OBSERVER'S SWIM LOG

GRAHAM LOWE SOLO SWIM ON 10TH JULY 2011

Pilot: Lance Oram

Pilot boat: Sea Satin

Crew: Chris Bryant, Tanya Harding

Observer: Laura Austin

Support team: Sally Minty-Gravett

05:15

All meet and board *Sea Satin* at the dump head.

05:27

Sea Satin leaves the dump head and heads for Shakespeare Beach.

05:53

Graham gets in at Shakespeare Beach ready to start his swim, two weeks after he swam to France from Jersey.

05:56

The horn on the boat goes and after saying bye to his family, Graham gets in and starts swimming port side.

06:46

Chris calls up Dover Coastguard giving swim number; Dover Coastguard then says that when *Sea Satin* gets to the south west lane she will be included in the hourly broadcast.

06:56

Graham has his first feed – he says how the sea has settled down. Lance tells him to get on with it and Graham replies "Ok, slave driver!"; seems happy.

07:55

Graham stops for his second feed of Maxim, says he is feeling good and asks for peaches next time as he just fancies them.

08:56

Graham does not have peaches on this feed because he has been sick a little bit. Sally suggests that he doesn't drink all of the Maxim. Apart from that, he feels fine and is pleased to know that he is in the south west lane after entering it at 09:05.

09:57

Time for another feed and Graham says that he feels a lot more settled now, but will leave the peaches a while longer. Graham has noticed all of the big boats around us; continues happy.

10:56

Graham stops for a feed, and Sally explains how many large cargos have been close to us; Graham says that he feels good and carries on.

11:50

Chris calls up Dover Coastguard informing them that *Sea Satin* is at the edge of the south west lane and about to enter the separation zone.

11:55

Graham feels good on his next feed and will have peaches and water next time.

12:55

Graham has a three course meal now – Maxim, peaches, washed down with water. Graham says that he felt a little tired towards the end of that hour, but is happy to keep feeding every hour. He says that he can see France and continues.

13:56

Another good feed, Graham does not need any painkillers.

14:39

Lance says to Sally that it is noticeable that after about 40 minutes Graham is starting to slow down. Sally says that they will feed a couple of times at 45 minute intervals. Graham is ok with this and carries on.

15:25

Sally says to Graham that they will do half hour feeds now, and Graham is pleased to receive the treat of coffee with his Maxim. Goes to the toilet and catches up with the boat and continues.

15:54

Graham likes the coffee; Sally asks Graham to be quick on the feeds and to kick for the next half hour.

16:19

Sally says to Graham that she will give him just Maxim next time as she does want to give him too much coffee. Graham's stroke rate has dropped to 48. continues – not looking at the French coast!

16:42

Chris calls up Gris Nez Traffic informing that *Sea Satin* has left the no and is now entering the inshore waters.

16:54

A quick feed from Graham; Sally gives him messages from family and friends to sp him on. She asks him to swim hard and get in to the coast so that we do not drift too much.

17:25

A good feed from Graham before he continues, trying to not to drift.

17:56

Sally encourages Graham on his quick feed – she does not know whether he knows how many hours he has swum.

18:22

Graham says he is not going to look at the coast but knows that it is all his now – no pain and in high spirits, looking very good!

18:53

Graham is told by Chris that he will be in the shore in the next half hour if he gets a move on, this spurs him on. Graham is delighted to see houses from the water – not long to go now!

19:26

Sally gets in the water to join Graham for the last couple of hundred metres.

19:31

Graham, followed by Sally, enters the beach and Graham completes his swim in an impressive 13 hours and 35 minutes. Fantastic result!

19:40

Both Graham and Sally return on board, all big smiles as they dry off.

19:44

Tanya calls up Dover Coastguard to inform of successful swim, and how *Sea Satin* is returning for Dover. *Sea Satin* turns around to head back for Dover.

22:47

Sea Satin enters Dover Marina.

Course map attached.

Observer's report and log completed by Laura Austin on 13th July 2011.