Official Observer's Report - SOLO SWIM

Solo Swim No CSA2018/174

Date **05/07/2018**

1 Way Swim

Swimmer's name: ANNA DOUBELL

Swimmer	Sex	Date of Birth	Age	Nationality	BLDSA Member
ANNA DOUBELL	FM	29/03/1978	40	AUSTRALIAN	NO
Pilot Vessel* SEA LEOPARD	Trainer/helpers on board: MISCHEE MARDARDY- FEEDS+SUPPORT SWIMMER HOWARD CRITCHLEY- SUPPORT SWIMMER PETER SHORE - SUPPORT				
Pilot* STUART GLEESON (SG)					
Crew SEAN MARSH (SM)	Any other persons on board: NONE.				
Official CSA Observer(s) TONY LANNI					

				00 00	1100
Timal	Jiah.	Matar	Down	114.7	HUS
Tille I	TIUIT	water	DOVEL.	03:52	1111/3

Height High Water Dover 5.8 MTRS

Neap TIDE

Grease Type: ZINC Amount: BACK, SHOULDERS & NECK.

Stroke: FS

Start Point: SAMPHIRE HOE.

Date: 05/07/2018.

Time: 02:48 HRS.

Finish Point: WISSANT.

Date: 05/07/2018.

Time: 15:12 HRS.

Reason if unsuccessful: N/A

Swim Time: 12 HRS & 24 MINS.

SUCCESSFUL? YES.

Observers Declaration

I hereby certify that I accompanied ANNA DOUBELL for the duration of the Swim, and that the Swim was made in accordance with the rules of the Channel Swimming Association.

	1 st Obs	erver		2 nd Observer (if required)
Signed:		Um.	-	
Print Name:	T L/	ANNI	_	N/A
Time joined Boat	: 00:30 HRS.	Time Left Boat: 19:45HRS	Total Time on	Board: 20 HRS & 15 MINS.
Ratified By:	O wners Co. Co.			
(Print Name)				

Administrative Secretary:

Channel Swimming Association Ltd. PO Box 10580, Nottingham NG5 0JH.

UKTel: +44 (0)1304 600610Email: secretary@channelswimmingassociation.com

^{*} Both vessel and pilot must be Registered with CSA Ltd

[†] Delete as necessary

Swimmer Name: ANNA DOUBELL Swimmer No CSA 2018/174 Date 05/07/2018

			·	
TIME OF STOP	FOOD & DRINK CONSUMED/ MEDICA TAKEN	ATION	DURATION	COMMENTS
03:20	TORQ & WARM WATER	180 MLS	12 SECS	NICE AND Q.UICK.
03:48	MILO & WARM WATER	185 MLS	24 SECS	
04:19	GEL & WARM WATER	160 MLS	19 SECS	
04:50	STAMINADE & WARM WATER	155 MLS	26 SECS	1 X ANTIHISTAMINE TABLET. TB
05:19	TORQ & WARM WATER	185 MLS	19 SECS	ТВ
05:49	MILO & WARM WATER	180 MLS	1M ,7 SECS	1 X IBUPROFEN TABLET. TB
06:19	GEL & WARM WATER	155 MLS	46 SECS	
06:48	STAMINAIDE & WARM WATER	160 MLS	43 SECS	ТВ
07:19	TORQ & WARM WATER	180 MLS	38 SECS	1 X PANADOL TABLET. TB
07:49	MILO & WARM WATER	185 MLS	38 SECS	1 X PARACETAMOL TABLET.
08:15	GEL & WARM WATER	160MLS	43 SECS	
08:50	STAMINADE & WARM WATER	160 MLS	39 SECS	1 X IBUPROFEN TABLET
09:20	TORQ & WARM WATER	185 MLS	41 SECS	
09:50	MILO & WARM WATER	180MLS	30 SECS	
10:20	GEL & WARM WATER	160 MLS	31 SECS	
10:50	STAMINAIDE & WARM WATER	155 MLS	38 SECS	ТВ
11:19	TORQ & WARM WATER	180 MLS	37 SECS	
11:48	MILO & WARM WATER	190 MLS	31 SECS	
12:19	GEL & WARM WATER	160 MLS	35 SECS	
12:49	STAMINAIDE & WARM WATER	160 MLS	36 SECS	
13:19	TORQ & WARM WATER	190 MLS	1M, 12 SECS	1 X IBUPROFEN TABLET. TB
13:49	MILO & WARM WATER	180 MLS	43 SECS	
14:19	GEL & WARM WATER	160 MLS	16 SECS	
14:30	STAMINAIDE & WARM WATER	160 MLS	32 SECS	
	TORQ = CARB POWDER.			
	MILO = OVALTINE TYPE POWDER DRINK.			
	GEL = CARB.			
	STAMINAIDE = ELECTROLYTE.			
	TB = TOILET BREAK.			

Swimmer Name: ANNA DOUBELL Swimmer No CSA 2018/174 Date 05/07/2018

(Please Note: the following data to be supplied by Pilot/Crew (excepting Stroke Rate)

Stroke Rate	Air Temp °C	Sea Temp °C	Wind Force	Wind Direction	Flood / Ebb	Wave Height	Sea State
63	17.3	17.1	2	NE	FLOOD	0.2	SLIGHT
61	17.3	17.1	1	VARIABLE	FLOOD	0.1	SLIGHT
63	17.5	16.8	1	VARIABLE	FLOOD	0.1	CALM
61	18.0	16.7	1	VARIABLE	FLOOD	0.1	CALM
62	18.9	16.6	1	VARIABLE	FLOOD	0.1	CALM
62	18.1	16.5	1	VARIABLE	FLOOD	0.1	CALM
61	17.9	16.5	1	SW	SLACK	0.1	CALM
63	18.2	16.8	1	SW	EBB	0.2	CALM
62	18.1	16.8	2	SW	EBB	0.3	CALM
59	18.0	17.0	3	SW	EBB	0.3	SLIGHT
63	18.0	17.5	3	SW	EBB	0.3	SLIGHT
65	18.8	18.2	3	SW	EBB	0.4	SLIGHT
65	18.3	18.8	3	SW	EBB	0.4	SLIGHT
						3 77	
	63 61 63 61 62 62 61 63 62 59 63 65	63 17.3 61 17.3 63 17.5 61 18.0 62 18.9 62 18.1 61 17.9 63 18.2 62 18.1 59 18.0 63 18.0 65 18.8 65 18.3	63 17.3 17.1 61 17.3 17.1 63 17.5 16.8 61 18.0 16.7 62 18.9 16.6 62 18.1 16.5 61 17.9 16.5 63 18.2 16.8 62 18.1 16.8 59 18.0 17.0 63 18.0 17.5 65 18.8 18.2 65 18.3 18.8	°C °C 63 17.3 17.1 2 61 17.3 17.1 1 63 17.5 16.8 1 61 18.0 16.7 1 62 18.9 16.6 1 62 18.1 16.5 1 63 18.2 16.8 1 62 18.1 16.8 2 59 18.0 17.0 3 63 18.0 17.5 3 65 18.8 18.2 3 65 18.3 18.8 3	63 17.3 17.1 2 NE 61 17.3 17.1 1 VARIABLE 63 17.5 16.8 1 VARIABLE 61 18.0 16.7 1 VARIABLE 62 18.9 16.6 1 VARIABLE 61 17.9 16.5 1 SW 63 18.2 16.8 1 SW 62 18.1 16.8 2 SW 59 18.0 17.0 3 SW 63 18.0 17.5 3 SW 65 18.8 18.2 3 SW 65 18.8 18.2 3 SW	63 17.3 17.1 2 NE FLOOD 61 17.3 17.1 1 VARIABLE FLOOD 63 17.5 16.8 1 VARIABLE FLOOD 61 18.0 16.7 1 VARIABLE FLOOD 62 18.9 16.6 1 VARIABLE FLOOD 62 18.1 16.5 1 VARIABLE FLOOD 61 17.9 16.5 1 SW SLACK 63 18.2 16.8 1 SW EBB 62 18.1 16.8 2 SW EBB 63 18.0 17.0 3 SW EBB 65 18.8 18.2 3 SW EBB 65 18.8 18.2 3 SW EBB 65 18.8 18.2 3 SW EBB	°C °C NE FLOOD 0.2 63 17.3 17.1 2 NE FLOOD 0.2 61 17.3 17.1 1 VARIABLE FLOOD 0.1 63 17.5 16.8 1 VARIABLE FLOOD 0.1 61 18.0 16.7 1 VARIABLE FLOOD 0.1 62 18.9 16.6 1 VARIABLE FLOOD 0.1 62 18.1 16.5 1 VARIABLE FLOOD 0.1 61 17.9 16.5 1 SW SLACK 0.1 63 18.2 16.8 1 SW EBB 0.2 62 18.1 16.8 2 SW EBB 0.3 59 18.0 17.0 3 SW EBB 0.3 65 18.8 18.2 3 SW EBB 0.4 65 18.3 18.8

Please also complete the Observer's Log Sheet, noting any events of interest that occur before, during and after the swim. This log gives the swimmer, the CSA and those involved with the swim an in-depth record to which they can refer. Thank you.

-	(1 st Observer)	(2nd Observer)
Signed:	Thu.	N/A
Print Name	T LANNI	

Swimmer Name: ANNA DOUBELL Swimmer No CSA 2018/174 Date: 05/07/2018

(To be completed in full by the Official Observer) Recorded Positions (Minimum: Once per Hour) (Supplied by Pilot or Crew)

Pos	sition	Provider
Latitude	Longitude	
51:06:07	001:15:57	Pilot SG
51:04:83	001:18:77	SG
51:04:40	001:23:29	SM
51:04:35	001:27:72	SG
51:04:60	001:31:22	SM
51:04:77	001:34:57	SG
51:04:27	001:37:17	SM
51:03:17	001:38:64	SG
51:01:08	001:38:77	SM
50:58:79	001:37:63	SG
50:56:53	001:36:23	SM
50:54:51	001:36:07	SG
50:53:84	001:38:19	SM
50:53:92	001:40:11	SM
and the second s		
	Latitude 51:06:07 51:04:83 51:04:40 51:04:35 51:04:60 51:04:77 51:04:27 51:03:17 51:01:08 50:58:79 50:56:53 50:54:51 50:53:84	51:06:07 001:15:57 51:04:83 001:18:77 51:04:40 001:23:29 51:04:35 001:27:72 51:04:60 001:31:22 51:04:77 001:34:57 51:04:27 001:37:17 51:03:17 001:38:64 51:01:08 001:38:77 50:58:79 001:37:63 50:56:53 001:36:23 50:54:51 001:36:07 50:53:84 001:38:19

	(1st Observer)	(2nd Observer)
Signed:	Thm.	N/A
Print Name	T LANNI	

Swimmer Name: ANNA DOUBELL Swimmer No CSA 2018/174 Date: 05/07/2018.

Observer's Log and Comments

00:30HRS. I ARRIVE ONBOARD SEA LEOPARD, THERE'S A LIGHT VARIABLE WIND AND IT'S A WARM AND DRY MORNING. I RECEIVE THE SWIM PAPERWORK, IM TOLD WE HAVE A FAST SWIMMER TODAY, I SET MY SELF A WORK STATION AND WE AWAIT THE ARRIVAL OF THE SWIMMER AND HER TEAM. **01:10HRS**. THE SWIM TEAM ARRIVE, INTRODUCTIONS ARE MADE, WE ASSIST WITH LOADING THEIR EQUIPMENT ONBOARD.

01:20HRS. WE RECEIVE OUR SAFETY BRIEF FROM THE PILOT SG AND OUR PASSPORTS ARE COLLECTED. I SIT WITH ANNA AND HER TEAM, WE DISCUSS THE RULES, MY RESPONSIBILITIES AND I ANSWER ANY QUESTIONS AS REQUIRED. ANNA EXPLAINS THAT HER EYESIGHT IS'NT TOO GOOD IN THE DARK, I TELL HER NOT TO WORRY AS WE HAVE LIGHTS WE CAN SHINE IN FRONT OF HER THAT SHE CAN FOLLOW IF NEEDS BE.

<u>01:53HRS.</u> PILOT SM CASTS US OFF, WE LEAVE DOVER MARINA HEADING WEST TO OUR STARTING POSITION, IT WILL TAKE APPROXIMATELY 30 MINUTES TO GET THERE, I TELL ANNA THAT WE WILL TELL HER WHEN WE'RE WITHIN 10 MINUTES OF THE START.

<u>02:25HRS.</u> I TELL ANNA THAT WE ARE 10 MINS AWAY FROM THE START, SHE BEGINS HER FINAL PREPERATIONS HELPED BY MISCHEE AND HOWARD.

<u>02:33HRS</u>. IT'S A BUSY MORNING FOR SWIM BOATS, THERE'S ALREADY 4 OTHER BOATS, "PATHFINDER", "ROWINA", "GALIVANT" AND "MASTERPIECE" ARE LANDING THEIR SWIMMERS, WE WILL HAVE TO WAIT UNTIL THEY MOVE OFF WITH THEIR SWIMMERS.

<u>02:43HRS.</u> AT LAST THERE'S ROOM FOR US SO WE MOVE IN CLOSER, I REMIND ANNA TO CLEAR THE SEA WATER COMPLETELY AND AWAIT MY START SIGNAL. ANNA GETS LOTS OF ENCOURAGEMENT FROM HER TEAM AND TOLD NOT TO SWIM TOO FAST FOR THE FIRST 2 HOURS. ANNA IS READY, SHE DESCENDS THE LADDER ON OUR STERN AND BEGINS HER SWIM TO THE SHORE.

02:48HRS. ANNA HAS MADE IT TO SHORE, SHE HAS CLEARED THE SEA WATER SO I GIVE THE START SIGNAL, ANNA'S SWIM BEGINS.

<u>02:52HRS.</u> IT DOESN'T TAKE LONG FOR ANNA TO REACH THE BOAT, SHE ADOPTS HER SWIM POSITION ON OUR STARBOARD SIDE AND IS QUICKLY INTO HER FLUENT STROKE.

<u>02:55HRS</u>. THE TEAM DECIDE ANNA SHOULD SWAP SIDES BECAUSE OF THE BOATS DIESEL EXHAUST FUMES, SHE SWIMS AROUND OUR STERN AND BEGINS SWIMMING ON OUR PORT SIDE, SHE LOOKS RELAXED AND IS HOLDING A GOOD POSITION ALONG SIDE THE BOAT.

03:20HRS. FIRST FEED TIME. IT'S A QUICK LIQUID FEED, ITS 12 SECONDS AND EXECUTED LIKE A FORMULA ONE PIT STOP. IN A BLINK ANNA IS BACK SWIMMING AGAIN. HOWARD TRAINS A SPOT LAMP INFRONT OF ANNA TO FOLLOW. THE TEAM EXPLAIN THAT ALL INSTRUCTIONS FOR ANNA WILL GO THROUGH MISCHEE ONLY, THIS IS TO AVOID ANY CONFUSION AND ALLOW ANNA TO FOCUS ON JUST ONE PERSON. THE TEAM LOOK VERY WELL ORGANISED AND DRILLED. "MASTERPIECE" LEADS THE WAY, FOLLOWED BY "PATHFINDER" THEN "SUVA", "ANASTASIA" IS ON OUR PORT SIDE AND AT THE REAR IS "OPTIMIST". ANNA HAS SETTLED INTO HER STROKE, SHE LOOKS RELAXED AND IS MAKING GOOD PROGRESS AND YES IT ALREADY LOOKS LIKE SHE CARRIES A DECENT PACE.

<u>03:48HRS</u>. FEED BREAK, NO FUSS AND QUICK AGAIN, I MUST SAY I'M IMPRESSED WITH THE TEAMS ORGANISATION.

<u>03:56HRS.</u> WE HEAR ON THE RADIO THAT 2 MORE SWIM BOATS, "VIKING PRINCESS" AND "LOUISE JANE" HAVE JUST STARTED THEIR SWIMS.

Swimmer Name: ANNA DOUBELL Swimmer No CSA 2018/174 Date: 05/07/2018

Observer's Log and Comments (sheet 2)

<u>04:17HRS.</u> IT'S ALMOST LIGHT NOW, WE OVERTAKE "SUVA" ON OUR STARBOARD SIDE, ANNA IS MAKING GOOD PROGRESS.

04:19HRS. FEED BREAK, IT'S ANOTHER FAST ONE JUST 19 SECONDS AND ANNA IS BACK SWIMMING.

<u>04:25HRS.</u> ANNA STOPS BRIEFLY AND INDICATED TO HER TEAM THAT SHE HAS BEEN STUNG BY A JELLY FISH, THEN SHE'S BACK INTO HER STROKE SWIMMING. IT'S LIGHT NOW.

<u>**04:50HRS.**</u> FEED BREAK, A LITTLE LONGER THIS ONE BUT THE TEAM HAVE PREPARED ANTIHISTAMINE FOR THE JELLY FISH STING AS WELL.

05:05HRS. PASSANGER FERRY "SPIRIT OF BRITIAN" PASSES ON OUR PORT SIDE MAKING HER WAY TO CALAIS.

<u>05:19HRS.</u> FEED BREAK, ANNA QUICKLY ASKS IF IT'S GOING WELL, MISCHEE REPLIES YES AND ANNA'S OFF AGAIN SWIMMING.

05:24HRS. WE ENTER THE SW SHIPPING LANE, CRUDE OIL TANKER "SAHARAN" PASSES AHEAD OF US ON HER WAY TO CHINA.

<u>05:49HRS</u>. FEED BREAK, 1 MINUTE AND 7 SECONDS, YES IT'S A LONGER ONE, AS PLANNED WITH THE FEED IS ATTACHED A FRESH PAIR OF SWIMMING GOGGLES, TINTED THIS TIME. ANNA GETS LOTS OF ENCOURAGEMENT WHILE SHE CHANGES GOGGLES AND TAKES HER FEED.

06:19HRS. FEED TIME AGAIN. ANNA SWAPS OVER TO SWIMMING ON OUR STARBOARD SIDE, SHE STRAYS A LITTLE TOO FAR AWAY AND IS CALLED BACK IN CLOSER.

<u>06:29HRS</u>. THE TEAM ARE IN DISCUSION, ALTHOUGH ANNA CAN CONFORTABLY BREATH ON EITHER SIDE, IT SEEM'S SHE IS ZIG ZAGGING SINCE CHANGING SIDES, THE TEAM ARE CONSCIOUS OF THE FACT THAT SHE IS WASTING VALUABLE ENERGY HAVING TO KEEP CORRECTING HERSELF.

06:31HRS. ANNA STOPS AND ASKS TO SWAP SIDES AGAIN, THE SUN IS LOW AND SHE CAN'T SEE WHERE THE BOAT IS. ANNA IS NOW BACK SWIMMING ON OUR PORT SIDE.

<u>06:37HRS.</u> THIS IS STRONG SWIMMING FROM ANNA, WE HAVE CAUGHT UP THE OTHER SWIM BOATS, ONLY "PATHFINDER" IS AHEAD OF US NOW.

<u>06:48HRS</u>. FEED BREAK, LOTS OF ENCOURAGEMENT FOR ANNA FROM HER TEAM, PASSENGER FERRY "PRIDE OF CANTERBURY" PASSES ON OUR STARBOARD SIDE. ANNA REPORTS THAT SHE FEELS OK.

07:19HRS. FEED TIME, ANNA REPORTS THAT ALL IS GOOD, BUT THAT SHE HAS HAD SEVERAL JELLY FISH STINGS, LOTS OF JELLY FISH CAN BE SEEN FROM THE BOAT. THE SEPERATION ZONE IS APPROXIMATELY ½ A MILE AHEAD.

<u>07:35HRS.</u> BULK CARRIER "ANANGEL HERO" PASSES AHEAD OF US ON HER WAY TO HAMBURG. ANNA CONTINUES TO MAKE GOOD PROGRESS, CONDITIONS ARE GOOD.

<u>07:49HRS</u>. FEED BREAK, ANNA FEELS FINE BUT SHOWS THE TEAM HER JELLY FISH STINGS ON HER ARMS, THEN SHE'S OFF AGAIN SWIMMING.

07:53HRS. WE LEAVE THE SW SHIPPING LANE AND ENTER THE SEPERATION ZONE. I UPDATE THE WEB MASTER OF OUR PROGRESS.

08:15HRS. THE TEAM ARE WORRIED THAT ANNA MAY BE TAKING IN EXHAUST FUMES, SO THEY HAVE MADE AN EARLY FEED BREAK AND SWAPED HER TO THE STARBOARD SIDE.

08:17HRS. ANNA IS BACK INTO HER STROKE AFTER THE EARLY FEED BREAK, SHE LOOKS RELAXED AND CONFIDENT.

08:36HRS. WE ENTER THE NW SHIPPING LANE, "PASSENGER FERRY "DUNKERQUE SEAWAYS" PASSES ON OUR STARBOARD SIDE.

Swimmer Name: ANNA DOUBELL Swimmer No CSA 2018/174 Date: 05/07/2018

Observer's Log and Comments (sheet 3)

08:50HRS. FEED BREAK, CONDITIONS REMAIN GOOD, ANNA IS MAKING GOOD PROGRESS. **09:20HRS.** FEED BREAK, IT'S BECOME A LITTLE OVERCAST, ANNA REPORTS THAT ALL IS WELL, THE PACE HAS SLOWED A LITTLE PROBABLY BECAUSE WE HAVE HIT SLACK WATER AND ANNA WILL GET NO ASSISTANCE FROM THE TIDE FOR THE NEXT HOUR OR SO.

<u>09:50HRS</u>. FEED BREAK, GENERALLY THESE FEED BREAKS HAVE BEEN VERY GOOD, QUICK AND EFFICIENT, ANNA DOESN'T HAVE AN AWFUL LOT TO SAY DURING THEM, INFACT ANNA HASN'T MOANED OR COMPLAINED AT ALL.THERE HAVE BEEN NO SIGHTINGS OF JELLY FISH FOR A WHILE NOW.

10:20HRS. FEED BREAK, AGAIN NO FUSS FROM ANNA, SHE FEEDS, SHE INDCATES SHE IS OK AND THEN SHE'S BACK SWIMMING. IT'S ABOUT 2 MILES TO THE FRENCH INSHORE WATERS.

10:50HRS. FEED BREAK, THERE'S A SLIGHT SEA MIST AHEAD AND SHIPS FOG HORNS CAN BE HEARD IN THE DISTANCE. VEHICLE CARRIER "TAMESIS" PASSES EERILY ON OUR STERN THROUGH THE MIST. IT'S APPROXIMATELY 1 MILE TO THE FRENCH INSHORE WATERS. ANNA CONTINUES TO MAKE GOOD PROGRESS.

11:19HRS. FEED BREAK, THE TEAM DECIDE TO MOVE ANNA OVER TO OUR PORT SIDE.

11:48HRS. FEED BREAK, ANNA CONFIRMS THAT SHE FEELS OK, SHE'S BACK INTO HER STROKE IN NO TIME. VISABILITY HAS DECREASED AS THE MIST HAS TURNED INTO A FOG, THE PILOT'S ARE BUSILY SCANNING OUR RADAR SCREEN, CHECKING FOR SHIPS IN OUR CLOSE PROXIMITY. THE RADIO HAS BECOME BUSY AS SHIP'S ARE CONTACTING EACH OTHER TO CONFIRM THEIR PRESENCE AND MAKE ADJUSTMENTS TO THEIR COURSES. ANNA'S STROKE RATE HAS DROPPED SLIGHTLY AND SHE IS BEGINNING TO SHOW THE FIRST SIGNS OF TIREDNESS.

12:08HRS. WE ENTER THE FRENCH INSHORE WATERS, THE FOG CONTINUES TO REDUCE VISABILITY AND NOW THERE'S A LITTLE MORE CHOP ON THE SEA FOR ANNA TO CONTEND WITH. ANNA PUSHES ON.

12:19HRS. FEED BREAK, ANNA CONFIRMS ALL IS OK, STILL NOT MANY WORDS FROM ANNA. HER STROKE RATE HAS INCREASED BACK TO HER USUAL RATE AGAIN.

12:49HRS. FEED BREAK, ANNA ASKS IF HER TEAM CAN SEE FRANCE YET, THEY CAN'T BECAUSE OF THE FOG BUT IT IS THERE, APPROXIMATELY 3 MILES AHEAD OF US.

13:12HRS. THE FOG IS CLOSING IN AND THERE IS SOME CONCERN FROM THE PILOTS, THEY ARE WORRIED THAT IF THE FOG CONTINUES LIKE THIS TO THE FRENCH COAST THEY MAY NOT BE ABLE TO LAND ANNA FOR SAFETY REASONS. ALL OF A SUDDEN AND FOR THE FIRST TIME DURING THIS SWIM THERES AN AIR OF WORRY. ANNA CONTINUES TO MAKE GOOD PROGRESS, ALTHOUGH SHE LOOKS TIRED SHE ALSO LOOKS DETERMINED TO GET THE JOB DONE, IT CERTAINLY WOULD BE A CRUEL BLOW IF WE CANNOT LAND HER.

13:19HRS. FEED BREAK, ANNA IS ASKING "WHERE IS THE LAND", HER TEAM GIVE HER LOTS OF ENCOURAGEMENT AND TELL HER SHE IS MAKING VERY GOOD PROGRESS AND ITS NOT FAR NOW.ANNA SAYS SHE CAN UP THE PACE FOR A SPRINT FINISH IF NEEDED, HER TEAM HOLD HER BACK SAYING CARRY ON AS YOU ARE FOR NOW.

13:49HRS. FEED BREAK, THE TEAM ASK ANNA IF SHE COULD PICK UP THE PACE A LITTLE NOW FOR THE FINAL PUSH. WE HAVE JUST ENTERED THE SHALLOW INSHORE WATERS WHERE HOPEFULLY THE TIDE WILL HAVE LESS EFFECT ON ANNA, THE WAVE HEIGHT HAS INCREASED SLIGHTLY AND RATHER WORRYINGLY THE FOG REMAINS.

Swimmer Name: ANNA DOUBELL Swimmer No CSA 2018/174 Date: 05/07/2018

Observer's Log and Comments (sheet 4)

14:19HRS. FEED BREAK, THE TEAM TELL ANNA SHE IS DOING GREAT AND THAT THEY NEED A QUICK FEED BREAK, THIS THEY GET FROM ANNA 16 SECONDS AND SHE BACK SWIMMING AGAIN. LAND IS APPROXIMATELY 11/4 MILES, IT'S STILL FOGGY.

14:28HRS. LAND FINALLY COMES INTO SIGHT AS THE FOG IS THANKFULLY LIFTING. SM BEGINS PREPERATIONS FOR LANDING.

14:30HRS. FEED BREAK, ANNA MISSES THE FEED BOTTLE, THE FIRST MISTAKE THE TEAM HAVE MADE, ITS REELED BACK IN AND RE-THROWN OUT TO ANNA WHO DOESN'T MISS IT A SECOND TIME, THE TEAM NEED A QUICK FEED WHICH WILL FUEL ANNA TO THE FINISH. THE MOOD ONBOARD IS MUCH MORE RELAXED NOW THAT WE DON'T NEED TO WORRY ABOUT THAT DREADED FOG.

14:48HRS. SG MAKES READY THE DINGY FOR LANDING, SEA LEOPARD WILL STAND OFF SHORE WHILE THE DINGY ESCORTS ANNA SAFETLY TO SHORE.

15:00HRS. IT'S APPROXIMATELY ½ A MILE TO SHORE AS ANNA SWIMS ALONG SIDE THE DINGY, THE BEACH LOOKS BUSY AND THE SUN IS SHINNING, THE FOG IS A DISTANT MEMORY NOW.

15:12HRS. SWIM ENDS, ANNA MAKES IT UP OUT OF THE SEA WATER, EVEN HAVING THE ENERGY LEFT TO RUN UP THE BEACH AND TOTALLY CLEAR THE SEA WATER. WELL DONE ANNA, WELL DONE THE TEAM.

OBSERVERS COMMENTS

WHAT AN INCREDABLE SWIM, FROM THE START TO THE FINISH ANNA SHOWED TREMENDOUS FOCUS AND DETERMINATION. THERE WASN'T A SINGLE MOAN OR GROAN FROM HER ALONG THE WAY, SHE LISTENENED TO HER CREW AND DIDN'T WASTE ANY TIME WITH IDLE CHATTER. IT'S VERY OBVIOUS THAT THERE'S BEEN LOADS OF PRE- PLANNING, NOTHING WAS LEFT TO CHANCE, SELDON DO WE SEE TEAMS TURN UP SO WELL PREPARED AND SO WELL DRILLED. WELL DONE TO YOU ALL, IT HAS BEEN A PLEASURE BEING PART OF YOUR REMARKABLE DAY.

	(1 st Observer)	(2nd Observer)
Signed:	Thm.	N/A
Print Name	T LANNI	

Please send this log and the other forms to Michael Read within 7 days of the swim:

admin@channelswimmingassociation.com

 ∞

Swimmer Name: ANNA DOUBELL

Swimmer No CSA 2018/174

Date: 05/07 /2018

Incident Report

Description of Incident:

(Please notify the Secretary as soon as possible).

NIL RETURN

There were no significant incidents



Signed:

S-Gleeson

(Pilot)

(Observer)

(Print Name)

S GLEESON

T LANNI