OBSERVER LOG

Open Water Africa

NAME OF SWIM: Lake Malawi Marathon Swim

LOCATION: Lake Malawi

START POINT:

START DATE: 17th October 2026

START TIME: 0522

FINISH POINT:

FINISH DATE:

FINISH TIME:

SWIMMERS NAME Katherine Larson

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			27	0	0		Swim start
	~~60~~ 52	25.8	28	3	E		
0550	56	25.8	28	7	E		Swimming well thus far
0610	56	25.9	28	8	E		Swimming well together. Veer off as a pack - no collision
622						200 sec	Kat likes 250 ml very chatty.
0635	56	25.9	28	8	E		
0700	58	25.9	29	8	E		under 20k to finish - water ✓
0722	56	26	31	7	E	175 sec	250ml water Notice Scott Crane one foot to other -
0752	56					220 sec	Ask Distance in 250ml - Ask for Banana / carb - next
0800		25.8	30	10	E		
0822		26	32		NW/NE	200 sec	250ml - Green. Banana

OBSERVER NAME	OBSERVER SIGNATURE

PAGE:

Open Water Africa

KP.

SR	WT	AT	WS	WD	FT
0851	26.2	31	7	N	09-52 178sec
0930	26.4	31	3	W	0922 200 sec
1000	26.6	31	0	-	0952 130 sec
1030	27	30	7	W	1022 111 sec
1100	26.7	30	8	W/SW	1052 111 sec
1130	27	31	7	W/SW	1122 180 sec
1200	26.6	30	11	SW	173 sec 250ml 11.56
1230	26.7	31	11	SW	1226 250ml/gel 178 sec.
1300	26.5	31	13	SW	1256 250ml Green was Apfel/Strawb

KP

Time	WT	AT	WS	WD	feed time
1530	26.5	30	12	SW	13.12 140 sec 250ml + gel see ocha
1400	26.7	30	11	SW	1356 tell us 135 sec ajoke 250ml. Howard
1430	26.6	30	11	SW	14.22 250ml - redbull 120 sec see
1500	26.7	32	11	W SW	14.56 130 sec. 250ml over it —
1515	27	32	6	SW	
1530	27.6	32	6	SW	15.22 1k to go Swim on.