



Swim | the
North Channel

ILDSA OFFICIAL OBSERVERS LOG FOR A NORTH CHANNEL RELAY SWIM

CHECKLIST 1 SWIMMER, PILOT AND CREW DETAILS

SWIMMER		
TEAM NAME	OA GIANTS	
NAME OF SWIMMERS IN SWIM ORDER	Name	DOB / AGE
NAME OF SWIMMERS IN SWIM ORDER	KEITH GARRY (KG)	24.3.75 45 ♂
NAME OF SWIMMERS IN SWIM ORDER	DOMINIC MUDGE (DM)	1.1.76 44 ♂
NAME OF SWIMMERS IN SWIM ORDER	BILL DONNELLY (BD)	2.8.67 53 ♂
NAME OF SWIMMERS IN SWIM ORDER	CHRIS JUDGE (CJ)	14.3.82 38 ♂
NAME OF SWIMMERS IN SWIM ORDER	COLIN LINDSEY ^A (CL)	3.4.1974 46 ♂
NAME OF SWIMMERS IN SWIM ORDER	JOHN McELROY (JME)	22.7.74 46 ♂
EMAIL FOR LEAD SWIMMER	Keith Garry	keith@aircraftleasing.ie
CONTACT NUMBER	+353 86 8233084	
COUNTRY REPRESENTED	IRELAND	

*Note – relay swimmers must swim for at least 1 hour each, in the same order each time. At change over, swimmers shall enter the water from behind the current swimmer and swim past. The swimmer in the water shall exit as soon as possible, with change over taking no more than 5 minutes.

CHECKLIST 1 SWIMMER, PILOT AND CREW

OBSERVER	
NAME OF OBSERVER(S)	JACQUELINE MCCLELLAND
OBSERVER(S) CONTACT NUMBER	+44 7730308958
OBSERVER(S) EMAIL	McClellandjacqueline@yahoo.co.uk
PILOT	
NAME OF PILOT(S)	PADRAIG MALLON
NAME OF BOAT(S)	INFINITY

CREW		
LIST CREW NAMES AND ROLES (includes kayakers if any)	NAME	ROLE
MILCO ME	MILCO MCCOURT	CREW
	ADRIAN POUCHER	CREW

CHECKLIST 2 PRE SWIM CHECKS

Special notes as per Official Rules:

- 1.1 No physical contact with the swimmer is allowed.
- 1.2 The use of MP3 players or other electrical audio / communication devices is not permitted.
- 1.3 Swimmers provide their own Support Crew (minimum of 1 who also must be fluent in English for safety purposes), who are responsible for your wellbeing, but may not interfere with the decisions of the Pilots or Observers. One additional vessel (kayak, canoe or other) is permitted under the supervision of the pilot.
- 1.4 Starting Position: Swimmers must enter the water from the shore, or from the Pilot boat and swim to beach or rocks with no running sea water behind and start from there. Under health and safety reasons the pilot may direct swimmer to start from a standing position with the water level more than waist height. This must be agreed with the observer prior to the start the swim or it may not be ratified.
- 1.5 Finishing: Swimmers must finish on dry land or by touching cliffs with no sea water behind.
- 1.6 Turning on two way swims: land as per 4.4 and 4.5 above. You should immediately return to the water, where you may stand or sit for 10 minutes. You may not be touched by any person, but can have grease, food, medical supplies or swim apparel handed to you. This stop time is added to your overall time.
- 1.7 Support swimmers. Solo swimmers may have support swimmers after the first period of 3 hours has elapsed and for a period of 1 hour. The support swimmer may not re-enter the water until a period of two hours has elapsed. The support swimmer may swim alongside, not in front of, the swimmer. The Pilot may request, at their discretion, the support swimmer to join the swimmer outside these times for health and safety reasons, e.g. major cramp. Relay swimmers are not permitted to have support swimmers or pace makers.
- 1.8 Relay swimmers (minimum 2) must swim for at least 1 hour each, in the same order each time. At change over, swimmers shall enter the water from behind the current swimmer and swim past. The swimmer in the water shall exit as soon as possible, with change over taking no more than 5 minutes. The rota (order of swimmers, length of each swim) for the relay team members must be agreed in advance with the ILDSA Observer.
- 1.9 Any adaptations to these rules required for swimmers with additional needs, must be agreed in advance the ILDSA. If there are any special circumstances as ILDSA observer you will be advised of this pre swim by the ILDSA North Channel Secretary.

ALWAYS REFER TO NORTH CHANNEL RULES FOR FULL GUIDANCE

IF YOU HAVE ANY QUERIES OR CONCERNS / QUESTIONS DURING A SWIM AND NEED CONFIRMATION PLEASE CONTACT THE NORTH CHANNEL SECRETARY

CHECKLIST 2 PRE-SWIM CHECKS FOR ALL SWIMMERS AND IN EACH ROTATION AS SWIM WEAR CAN BE DIFFERENT FOR EACH SWIM

SWIMMERS ATTIRE	Notes if any
<p>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.</p> <p>John ✓ Keith ✓ Bill ✓ Dominic ✓ Colin ✓ Chris ✓</p>	<p>CHECKED Yes <input checked="" type="checkbox"/> JM'C</p>
<p>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.</p>	<p>CHECKED Yes <input checked="" type="checkbox"/> JM'C</p>
<p>GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED. NIL WORN BY ANY SWIMMER</p>	<p>CHECKED Yes <input checked="" type="checkbox"/> JM'C</p>
<p>ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.</p>	<p>CHECKED Yes <input checked="" type="checkbox"/> JM'C</p>
<p>NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS NOT ALLOWED.</p>	<p>CHECKED <input checked="" type="checkbox"/> JM'C</p>
<p>THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.</p>	<p>CHECKED <input checked="" type="checkbox"/> JM'C</p>
<p>ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.</p>	<p>CHECKED <input checked="" type="checkbox"/> JM'C</p>
<p>NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS NOT ALLOWED.</p>	<p>CHECKED <input checked="" type="checkbox"/> JM'C</p>

CHECKLIST 4 ACCOUNT OF THE SWIM

BEAUFORT SCALE					
Beaufort Number	Name	Knots	MPH	Effects Observed Far From Land	Effects Observed On Land
0	Calm	Under 1	Under 1	Sea like mirror.	Calm; smoke rises vertically.
1	Light Air	1-3	1-3	Ripples with appearances of scales; no foam crests.	Direction of wind shown by smoke drift, but not by wind vanes.
2	Light Breeze	4-6	4-7	Small wavelets; crests of glassy appearance, not breaking.	Wind felt on face; leaves rustle; ordinary vane moved by wind.
3	Gentle Breeze	7-10	8-12	Large wavelets; crests begin to break; scattered whitecaps.	Leaves and small twigs in constant motion; wind extends light flag.
4	Moderate Breeze	11-16	13-18	Small waves, becoming longer; numerous whitecaps.	Raises dust and loose paper, small branches are moved.
5	Fresh Breeze	17-21	19-24	Moderate waves, taking longer form; many whitecaps; some spray.	Small trees in leaf begin to sway; crested wavelets form on inland waters.
6	Strong Breeze	22-27	25-31	Larger waves forming; whitecaps everywhere; more spray.	Large branches in motion; whistling heard in telegraph wires; umbrellas used with difficulty.
7	Near Gale	28-33	32-38	Sea heaps up; white foam from breaking waves begins to be blown in streaks.	Whole trees in motion; inconvenience felt in walking against the wind.
8	Gale	34-40	39-46	Moderately high waves of greater length; edges of crests begin to break into spindrift; foam is blown in well-marked streaks.	Breaks twigs off trees; generally impedes progress.
9	Strong Gale	41-47	47-54	High waves; sea begins to roll; dense streaks of foam; spray may reduce visibility.	Slight structural damage occurs (chimney pots and slate removed).
10	Storm	48-55	55-63	Very high waves with overhanging crests; sea takes white appearance as foam is blown in very dense streaks; rolling is heavy and visibility reduced.	Seldom experienced inland; trees uprooted, considerable structural damage occurs.
11	Violent Storm	56-63	64-72	Exceptionally high waves; sea covered with white foam patches; visibility still more reduced.	Very rarely experienced; accompanied by widespread damage.
12	Hurricane	64 and over	73 and over	Air filled with foam; sea completely white with driving spray; visibility reduced.	

WEATHER CODE	DESCRIPTION	O	OVERCAST
B	BLUE SKY	P	PASSING SHOWERS
C	DETACHED CLOUDS	Q	SQUALLY
D	DRIZZLING RAIN	R	RAIN
F	FOG	S	SNOW
G	DARK, GLOOMY	T	THUNDER
H	HAIL	U	UGLY (THREATENING)
L	LIGHTNING	V	VISIBILITY (UNUSUAL TRANSPARENCY)
M	MISTY (HAZY)	W	WET, DEW

CHECKLIST 3 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	N 54.48 849
START LONGITUDE CO-ORDINATES	W 005.41.479
DESCRIPTION OF START POINT	0223 hrs; dark night; moon visible but slight mist Cliff face; lit by torch from boat. visibility poor. swimmer touching cliff face comm = boat/whistle start
START DATE (Day Month Year)	02.08.2020
START TIME (HH.MM.SS) E.G. (06.15.00)	02:23
WATER TEMPERATURE °C	11.7c
AIR TEMPERATURE °C	9c

CHECKLIST 5 ACCOUNT OF THE SWIM

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

TIME	COMMENTS
0130	met swim team and pilot @ Bargo slipway
2.8.2020	opposite Salty Dog restaurant.
	taxi to start point. briefing to all swimmers
	Keith preparing to swim; crew Adriaai using
	spotlight to highlight cliff face. Keith enters
	water and advances to start. swimmer hearing ^{blinky} light
	whistle & stop watch start Keith swims to boat
	and swim advances Keith on boat starboard
	side. swimmer is visible via torch from boat
0310	swimmer 2 (DM) given 10 minute notice & prepares
	to swim
0323	(DM) enters water & passes (KG) KG climbs on
	board infinity and advances forward DM on
	starboard side Keith reports to boat that
	he has alot of jellyfish stings. Keith redresses
	rewarms / eats - swimmer is well; energy on
	board is high
0410	(BD) given 10 minute notice & preps for swim
0423	BD enters water passing (DM) (DM) boards
	infinity and swim advances; remains dark
	swimmer is lit by onboard by torch. swimmer
	(visible)

CHECKLIST 5 ACCOUNT OF THE SWIM

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

TIME	COMMENTS
0400	wearing glow stick on back of swim cap. (DM) redressed; rewarmed; ate; sleeping
0510	dusk appearing (BD) will wear glow stick given 10 minute notice
0523	(BD) enters water and passes (DM). (DM) returns on board; rewarms & rests.
0610	daylight/dawn cloudy skies. (CJ) given 10 minute notice by crew. Dolphins spotted.
0623	(CJ) enters water; passes (BD) and (CJ) returns to boat; rewarms; eats & rests (CJ) swims on boats port side.
0710	(CL) given 10 minute notice sun is up and on board energy is good.
0723	(CL) enters water and passes (CJ). (CJ) returns to boat; rewarms and eats. (CL) swims on boats port side.
0810	(Jm ^c E) given 10 minute notice. dolphins spotted at NE direction.
0823	(Jm ^c E) enters water (CL) returns to boat strings++ rewarms and rests. (Jm ^c E) swims on boats starboard side. swim distance 20.3k travelled

CHECKLIST 5 ACCOUNT OF THE SWIM
 USE THIS SPACE TO RECORD YOUR VIEW OF THE DAY COLLATED FROM
 YOUR NOTES

TIME	COMMENTS
0910	KG given 10 minute notice for 2nd rotation
0923	(KG) enters water (Tm ^c E) returns to boat stings + rewards & eats. Water has high visible/clarity sealife - jellyfish visible + (KG) swimming on starboard side - SR counted @ one point @ 80 but averaging 78. team energy is high
1010	(DM) given 10 minute notice.
1023	(DM) enters water and (KG) returns to boat rewards and eats; land ahead ↑ winds (KG) keith delights @ 5.6k distance travelled in 1 hour (recorded @ 4K in 38 mins) albeit exhausted distance travelled 31.3k
	(DM) continues swim boat receive message from coach Dorothy Johnston & raises energy + 8K from shore; sea state moderate
1110	(BD) given 10 minute notice; it's Bills birthday today & ? whether it will be his fortune to make landfall; if it is, it's a lucky day. technically difficult stretch of water. (CJ) advised to prepare for 1 more rotation given how close land is, all other team are

CHECKLIST 5 ACCOUNT OF THE SWIM

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

TIME	COMMENTS
	advised by infinity crew; not likely they will swim again. Mood on board is relaxed and swimmers are delighting in how swim has progressed.
11:23	(BO) enters water; passes (DM) (DM) returns to board infinity, rewarms & supports swim. technically difficult stretch of water Bill looking up to check lardfall / lighthouse to port side; cliffs / Pamparrick to starboard side Heading says 3.5k to lardfall. Excitement building & each crew member is on deck supporting Bills every stroke.
12:10	(CT) gives 10 minute notice it is felt perhaps (BO) will make lardfall however he needs to be prepared to swim. All are willing Bill with every stroke / wind / tide / water are all giving a challenging swim.
12:23	(CT) enters water passes Bill and heads towards lardfall on rocks below lighthouse. All on board cheering # there is rough water @ base of lighthouse (CT) takes a

CHECKLIST 5 ACCOUNT OF THE SWIM

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

TIME	COMMENTS
contd.	cautious approach and touches rockface
	whistle blown to indicate successful finish
	TIME 09:02:41 due to depth & waves vessel
	'Infinity' position is approx 100m back from
	land. (CJ) swims towards boat. All swimmers
	enter water to swim success photo below
	lighthouse. All swimmers reboard vessel
	and dress; the Killantringin lighthouse the finish
	point.
	Vessel advances for Ireland and all
	disembark to team photos on shore in Bargo.
	ENDS _____ JMellard 28/20
	total K
KG	4 4K
DM	7.1 3.1K
BD	10.5 3.4K
CJ	15.5 5K
CL	20.3 4.8K
JM'E	25.7 5.4K
KG	31.3 5.6K
DM	35.5 4.2K
BD	38.6 3.1K
CJ	39.2 600m

CHECKLIT 6 SWIM FINISH**FINISH POSITION: SWIMMER MUST FINISH ON DRY LAND OR BY TOUCHING CLIFFS WITH NO WATER BEYOND**

FINISH LATITUDE CO-ORDINATES	54. 51. 672
FINISH LONGITUDE CO-ORDINATES	005. 8. 923
CLOCK TIME (HH.MM.SS) E.G. (06.15.00)	12:25:41
TOTAL TIME IN THE WATER FINISH DATE IF DIFFERENT FROM START DATE	E.g. 9 hours 43 minutes and 15 seconds 9 hours 2 minutes 41 seconds
FINISH DATE IF DIFFERENT FROM START DATE	—
AVERAGE WATER TEMP C	12.9c
AVERAGE AIR TEMP C	11.7c
TOTAL DISTANCE SWAM	24.1 miles
FINISH DATE IF DIFFERENT FROM START DATE	NA

UNSUCCESSFUL SWIMS

REASON FOR STOPPAGE	NA.
LONGITUDE CO-ORDINATES	
LATITUDE CO-ORDINATES	
TIME (HH.MM.SS) E.G. (06.15.00)	
AVERAGE WATER AIR TEMPERATURE °C	
AVERAGE AIR TEMPERATURE °C	
TOTAL DISTANCE SWAM	
FINISH DATE IF DIFFERENT FROM START DATE	

CHECKLIST 7 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
ILDSA OBSERVER 1	Jacqueline McClelland	<i>J. McClelland</i>
OBSERVER 2	NA	-
PILOT	Pádraig Mallon	<i>Pádraig Mallon</i>

CHECKLIST 8 CERTIFICATION IMAGE CATALOGUE

1. PRE SWIM
2. FEED PLAN
3. MEDICATION
4. START
5. FINISH
6. TIME CHECK
7. POST SWIM
8. TRACK.RS
9. NAVIONICS
10. OTHER 1
11. OTHER 2
12. OTHER 3

Send completed and finalised report to recorder@ILDsa.info