OBSERVER LOG

NAME OF SWIM: Lake Malawi Marathon Swim

LOCATION: Lake Malawi

Open Water Africa
Chris (1)
Rick (2)
Brian (3)

START POINT:

START DATE: 8th October 2026

START TIME: 05.37

FINISH POINT:

FINISH DATE: 8th October 2021

FINISH TIME:

SWIMMERS NAME Machine Men

SWIIMERS DOB

RULES FOLLOWED: Unassisted Traditional Rules & Regulations of Marathon Swimming ✓

TIME	STROKE RATE per minute	WATER TEMP	AIR TEMP °F or °C	WIND SPEED kts mph kph BF	WIND DIRECTION cardinal or (°)	FEEDING duration in min	NOTES physical & mental state, nutrition or feeding
9.16							Brian dives on Chris.
9.22	60	28	30	0	0	0	Brian slows Chris 15mn Placard
9937							Rick takes over from Chris. Rick has cap / engaged his Swim
9945	50	28	29	1Km	SW		Slight Breeze chance Chris ears feeds
10.05	50	26	29	6km	W/SW		Chris mentions he felt a slight cooler swim to his 1st hour.
1025	50	26	28	6	W/SW		
10.37	48	26	29	6	SW		Brian changes from Rick Rick asks if SR was higher = NO / Brian dives left Shortly after Dives
11.00	48	27	28	10	SW		
1120	48	26	29	8	SW		Chris moves from under feeder and Rick hits hot cocoa to Chris - ice & apply sunscreen to Chris -
11-45	60	26	30	7	SW		
1200	60	26	30	9	WSW		Brian ask if conditions will remain like this to end - Rick has water
12-23	60	26	30	6	W/SW		
1245	48	26	31	6	W/SW		

OBSERVER NAME	OBSERVER SIGNATURE

SR	AT	ST	WS	WD	Time
50	30	26	5	SW	13.05
48	31	26	4	SW	13.20
52	30	26	10	SW	13.45
50	30	26	11	SW	1405
50	30	26	7	SW	1420

13.21
Questions who goes to land / chris has finished most of his sim
We said as long as sole can all finish —
14.05 WAJ / HJ thinking maybe rock landing as current
taking us —
14.15 rock clap blow.

OBSERVER LOG

NAME OF SWIM: Lake Malawi Marathon Swim

LOCATION: Lake Malawi

START POINT:

START DATE: 8th october

START TIME: 05.37

FINISH POINT:

FINISH DATE: 8th october 2025

FINISH TIME:

Open Water Africa

Chris Kraus (1)

Rick (2)

Brian (3)

SWIMMERS NAME MACHine Men

SWIIMERS DOB

RULES FOLLOWED: Unassisted Traditional Rules & Regulations of Marathon Swimming ✓

TIME	STROKE RATE per minute	WATER TEMP	AIR TEMP °F or °C	WIND SPEED kts mph kph BF	WIND DIRECTION cardinal or (°)	FEEDING duration in min	NOTES physical & mental state, nutrition or feeding
05.44	69	26	22	SK	SE		Chris Starts
0608	62	24.6	24.5	6K	SE		Brian Shows Kris 30 min Sish.
0630	60	25	26.3				
0637							Chance over dave in 20 seconds
0643	52	25.6	25	0	0		
0700	52	26		0	0		Brian appears sunburn Chris back. Chris + Brian Cheer Rick on / Brian says he needs [illegible].
0737			30	3K	E		Brian - takes over from Rick. Chris has some fleeces Arooks.
0745	54	28	31	0	0		Brian on 6.8 has very long stroke.
08.05	48	28	31	0	0		Chris Shows 30 min Pleasure Rick Shots Stroke it / Fideon left AV out of petrol + tanks.
0824	48	28	31	1-2	ESE		no Boats in Sight Walker / Chris talk weather - NYC - Malawi
0837							Chris takes over from Brian. Brian gets out of water with help from Heard Rick.
* 08 58	60	28	31	0	0		Brian Says got a little hypo 3/4 in rick offers TYlelo - Brian refuses.
0910	60	28	30	0	0		

OBSERVER NAME	OBSERVER SIGNATURE

PAGE:

Open Water Africa

OBSERVER STATEMENT

As an official independent observer, I hereby confirm that I witnessed the entirety of the marathon swim undertaken by The Machine Men from **Makanjila (Liwewe BVC)** to **Senga Bay** on 8th October 2026

I certify that the swim was conducted in strict compliance with the established rules and regulations of unassisted marathon swimming.

Furthermore, I vouch that all timing logs, structural navigation data, and satellite tracker positions were accurately recorded in real-time throughout the duration of the attempt. The documentation attached reflects an honest and uninterrupted account of the swim.

Observers Signature: H James

Full Name: Howard James
Open Water Africa
Date: 8th October 2026.