

Observer Log



NAME OF SWIM [NAME OF COURSE, SWIM] ST HELENA ISLAND.

LOCATION [CITY, COUNTRY] UK Territory ISLAND.

START POINT	START DATE	START TIME
LANDINGS STAIRS The Wharf	14/03/26	06:03
FINISH POINT	FINISH DATE	FINISH TIME
LANDINGS STAIRS The Wharf	14/03/26	

RYAN STRANROOD

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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0103	60	26	26	10		30	300ml Carb / 411 Consumed / Leigh has feeding plan with See you Printed.
0130	60			19		30	300ml Carb / Consumed / Leigh ask if temp ok - RYAN replies fine - Arrive at
0200	60	26		1.5		65	300ml Carb / 325 Gram Peanut Butter.
0230	60			6		50	300ml Carb
0300	60			13		60	4 Peach slices in bottle / 300ml Carb / Pelee Ryan put on coat
0330	60	26		5		90	Coke - transferred from Can to water bottle. Pelee
0400	60			13		100	chicken / veg - Baby food / 110ml Peach
0430	60			13		95	300ml Carb / Non Caffeine Gel / Ryan said its Awful and no different to Angus -
0500	60			13		100	300ml Carb / Peanut Butter gel / Pelee 2 PAVADOS
						5	Squish with 110ml Banana Carb
0600	60						no food - just Carb - Pelee Sunrise Beautiful
0630	52					1-20	Pelee 300ml Carb - Says current going opposite - but its hot
0635							Whole Shark - Ryan tells Kish.
0700	56					1-20	Coke - informed remain cherry - Oh really -
0730	58					1-140	Peaches & Sticks / 300ml Carb / Kyan quite
							Leigh says nearly 1/2 way Pelee

Observer Log

NAME OF SWIM [NAME OF COURSE, SWIM]

LOCATION [CITY, COUNTRY] St Helens Island



Ryan Hancock

SWIMMER NAME [SWIMMER'S NAME]

SWIMMER DOB [DATE OF BIRTH]

RULES FOLLOWED [RULES FOLLOWED I.E.]

WOWSA RULES UNASSISTED

START POINT	START DATE	START TIME
The Church Landing, St Helens	19.3/26	00.03
FINISH POINT	FINISH DATE	FINISH TIME
The Church Landing, St Helens	19/3/26	

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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0700	60	26		10		160	Perce 300ml Carb
0830	58	26		8		180	Cadence caffeine gel / 300ml water Perce
0900	60	26		10		240	coca flavored macademia 300ml Carb 2 Panado Change Sockle
0935	60	26		6		160	300ml Carb / Leigh asks if what nutbars to eat - Kean Haws Bottle
1000	57			12		180	300ml Water + Bolo Stops to tell Leigh what he wants
1030	60			13		120	600ml Carb mix
1130	57	26		30		250	1000s forward to Soup SPART looks like monkey THANKYOU - Perce Said Ryan - Inform Leigh text Perce
1200	60			27		145	Red Bull / Peaches & Slice / 2 Panado
1245	58			15			Dolphins in sight for out - / Rough weather Leigh Start staying Behind fishing.
1330							Water/Gel 300
1400	58			15		120	300 Carb Leigh tells Ryan Massage coming in Ryan in cold water Just Fred
1430							300 Water Revive electrolytes Ryan ask for at next feed

05

45

St Helena Sand

Regan Stramrod



START POINT	START DATE	START TIME
LANDING Steps The Wharf	19/03/26	00:03
FINISH POINT	FINISH DATE	FINISH TIME
LANDING Steps The Wharf	19/03/26	

SWIMMER DOB [DATE OF BIRTH]

RULES FOLLOWED [RULES FOLLOWED I.E.

WOWSA RULES UNASSISTED

Notes Brief description of the swimmer's physical and mental state or brief description of the nutrition or feeding	
Feeding duration in min	
Wind Direction cardinal or (°)	
Wind Speed kts mph kph BF	
Air Temp °F or °C	
Water Temp °F or °C	
Stroke Rate per minute	
Time	

[illegible]

54.83

Open Water Africa

[illegible]

time 16 h 50-42 sec
Feed Deduct. 54.83 minutes
time 15 hour 55min 52 sec

10 liters.

58,620 strokes