

Date 18-08-16 Location Inch Beach → Divide
 Pilot Garin Murray Swimmer Gordon Skerr
 Crew Ruth Dearden Start Time 05:40 Total distance _____
 Finish Time _____

Time	Feed info	Water t	Air t	Wind	Comments
06.15	2 wasters of feed + coffee	16°C	13°C	3 mph ↓	Feels great, good conditions, focusing on keeping a good line in the water.
06.45	200ml of above	—	—	—	—
07.15	100ml of electrolyte	—	—	5 mph ↓	Spung by jellyfish -
07.45	150ml of electro	—	—	—	Finding it hard to swallow. Great rhythm + pace, very comfortable.
08.15	200ml coffee + salt + coffee cake bar	15°C	—	2/3 mph ↓	Feels good.
08.45	Coffee or 2 squares	16°C	—	—	—
09.15	Coffee + 1/2 tuffin square	—	—	2/3 mph ↓	1 lbuprofen - Limp
09.52	Electrolytes in	—	—	—	—
10.20.	Coffee only, 100ml	—	—	—	Pain in hip still, turned Bull Headland, water in the rippled →
10.50	Coffee + Pink drink 150ml	—	—	—	Strong, positive
11.20	Electrolyte, Yogurt + berries	—	—	—	1 Ibuprofen

→ 17.9km

1st Qu = 2.5 / 2.9k

