

Observer Log



NAME OF SWIM Circumnavigation St Helena Island

LOCATION: South Atlantic Ocean

START POINT	START DATE	START TIME
Wharf Landing	19 TH March 2026	00.03
FINISH POINT	FINISH DATE	FINISH TIME
Wharf Landing	19 th March 2026	16.53

SWIMMER NAME **Ryan Stramrood**

SWIMMER DOB **10/08/1973**

WOWSA RULES UNASSISTED

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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00.03							Swim Starts
00.05		23 C	24 C	0 KMH			Radio checks and Ryan find his placement next to the boat. No wind
00.08							Leigh finds her bearings on board regarding feeding and seating. There is a Feed plan printed.
00.12							There have been a few Yachts arriving on the island meaning Seahawk has to navigate through the moorings and pass Ruperts. Enchanted Isle is behind Seahawk with spotlight shining over Seahawk and Ryan as planned.
00.15	62						First Stroke rate count 62spm/ Ryan did not know his stroke rate and first swim for a very long time with no Smart watch.
00.20	60						Stroke rate taken again, (aiming to find a relevant stroke count)
00.25		24 C					Water temperature 24 C, Navigating passed Lobster Pots. Very dark as expected with stars and the lights of Jamestown and Ruperts port diminishing.
00.35							Seahawk and Howard joke that there should be no issues with Ryan diverting from boat as he is wearing clear goggles unlike Angus on the previous swim. Ryan swims well next to Seahawk on the left side as he breathes only to the right.
00.40				3 KMH			
00.45							Ryan swimming well. Enchanted Isle behind around 50 meters.
00.54	60						Stroke count 60spm/ providing a relevant count moving forward.
01.03	60	26	23	10 kmh	SE	30	FEED- 300ml Carb-Loader/All Consumed/ Ryan asked if happy with lights- Yes)

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Page TWO

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01.10							Passed Sugar Loaf/ Ryan receiving a small bit of backwash from the boat at times, you can see Ryan adapting his water placement to prevent a face full of water.
01.15							Jamie Yon and Leigh discuss their favorite sharks. Milky way is out; Photo does not do justice
01.30	60	25 C	23 C	19 KMH	SE	30 SEC	FEED -300ml Carb-Loader/ Leigh ask if temperature of drink good/ Ryan reply Yes. The feed drinks are placed on ice in the cool box/ Ryan suggests this will be much appreciated later in the swim.
01.45	60			19			Jamie Yon swaps with Jamie Essex at Helm.
02.00	60	26 C		1.5		65	FEED -300ml carb-Loader/ 32gram pouch Peanut Boost. Feeding net being utilised was provided by Angus. Peanut Boost getting stuck in his mouth-washing down with Carb Loader drink
02.12				10			
02.25							Flying fish around us/ Lone rock passing
02.30	60			6	SE	50	FEED -300ml- Carb-Loader
02.37				13			Conditions bumpy but not major
02.45	60						All quiet on board Seahawk, Enchanted Isle places spotlight on island enabling an intimidating backdrop.
02.50							Swell building, Seahawk slightly bumping on the swell.

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Page THREE

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02.55							St Helena airport light in sight
03.00	60	26	23 C	13 KMH	SE	60 SEC	FEED -300ml Carb-Loader/ 4 pieces of peaches in a bottle. Ryan URINATES . Jamie Yon put on his coat.
03.05							Leigh places a can of Coke in feed bottle ready for next feed.
03.10							Looking at airport light, other than the small red light it is just pitch black.
03.22							Jamie Essex hands out peanut clusters to all on seahawk.
03.25							Enchanted Isle around 40 meters on our left. Ryan receives a little backwash from the boat and moves himself a little further from Seahawk out of backwash. Recall a swell on Angus swim at this location.
03.30	60	26		5	SE	90	FEED - Coke/ Ryan URINATES . Ryan asks what the red light is, Leigh informs it's the Airport. Doesn't seem to get any closer.
03.35							leigh prepares next feed, decanting from a 5-liter Water bottle into the feed bottle with care and focus.
03.45							General chit chat on boat, comparing location from previous swims.
04.00	60	26		13	SE	95	FEED - Chicken / Veg Baby food 110ml pouch. Ryan states he is not living the dream regarding the conditions. At this point Jamie Yon/Essex and Howard suggest similar conditions like last swim although for a longer time
04.15							Leigh lies down for a short while
04.25							Ryan stops suddenly, as he swallows some water. Ryan is in a washing machine, you can SEE his frustration, it won't break for a minute.

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Page FOUR

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04.30	60			13 KMH	SE	95	FEED -300ml Carb-Loader/ Caffeine Gel- Ryan says its awful conditions and that he cannot find a rhythm.
04.50				15			Washing Machine /Dark
04.55							Take a couple of seconds for a breath, Conditions continue as a washing machine, and you can see his frustration with the darkness and conditions. Ryan has been battered for the last 30 minutes. Crew makes a joke, that would be better in dark goggles so we can't see the frustration in his eyes. Leigh is wearing a watch on the boat that suggests even in these conditions his pace has improved. Howard suggests it will settle.
05.00	60	23	26	13	SE	100	FEED -300ml Carb-Loader/peanut Butter Gel/ 2 PANADO . Ryan URINATES .
05.05							Concerns he is behind schedule/ Whatever that schedule is, seems he must have one in his mind.
05.10							Leigh makes next feed/ feeds are still being kept in cool box. Even in the washing machine, Ryan was able to remove lid from a Tupperware container to retrieve the Panado and place back into fishing net feed stick.
05.15	57						
05.24	60						Conditions improved very slightly / Can make a sunrise in the distance
05.30	60			10	SE	120	FEED - 300ml-Carb-Loader – 2 small pieces of Snickers / Inform Ryan more chop coming up/Ryan asks why we can't swim out further.

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Page FIVE

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05.39				15 KMH	SE		
05.45							As sunrises, more light allows for Ryan to be further away from boat in better water and see what's in front regarding conditions
05.55							Enchanted Isle radio Seahawk asking if anyone would like a cup of Coffee.
06.00	60	26		12	SE	75	FEED -300ml Carb-Loader Ryan URINATES / Leigh asks Ryan to look at Sunrise-Ryan reply's, its beautiful. Ryan takes a little strain of his shoulder by stretching and pondering
06.10							Enchanted Isle pulls up alongside Seahawk with Coffee and a box of Sandwiches.
06.20	52			6	SE		Still a little backwash but no wind. Stroke rate dropped slightly, assuming just to take some strain off shoulders rather than a bigger issue.
06.25	56						Leigh does a little bailing at stern, Ryan ups stroke rate to 56, Confirming he was just taking a rest
06.30	56		24	8	SE	120	FEED -300ml Carb-Loader Ryan suggests the current is holding him. It's not, we are moving and moving well.
06.42							Ryan suddenly stops and informs everyone a Whale Shark is beneath him. This comes as positive feedback from Ryan, and we hope he puts him in a happy place. Crew say ok, carry on.
06.46				7			

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WOWSA RULES UNASSISTED

Page SIX

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06.55	57						
06.57							Enchanted Isle around 40 meters away to our left with Ryan swimming between the 2 support boats. All on aboard Seahawk waiting for Sandy Buoys to come into sight.
07.00	56	26 C	24 C			120	FEED - Coke. Ryan informed the chop will be here for a little while. He says sarcastically, 'oh really" There is a swell but no white caps.
07.06				14 KMH	SE		
07.15	54						Washing Machine conditions as we head towards Sandy Buoys.
07.22	58						Sandy Buoys in sight /Washing machine
07.30	58					140	FEED -4 peach slices-300ml Carb -Loader/Leigh informs Ryan we are approaching halfway. Ryan is quiet/ Ryan URINATES .
07.39	55			10	SE		
07.44							Sandy Buoys are getting closer slowly and Speary Island is getting bigger although a distance away currently.
07.50	60						
07.57							Leigh asks to stop for feed, Howard and Jamie Yon agree that we should wait 5 minutes to pass Sandy Buoys. The sandy Buoys are rock formations and with the swell, we do not want to get too close. By continuing just for 5 minutes, we can get passed and feed safely.

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Page SEVEN

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08.05	60	26 C	24 c	10 KMH	SE	160 SEC	FEED -300ml carb-Loader. Leigh thanks Ryan for his understanding passed the buoys. Ryan URINATES and stretches out. Sandy bay allows Cell phone signal, where all on Seahawk/enchanted can receive/send messages/updates.
08.29							Ryan shouts Water and Gel for feed.
08.35	58	26		8	SE	180	FEED - 300ml water -Caffeine Gel Ryan URINATES / Ryan asks how we all are/ Leigh returns the question, Ryan States he is fine although can feel it.
09.00	60	26		10	SE	240	FEED -Coca /Macadamia nut pouch -300ml carb-Loader- 2 PANADO / Changes goggles to suit daylight/Stretches out
09.15							Leigh asks Jamie Yon to pull up on Ryans Left to gain some landscape backdrop images.
09.28							Conditions are flattening, we are not sure Ryan would agree but it is.
09.35	60	26		6	SE	160	FEED -300ml Carb-Loader. Leigh asks if he wants anything to eat, Ryan replies with a Rolo on next feed. Ryan throws feed bottle. Ryan explains his nose is blocked, and the product that could assist ran out in his bag. It is common for Ryan to get blocked on long swims
10.05	57		24	12	SE	180	FEED -300ml Water-Rolo / Ryan informs again regarding his nose. Johnny is kayaking and places himself on left hand side of Ryan says 'Hi'.
10.11							Leigh prepares next feed. Speary Island insight. Navigating through speary requires deviation from the island itself as it is too shallow with rock formations which we believe could frustrate the swimmer.

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Page EIGHT

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10.30	60	26 C	24 C	13 KMH	SE	120	FEED-300ml-Carb- Loader
10.39							Navigating through Speary Island.
10.42							You can see fatigue setting in /However remains fully coherent and acknowledges all conversation directed at him.
10.45						25	Ryan pauses, takes in his surroundings while through Speary. Ryan URINATES
10.57	60						Enchanted Isle pulls up alongside Seahawk with lunch (Soup made by Marilynd, Jamie Essex Auntie)
11.00	60	26				120	FEED-Leigh takes a risk and provides Ryan with some Soup which is well received as is by all. Ryan has a stretch, focus and carry on. Ryan URINATES .
11.15	60						
11.30	57	26		30	SE	240	FEED- Leigh provides more soup which Ryan states he has been looking forward to too and thanks leigh. He looks back on Speary Island and suggests the rock looks like a Baboon. Ryan informs Leigh what he would like on next feed. Ryan URINATES
11.45				30			
12.00	60		26	27	SE	145	FEED- RedBull-4 peach slices-2 PANADO
12.15							Leigh just lies back to rest for less than 10 minutes
12.20							Enchanted Isle 40 meters away on our left/ Ryan stops to URINATE but continues to swim once started

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Page NINE

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12.25							large Manta ray spotted, Leigh asks if she can jump in. It is agreed as conditions allow, Leigh can jump in to look at Manta and Enchanted Isle will pick her up. She grabs her Finns and Mask, but we have lost sight of the manta ray. Leigh remains onboard Seahawk. Crew on Enchanted look out for another sighting.
12.30	59	26				115	FEED - Clicks Chicken/Veg baby food offered along with Red Bull. Ryan accepts Red Bull/not baby food and asks for a Gel. Ask if that is Egg Island in front, yes it is the reply. This assures us Ryan is fully coherent and has studied the route to know about such landmarks. 15hrs 30 mins looks possible to be a time for completion.
12.40							Leigh gets in with Fins and Mask to gain some underwater images/video/ She is certainly not swimming next to Ryan and seems to be more interested in diving down looking at Marine life. Enchanted isle will pick her up should she fall back allowing Seahawk to remain at Ryans side.
12.45	58			15	SE		Rough Tooth Dolphins in sight a way off/ Leigh remains behind Ryan filming.
13.00	60		26 C	14	SE	65	FEED -300ml Carb-Loader/ Happy in himself but acknowledges the aches. He would like to go faster, which in his mind is possible but physically he can't. Ryan asks Leigh for Water and Gel on next feed.
13.15							All on Seahawk are relaxed watching Ryan. All Enchanted crew are spaced out on the deck.
13.20	60					40	Ryan URINATES . Taking some strain from the shoulders. Conditions are great, no wind, almost perfect, with gentle swell. All believe these conditions will remain as we continue up the leeward side of the island.
13.30		26	26	16	SE	40	FEED -300ml Water/ Gel

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13.45							All calm and relaxed, all awake but quite watching Ryan.
14.00	58	26 C	26 c	15 KMH	SE	120	FEED -300ml Carb-Loader/ Leigh informs there is lots of positivity on the WhatsApp group which Ryan responds to. Ryan is in good spirits all be tired. Ryan requests Revive at next feed
14.20							Jamestown Moorings becomes visible in the distance.
14.30	60					55	FEED -300ml Water- revive electrolytes/ Leigh asks Ryan if Howard allows her to get in and swim with him. Ryan says of course, but please swim behind and take off your watch. Leigh removes her watch and gets ready while Ryan continues. Howard asks Leigh to jump in off the right-hand side of the boat and swim behind the vessel and then come up to Ryan from behind rather than jumping in in front of him and waiting for him to catch up. Leigh agrees and does exactly that.
14.38	54	26		7	SE		Ryan stops to ponder and look forward/ Leigh notices he stops and keeps her distance. POSSIBLE URINATE
14.40							Leigh continues to swim with Ryan but always remains a body length behind, not slowing Ryan down or enhancing, Ryan and Leigh are a couple, and it is so obvious they support each other on their individual challenges that by her being in the water, I believe does help support Ryan.
14.46						15	Ryan stops again for a ponder/Not sure if he is having a wee or just tired. His stroke is still clean; He is just showing signs of fatigue. Again, Leigh keeps her distance. Howard does not ask any questions, just lets him ponder/ stretch.
14.53							Leigh makes her way back to Seahawk and climbs out of the water/ Ryan carries on.

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Page ELEVEN

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14.55	60	26 C	26 C	20 KMH	SE	120	FEED -300ml Carb-Loader/ Ryan thanks Leigh for swimming with him. Long ledge approaching, Crew ask Ryan to swim closer so we can go between island the long ledge rock formation.
15.00							Ryan called closer to Seahawk enabling Ryan to swim in the middle of Enchanted Isle and Seahawk as we pass through long ledge and have the drone above us.
15.10						10	Ryan ponders /stretches out and continues. Stroke is clean.
15.15							Another ponder/ Leigh in forms Ryan he is so close, His reply is, it does not look that close, Leigh says Just carry on to which Ryan, reply's that what I will do.
15.20	56	26	26	20	SE	105	FEED -300ml Revive-Caffeine Gel/ Ryan takes a sip and asks if it is Revive-Leigh says Yes.
15.36							Coming up to the Wreck Frontier Buoy.
15.40							Ryan ponders, Leigh encourages, Ryan states the wind is back in his face which isn't great. There is a slight surface wind pushing water into his face, it's certainly not like we have experienced earlier on in the swim, nevertheless can relate to the frustration at this stage. Ryan URINATES
15.50				26			
16.00	60	26		21	SE	115	Can see in the distance the MV Caroline on route to Ruperts bay from Ascension Island/ Leigh offers Ryan a Red Bull which he accepts.

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16.15							Howard James speaks to Leigh, asking her to monitor him throughout the night for any irregularity's that may cause concern and ask Leigh not to let Ryan take a warm/hot bath until the morning.
16.30	60	26 C	26 C	22 KMH	SE		Ryan stops and asks for directions as we must stay outside of the mooring due to ropes. And inside the Yachts moorings, like a channel.
16.40							Ryan stops to ask directions; He is told to swim towards the red buoy before making his way to the landing steps. There is a crowd and we can hear chants of 'Come on Ryan' Howard says to Jamie Yon and Jamie Essex 3 out of 3 well done. All smile and acknowledge that it's been a team effort throughout. Ryan continues forward, Enchanted Isle stays back while Seahawk allow Ryan to swim ahead but remains close.
16.45							Leigh/ Howard and Jamie Essex prepare to video the finish and stop the stopwatch/ The cheers are louder with the Name Ryan being shouted. The WhatsApp group is going off as all are watching from afar asking how much further it makes it all feel a little more intense.
16.53							Ryan raises his right arm in triumph and swims towards the landing steps, placing his hand on the concrete to mark the completion of the swim. The crowd erupts in cheers. He pushes off the side with his feet, floats onto his back, and acknowledges the crowd's applause. The Seahawk moves in, steps are placed, and crew members assist Ryan aboard. He stands up, hugs Leigh, and turns to the crowd once more, expressing his gratitude