OBSERVER LOG

NAME OF SWIM: Lake Malawi Marathon Swim

LOCATION: Lake Malawi

Open Water Africa

START POINT:

START DATE: 17th October 2026

START TIME: 0522

FINISH POINT:

FINISH DATE:

FINISH TIME:

SWIMMERS NAME Koen Gatt

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
0522							Swim Start
0550	60						
0635		25.8	28	3	E		
0550	60	25.6	28	7	E		Swimming well together thus far
610	59	25.9	28	8	E		Swimming well together - Near off as a pack - no concern
622	60	259	29	8	E	200 sec	Koen sees 250ml - 1st feed Very Chatty
0635		25.9	29	8	E		
0700	56	259	29	8	E		under rock to Kwili - water
0722	58	26	31	7	E	175 sec	250ml wee
0738	56	2-				220 sec	Wee - Ask Distance in 250ml
0800		25.8	30	10	E		
0822		26	32	3	NNE	200 sec	250ml Green 3 Seeds. Wee

OBSERVER NAME	OBSERVER SIGNATURE

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KG.

SR	WT	AT	WS	WD	FT
0851	26.2	31	7	W	0852 178 sec
0930	26.4	31	3	W	0922 200 sec 250ml
1000	26.6	31	0	—	0952 130 250ml sec
1030	27	30	7	W	1022 111 sec 250ml
1100	26.7	30	8	W/SW	1052 210 sec 250ml
1130	27	31	7	W/SW	1122 180sec 250ml
1200	26.6	30	11	SW	115.6 183 sec 250ml screws
1230	26.7	31	11	SW	12:26 250ml 178 sec
1300	26.5	31	13	SW	12.56 180 sec Glide cow Anchal Replace GC

K9

Tima

WT	AT	WS	WD	FT
1330	26.5	30	SW 12	140 Sec 250ml - ASK for protein next — not green
1400	26.7	30	11 SW	135 Sec 250ml Protein Seems to be lots of wate
1430	26.6	31	11 SW	1422 250ml carb - ASK for Vaseline Woo next feed -
1500	26.7	32	11 W/W	14.56 250ml [Sec Cast maybe 1 more feed maybe not) Apple Vaseline - Woo)
1515	27	32	6 SW	
1530	27	32	6 S/W	15.22 120 seconds feed so 1K left