

Lambay Solo Swim 2015

The Lambay Solo Swim route was from the Low Rock swimming huts in Malahide to Lambay Harbour on Lambay Island. The swim is 8km as the crow flies.

Lambay Island is a privately owned island and permission has to be sought from Lambay to land in the Lambay Harbour or on the island.



I am a visual artist, my art practice explores place through swimming, place being the physical space we swim through and the social space created by this shared activity. Between 2014 - 2016 I created a series of swims to and around Lambay Island in Dublin Bay as part of a larger art project.

The Lambay Solo Swim was the second swim in this series, the first being a Lambay Swim relay event with a group of local swimmers who daily swam at Low Rock in 2014. The final swim was a circumnavigational swim Lambay in 2016.

On 22.07.15 I swam a distance of 9.64k from Low Rock to Lambay Island, the distance as the crow flies is 8k. The swim took me 2 hours and 37 minutes, I had studied the tides with Raja Maitre the Howth Harbour Master and the SWS winds gave me an additional push along. I narrowly missed the Lambay harbour as the northerly flow after low tide along the sound was very powerful. The water temperature was between 13° and 14.5°.





A solo swim is never solo.

I had invited 12 people from the world of science, art and swimming to accompany me as support crew on this expedition and to respond to the swim as they would in their professional activities. These responses were discussed at an event after the swim used as source for a future work and publication. This swim had been dreamt of since the 1st Lambay Swim, a relay swim journey with the sea swimming community from Malahide in 2014 as part of the Artist in the Community Award.





Teena Gates was my safety kayaker for all three of the Lambay Swims. She is a fabulous swim support, I always felt safe with Teena next to me. She would kayak to the big boat and collect feeds for me.





On arrival into Lambay Harbour. There were plenty of jellyfish to greet me as I swum in. I was allowed to step on the beach and terra firm briefly, before heading back to the support boat about 500m away in the deeper water.





Lambay Solo Swim Expedition Support Crew: Fergal Somerville – Safety and observer, Eamon McGratton – Boat pilot and 2nd observer, Teena Gates – Kayak support, Catherine Fenton – Swim support, Sarah Browne – Swim support and artist, Jennifer Mitchell – Microbiologist UCD, Paul Brooks – Marine Biologist UCD, Tasman Crowe – Marine Biologist UCD, Michael O'Rourke – Writer and artist, Fiona Marron – Artist, Mal – Skypixelsireland – Ariel images.

www.vanessadaws.com



Letter from Fergal Somerville the Lambay Solo Swim observer to Leinster Sea Swims back in 2015.

'I am delighted to pass on to you the observer's report for Vanessa Daws solo swim from Low Rock to Lambay Island on 22 July 2015. I would point out that I mis-wrote the wind direction as NNE. In fact, the wind direction on the day was a minimal SSE. The swim took 2 hours and 37 minutes. I have signed the observer's report along with Eamon McGrattan (boat pilot).'

Vanessa was accompanied by pilot boat and kayak (Teena Gates). Her crew included Catherine Fenton (qualified medic and accomplished open water sea swimmer). The swim was part of an 'Arts' project associated with Vanessa's current employment in UCD. However, the standard channel rules were applied. Vanessa planned the swim in conjunction with a number of experts including Eamon McGrattan and Rajja Matra (Howth Harbour Master).'

Below are the Observers report, log, tracker and Garmin.

Official Observer Report

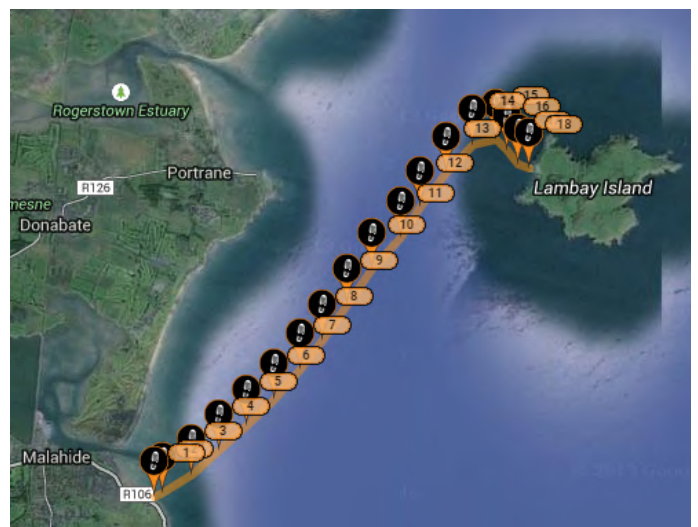
General			
Event	Low Rock to Lambay Island	Date of Event	20 July 2015
Swimmer	Vanessa Daws	Date of Birth	
Nationality	English	Age at Swim Date	
Club	Eastern Bay Swim Team	Gender	Female
National Swim Association	Swim Ireland	National Swim Registration Number	SI 2003841

Officials / Participants			
Role	Name	Phone	Email
Pilot	Eamon McGrattan		
Pilot Assistant			
Paramedic / 1st Aider	Catherine Fenton	087 905 8861	catherine.fenton@eircom.net
Observer 1	Fergal Somerville	087 7380216	Fis1@eircom.net
Observer 2			
Mentor	Rajja Matra	086 6020292	rajja@matra.com
Support 1	Teena Gates		
Support 2	Catherine Fenton		
Other			

Pre-Swim			
Briefing by Observer(s) to swimmer, pilot and support team.	Yes, Howth Harbour	Lubrication used by swimmer.	Vaseline
Feed		Medication	None
Hat / Goggles	Yes	Ear / Nose Plugs	Ear
Togs / Wetsuit	Yes	Channel Rules for Swim? (Y/N)	Yes

Route / Tide			
Start Point	Low Rock	Finish Point	Lambay Island
Latitude / Longitude		Latitude / Longitude	
Start time (HH:MM:SS)		Finish time (HH:MM:SS)	
Total Distance (Km)		Map provided?	
Local HW time	02:48	Local HW height	4.0m
Local LW time	08:37	Local LW height	0.8m
Date of Spring tide	16/07/15	Date of Neap tide	24/07/15

Post-Swim			
Reason if swim was not successful.	N/A		
Duration of swim	2 Hours 37 Minutes		
I / We hereby certify that I/we observed the duration of the above swim on the above date on behalf of the Leinster Open Sea Committee and confirm that the swim was conducted in accordance with standard channel rules.			
Observer 1 Name	F Somerville	Observer 1 Signature	[Signature]
Observer 2 Name	E McGrattan	Observer 2 Signature	[Signature]



Official Observer Log (Solo Swim)

Hour	Time	Stroke Rate	Wind Direction	Wind Speed	Weather Condition	Water Temp (C)	Course Direction	Flood/Ebb	Wave Height	Latitude / Longitude	Feed (Solid)	Feed (Liquid)	Medic'n	Comment
9:11	71	0	0	0	cloudy	15.4	NNE	F	0					
9:50	68	0	0	0	..	15.6					
10:19	69	NNE	5km	15.2	11	F	..				Several	
10:58	72	..	6km	13.4	0.5m				Several	
11:43	70	..	5	13.6	0				Several	
12:27	68	..	2	NE	F	0.5m				Several	

