OBSERVER LOG

NAME OF SWIM: Lake Malawi Marathon Swim

LOCATION: Lake Malawi

Open Water Africa

START POINT:

START DATE: Saturday 17th Oct 2026

START TIME: 0522

FINISH POINT:

FINISH DATE:

FINISH TIME:

SWIMMERS NAME Paula Armstrong

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		Swim Start
0530	54						
0535		25.8	28		3	€	
0550	56	25.8	28		7	€	swimming well together thus far
0610	54	25.9	28		8	€	Swimming together but veer off slightly as a pack - not a concern
0616						200 Sec	Paula has wee - 1
622						200 Sec	250ml very choppy
0635	56	25.9	29		8	€	Paula wees
0700	56	25.9	29	.	8	€	under 20k - Kaisi - water
0722	58	26	31		7E	175 Sec	250ml likes cloud cover wee
0752						220 Sec	Ask Distance in wee - Banana ne Kt HJ says 6K - not happy - HJ 7.5k.
0800	56	25.8	30	10	€		Paula stop! Asks for Asthma Pump Next Lap.
0822		26	32	3	NE NE	200 Sec	No drink Toilet not wee half Banana - Asthma Pump.

OBSERVER NAME	OBSERVER SIGNATURE

Open Water Africa

PA

Time ~~SR~~	WT	AT	WS	WD	FEED Time
0851	26.2	31	7	N	0852 178sec 250ml
0930	26.4	31	3	W	0922 200 sec 250ml
1000	26.6	31	0	—	0952. 130 sec 260ml
1030	27	30	7	W	1022 111 sec 250
1100	26.7	30	8	W/SW	1052 210 sec 250
1130	27	31	7	W/SW	1122 190 sec 250 ml
1200	26.6	30	11	SW	183 sec Pump. 11.56 250ml
1230	26.7	31	11	SW	12.26 178sec 250ml
	Pulled This 26				180