OBSERVER LOG

Open Water Africa

NAME OF SWIM: Lake Malawi Marathon Swim

LOCATION: Lake Malawi

START POINT:

START DATE: 13th October 2026

START TIME:

FINISH POINT:

FINISH DATE:

FINISH TIME:

SWIMMERS NAME Mark Sheridan

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
0526		25		0	0		Swim start.
0535	52	24	26	0	0		
0605	52	25	28	0	0		Swan Head Island
0611							1st feed 1min 35 taken - Mark not happy that boat follow exactly as before
0619	50						22km out Safety boats on both side of boat — Starboard
0636	50	25	28	0	0		Mark tells Hand Duck doesn't swim Gentle swell - South North.
0700	50	25	29	3kt	E		feed 1.55 min Mathew goes back to Port Side
0725	48	25	30				
0743		WEE	feed				1.24 feed Potatoes / Coke Team with Pace
0749	50	25	30	20km			
0807	50	24.8	31				
0826	48	25.1	31	6	WSW		feed 1.27 minutes Potatoes. Mark has wee - cant believe not Jelly
0840	48		30	8	W/SW		Slight swell
OBSERVER NAME							OBSERVER SIGNATURE

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OBSERVER LOG

Open Water Africa

NAME OF SWIM: Lake Malawi Marathon Swim

LOCATION: Lake Malawi

START POINT:

START DATE: 13th oct 2020

START TIME: 0520

FINISH POINT:

FINISH DATE:

FINISH TIME:

SWIMMERS NAME Mark Sheldon

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
0600	50	24.9	28	10	SW/SW		10km achieved
0911							1-34 feed Potato - Drink. Mark Wees / Sayshe good - 250ml
0918	48	24.8	27	10	SW		
0940	48	24.9	28	8	W/SW		
9.56		25	28	12	SW		2.03 feed ~~Mark Wees~~ Mark Wees / Potato / Drink. 250ml
10.12	50	25.1	28	12	SW		Slight Swell / Choc - Small white caps.
10.30	46	25.2	30	12	SW		Empty lake - rolling caps on -
10.42		25.3	29	9	SW		1.53 feed - Potato / 250ml - Wee - Fine -
11.00	48	25.4	29	10	SW		
11.15	48	25.9	29	7	SW		Flatting out -
11.26							Mark Wees. 1.53 feed. Potato / 250ml
11.35		25.5	31	7	W		
12.11		26	32	0		2m20	250ml - rotator Wee - Someone gotta kill lake.
OBSERVER NAME							OBSERVER SIGNATURE

PAGE:

Mary.

Dietary
FT

Time	SR	WT	HT	WS	
12.25	48	26		0	
12.45	50	27	34	0	
12.56	50	26.5	36	0	
13.20	50	28	37	0	
13.30		28	41	0	
1340	48	28	38		2.30 wee Bloke 125ml
1400	48	28	38	0	
1420	48	28	36	0	

Open Water Africa

OBSERVER STATEMENT

As an official independent observer, I hereby confirm that I witnessed the entirety of the marathon swim undertaken by Mark Sheridan from **Makanjila (Liwewe BVC)** to **Senga Bay** on 13th 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: 13th october 2026