



Lauren O'Malley, USA swam Carlingford Lough, from Victoria Lock near Warrenpoint, Coordinates 54 07.583 N 006 18.330 W to the Helly Hunter Cardinal Marker Buoy near Haulbowline Light House, Coordinates 54 00.351 N 006 02.052 W in a time of 5 hrs 58 mins 18 secs on the 19th July 2020.

This swim has now been ratified by ILDSA .

The distance from point to point measures at 24.5 km and is recorded in the [ILDSA historical database](#).

<https://www.ildsa.info/ireland-swim-history/>





**ILDSA OFFICIAL OBSERVERS LOG FOR A NON NORTH CHANNEL SOLO SWIM CHECKLIST 1 –
PRE SWIM CHECKS**

SWIMMER	
NAME OF SWIMMER	Lauren O'Malley
DOB /AGE	
EMAIL	
CONTACT NUMBER	
COUNTRY REPRESENTED	USA
OBSERVER	
NAME OF OBSERVER(S)	Jacqueline McClelland
OBSERVER(S) CONTACT NUMBER	
OBSERVER(S) EMAIL	
PILOT	
NAME OF PILOT(S)	Pádraig Mallon
NAME OF BOAT	INFINITY
CREW	
LIST CREW NAMES AND ROLES	Myles McCourt Swimmers Crew

CHECKLIST 1 – PRE SWIM CHECKS

	Notes if any
ATTIRE	
ALL SWIMSUITS MUST BE MADE FROM TEXTILE MATERIALS, AND MUST BE IN ONE OR TWO PIECES. SWIMWEAR MUST NOT EXTEND PAST THE SHOULDER OR BELOW THE KNEE.	CHECKED Yes
ONE SINGLE LAYER SWIMMING CAP IS PERMITTED, AND MUST BE MADE FROM SILICONE OR LATEX. CAPS MAY NOT BE MADE FROM NEOPRENE OR OTHER HEAT RETAINING MATERIALS.	CHECKED Yes
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED. Swimmer wearing earplugs	CHECKED Yes
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	CHECKED Yes
NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS ALLOWED.	CHECKED Yes
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM. Swimmer applied channel grease lanolin – Vaseline mix	CHECKED Yes



NON SKINS SWIMS

SPECIFY ATTIRE WORN BY SWIMMER	
PLEASE SPECIFY WETSUIT MAKE MODEL AND MM EG: ORCA S7 3MM	
ONE SINGLE LAYER SWIMMING CAP IS PERMITTED, AND MUST BE MADE FROM SILICONE OR LATEX. CAPS MAY NOT BE MADE FROM NEOPRENE OR OTHER HEAT RETAINING MATERIALS.	CHECKED <input type="checkbox"/>
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED.	CHECKED <input type="checkbox"/>
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	CHECKED <input type="checkbox"/>
NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS ALLOWED.	CHECKED <input type="checkbox"/>
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	CHECKED <input type="checkbox"/>

CHECKLIST 2 – SWIM START

STARTING POSITION: SWIMMERS MUST ENTER THE WATER FROM THE SHORE, OR FROM THE PILOT BOAT AND SWIM TO SHORE LINE, BEACH OR ROCKS WITH NO RUNNING WATER BEHIND.	
OR	
SWIMMER STARTED STANDING IN WATER NO MORE THAN WAIST HEIGHT AS ADVISED BY PILOT DUE TO HEALTH AND SAFETY REASONS AND AGREED WITH OBSERVER.	
START LATITUDE CO-ORDINATES	54° 07.583'N
START LONGITUDE CO-ORDINATES	.006° 18.330'W
START TIME (HH.MM.SS) E.G. (06.15.00)	Sunday 19 th July 10:51:00



CHECKLIST 3 ACCOUNT OF THE SWIM [1]

(RECORD DATA HOURLY OR IF NEEDED ON A MORE REGULAR BASIS. USE ADDITIONAL PAGES AS REQUIRED)

TIME	DISTANCE SWAM IN KM	LATITUDE	LONGITUDE	WATER TEMP	AIR TEMP	WIND STATE	SEA STATE	STROKE RATE	NOTES (FEEDS, MEDICATIONS SUBJECTIVE CONDITIONS, OTHER INCIDENTS)
10:51	START	N54.07.583	W006.18.330	13.7C	17C	8KN NW	FAIR	66	NA
11:51	3.8K	N54.06.334	W006.16.380	14C	17C	8KN NW	FAIR	68	½ GO BAR 200ML COMPLAN 100ml GATORADE orange 4 jelly babies 1 chocolate roll
12:36	5.9K	N54.05.556	W006.15.028	14C	19C	8KN NW	FAIR	64	200ML COMPLAN 100ml GATORADE blue Pretzel bits 1 chocolate roll
13:36	9.6K	N54.04.548	W006.12.695	13.4C	16C	10KN N	MOD	64	200ML Hot chocolate 100ml GATORADE orange Pretzel bits Toilet stop
14:11	11.8K	N54.03.875	W006.11.299	13.4C	15C	10KN N	MOD	64	200ML COMPLAN 100ml Coke 4 jelly babies 2 x Solpadine
14:56	15.1K	N54.02.930	W006.08.787	13.5C	14C	10KN N	MOD	68	200ML Hot chocolate 100ml GATORADE blue 2 sips banana coconut smoothie ½ chocolate roll Toilet stop
15:45	18.8K	N54.01.738	W006.06.202	13.5C	16C	8KN N	MOD	68	200ML COMPLAN 100ml GATORADE orange 6 jelly babies



CHECKLIST 4 ACCOUNT OF THE SWIM [1]

USE THIS SPACE TO RECORD YOUR VIEW OF THE DAY COLLATED FROM YOUR NOTES

Tide @ Warrenpoint 19th July 2020

LW 05:40 1.2m

HW 11:20 4.5m

LW17:50 1.2m

HW 23:40 4.8m

09:40

Depart from Carlingford Harbour.

Preceding start time swimmer making preparations with crew on board infinity, swim suit, ear plugs. Swim cap, sun screen, channel grease whilst taxing to the start line.

10:15 – 10:30

Pilot observing tidal flow, water and wind conditions.

Swimmer had Starbucks coffee reported having ate a good breakfast and feeling well

Nil Medications taken prior to swim start

10:31Photos taken

Swimmer in good form all feeds checked

All attire checked to meet IDLSA standards

10:45

Swimmer advised start in -5 mins

10:49

Swimmer entered the water a few meters away from start point

10:51

Whistle sounded and swim commenced

11:47

Swimmer passing Narrow Water Castle

11:59

Swimmer passing leading lights navigation markers

12:09

Pilot communication with harbour master for permission to pass the harbour



12:10

Swimmer passes SEATRUCK Performance moored at Warrenpoint docks

14:11

At feed swimmer asked for 2 x Solpadine same issued by crew

14:13

Swimmer passing Carlingford Marina

14:56

Swimmer advised at feed to increase stroke rate to get benefit of fast ebb of tide. Swimmers stroke rate up to 68 from 64

14:59

Buoy markers 16 RED 21 GREEN

Visibly fast water flow against markers.

Swimmer recorded swimming at 9KPH

15:15

Pilot in communications with Warrenpoint Harbour and Greencastle - Greenore Ferry.

15:19

Swimmer passing Greenore Harbour.

15:41

Swimmer passing Greencastle Harbour.

Lions mane visible.

16:05

Swimmer passing Haulbowline lighthouse.

16:32

Crew communications with swimmer via whiteboard 1mile to swim. Swimmer acknowledges with thumbs up.

16:40

Swimmers feed due at 16:56 decision by crew not to feed as finish line imminent.

16:48

Swimmer 10m from Hellyhunter Cardinal mark / finish point requests answer from crew: can I touch it? Crew Milo confirms yes.

16:49

Swimmer touches Hellyhunter Cardinal mark / finish point – Sea state permits swimmer to do so.



16:54

Swimmer onboard infinity rinsed, redressed, rewarming great condition, champagne in hand smiling and photos taken. Swimmer reports 'a few jelly fish stings' to left arm. No ill effect.

16:59

infinity taxi to Carlingford Marina.

17.23

Arrival and Carlingford Marina.

Swimmer in good form able to assist crew with disembark.

18:09

Crew photo with swimmer prior to departure.

ENDS



CHECKLIT 5 SWIM FINISH

FINISH POSITION: SWIMMER MUST FINISH ON DRY LAND OR BY TOUCHING CLIFFS WITH NO WATER BEYOND	
FINISH LATITUDE CO-ORDINATES	54° 00.351'N
FINISH LONGITUDE CO-ORDINATES	006° 02.052'W
CLOCK TIME (HH.MM.SS) E.G. (06.15.00)	16:49.18 Sunday 19 th July 2020
TOTAL TIME IN THE WATER FINISH DATE IF DIFFERENT FROM START DATE	E.g. 9 hours 43 minutes and 15 seconds 5 Hours 58 Minutes 18 Seconds
AVERAGE WATER TEMP	13.6C
AVERAGE AIR TEMP	16.2C
DISTANCE SWAM	24.5K
FINISH DATE IF DIFFERENT FROM START DATE	NA

UNSUCCESSFUL SWIMS

REASON FOR STOPPING:	
LATITUDE CO-ORDINATES	
LONGITUDE CO-ORDINATES	
TIME (HH.MM.SS) E.G. (06.15.00)	



CHECKLIST 6 CERTIFICATION

WE CERTIFY THAT THIS IS A TRUE AND ACCURATE ACCOUNT OF THIS SWIM ATTEMPT, AND THAT THE SWIM WAS CONDUCTED IN ACCORDANCE WITH THE ILDSA RULES AND REGULATIONS FOR ILDSA NON NORTH CHANNEL SWIMS.

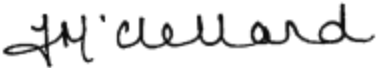
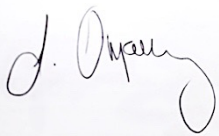

	Print	Sign
OBSERVER 1	Jacqueline McClelland	
OBSERVER 2	NA	
SWIMMER	Lauren O'Malley	
PILOT	Pádraig Mallon	

Image Catalogue Lauren O'Malley Carlingford Lough 19.07.2020

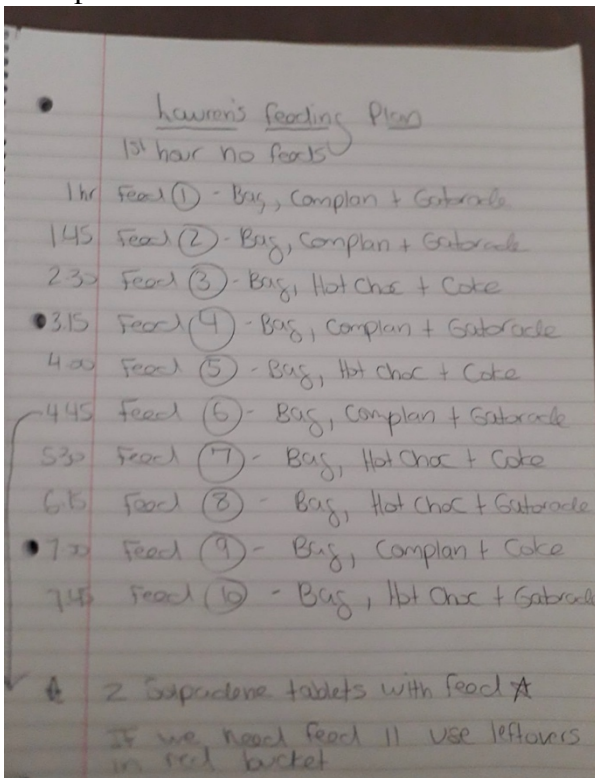
1. Pre Swim



2. Pre Swim 2



3. Feed plan L O'M



4. Medication x 1



5. Start



6. Start 2



7. Passing Narrow Water



8. Passing leading lights





9. Passing leading lights 2

10. Passing Warrenpoint Harbour



11. Feed



12. Mid sea – Greers Quay



13. Approach to Carlingford Marina



14. Shipping Marker Greenore



15. Greencastle to Greenore Ferry



16. Haulbowline Lighthouse



17. Advance on the Helly Hunter screenshot from vlog



18. 1mile board



19. Finish at Helly Hunter screenshot from vlog



20. Time check at Helly Hunter screenshot from vlog



21. Post swim 1



22. Post swim 2



23. Lauren and crew



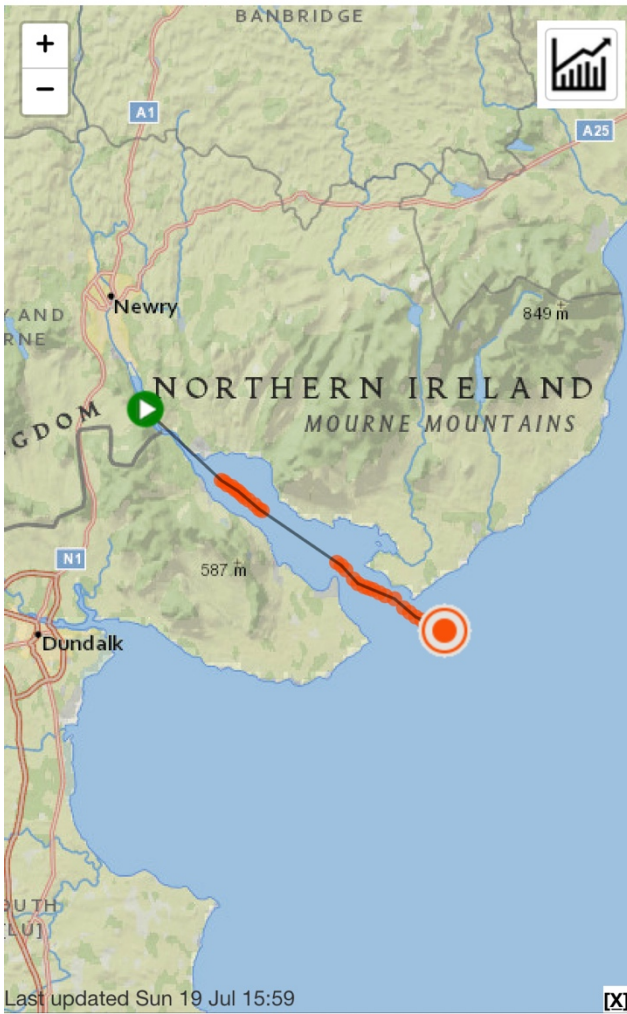
24. Lauren and crew 2



Track.rs

TRACK.RS

**Lauren O'Malley
Carlingford Lough**



AA track.rs

TRACK.RS

**Lauren O'Malley
Carlingford Lough**

Elapsed:
6:29
Track

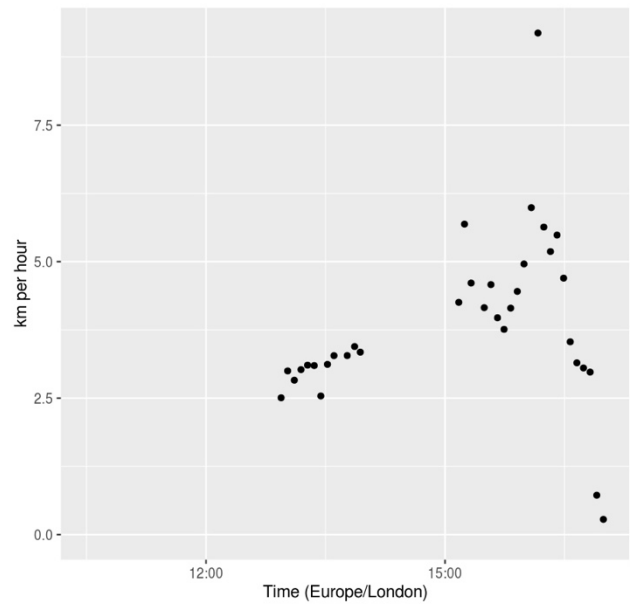
Total: 22.2 km (3.4 kph)

Units

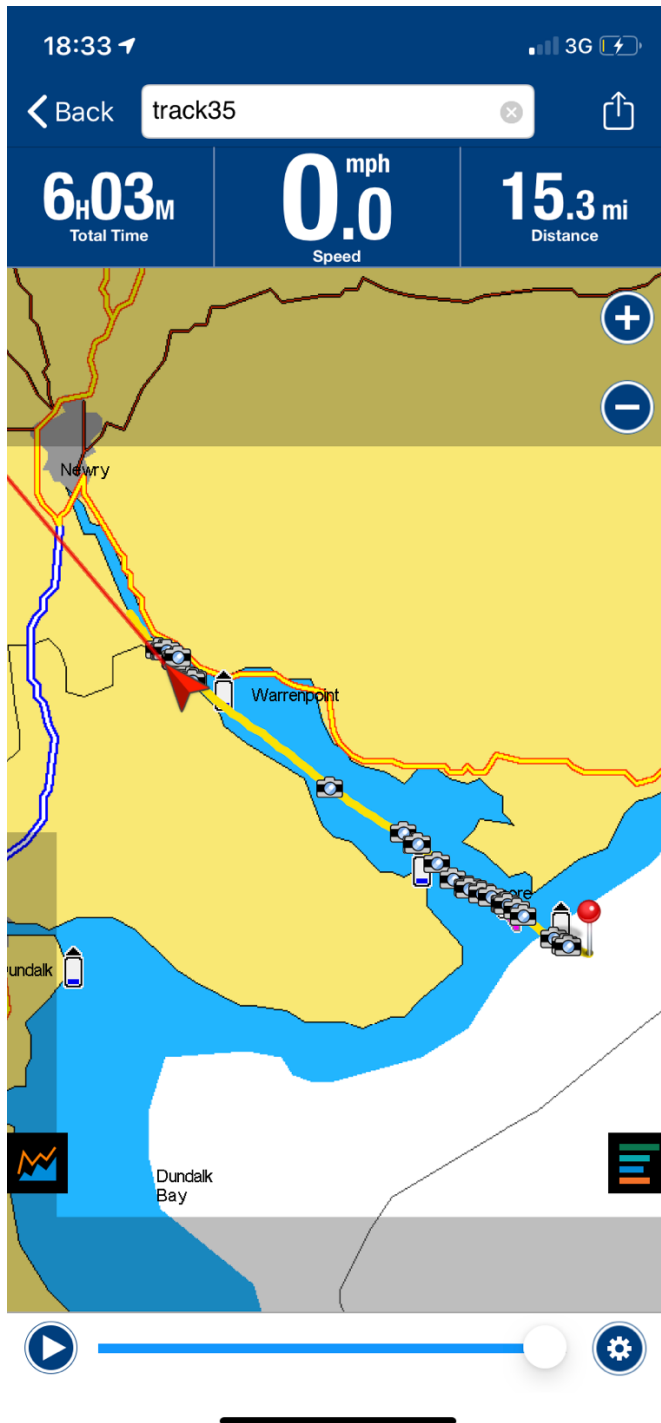
- Metric
- U.S.

Frequency

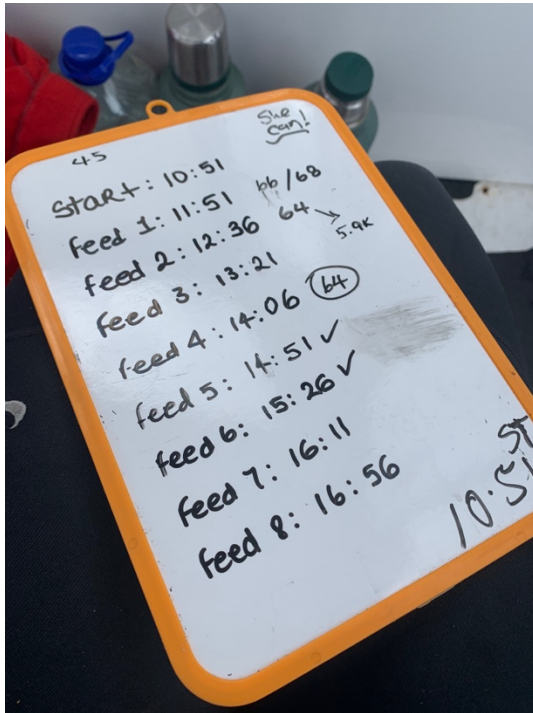
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Navionics



Feed whiteboard



Other references:

<https://infinitychannelswimming.com/honour-roll/carlingford-lough/victoria-lock-helly-hunter/>

<https://infinitychannelswimming.com/testimonial/unlocking-the-lough/>