ALL GOOD - FEED - SMILE
15h40	50	28	35	8	N	1	WIND CHANGE TO N 2 FISHING BOATS FEED
16h10	50	28	33	9	N	30S	NO - INFLUENCE ALL GOOD - SWIMMING STRONG - 2 FISHING BOATS
16h40	50	28	31	9	N	30S	WEAVING WHILE SWIMMING -
17h10	50	28	30	10	N	1	FEED WEAVING - SMALL BOATS - STILL STRONG
17h40	48	27	27	10	N	1	SUNSET FISHING BOAT - NO INFLUENCE - ALL GOOD FEED
18h10	50	27	27	7	N	1	ALL GOOD - FEED
18h40	50	27	27	6	N	30	SWIMMING STRONG - ALL GOOD
18h58		27	26	3	N		FINISH - STRONG - WELL DONE !!
							SLIGHT WOBBLE IN LEGS - HAPPY.



Co-Ratification Declaration

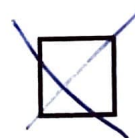
Open Water Africa's Lake Malawi swim is certified by the World Open Water Swimming Association (WOWSA). By default, Open Water Africa will handle all documentation and co-ratification with WOWSA.

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: **DEZIDER PÉK**

Swimmers Signature: **Dezider Pék**

Observers Signature: **Walter Muggleton**

Date: **16/10/2025**

For Swimmer



Additional Information

For us to assure relevant and correct information is submitted for Ratification and Certification process, we ask for swimmers to provide the following:

Swimmers Name: DEZIDER PÉK

Swimmers Full Address: HORNÝ BAR 251, 93033, SLOVAKIA

Coach (if applicable)

Name: PETER PLAVEC

Phone: +43 664 38 10 832

Email: PETER.PLAVEC87@GMAIL.COM

Costume Brand and specifics/product name: (for example Speedo Endurance)

ZOGGS ECOLABS +

Swim Cap: Latex / Silicon / None

Goggles: Brand & product name: Q CRUZ

Sunblock and Anti-chaff (skin lubrication) to be used:

Brand/product/factor

DESITIN + 50 F. SUNBLOCK

Planned Feeding, Medication, Nutrition Information:

How regular/make and brand
Amounts.

SPONSER ULTRA COMPETITION WITH WATER
EVERY 30 MINUTES 40-45 g + 300-350 ML WATER
IF NEEDED COCA COLA OR BANANAS OR SPONSOR GEL
IF NEEDED TOROCAN AGAINST MOTION SICKNESS
IF NEEDED FLECTOR AGAINST PAIN

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

I ALREADY DID GIBRALTAR STRAIGHT, ECH RELAY
AND NORTH CHANNEL RELAY. NOW IM CONTINUING
THE STILL LAKES 8. I DID ALREADY LAKE
TAHOB LAKE BURCH. THIS WILL BE NEXT.

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.

I PREPARED AS MUCH AS POSSIBLE FOR A
WARM WATER SWIM. I WAS TRAINING
MOSTLY IN A WARM POOL. THE WATER
TEMPERATURE WAS AROUND 28 DEGREES C.

How are you feeling about your upcoming swim?

I TESTED THE WATER HERE. IM VERY CONFIDENT.
THE WATER IS SUPER CLEAR. THE SUPPORT
IS WELL PREPARED AND I BELIEVE IN THEM.
I HOPE IT WILL BE A NICE LONG SWIM
AND SUCESSFUL OF COURSE.

**, will be transferred onto your observers document and
tification/certification with all original formalities kept**