

David Burdick
Galway Bay 22/may/21



CHECKLIST 1 – PRE SWIM CHECKS FOR ALL SWIMMERS

SKINS SWIM

ATTIRE	Notes if any
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 <input checked="" type="checkbox"/>
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 checked="" type="checkbox"/>
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED.	CHECKED <input checked="" type="checkbox"/>
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	CHECKED <input checked="" type="checkbox"/>
NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS ALLOWED.	CHECKED <input checked="" type="checkbox"/>
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	CHECKED <input checked="" type="checkbox"/>

NON SKINS SWIMS

SPECIFY ATTIRE WORN BY SWIMMER	
PLEASE SPECIFY WETSUIT MAKE MODEL AND MM EG: ORCA S7 3MM	
N/A	
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 checked="" type="checkbox"/>
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED.	CHECKED <input checked="" type="checkbox"/>
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	CHECKED <input checked="" type="checkbox"/>
NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS ALLOWED.	CHECKED <input checked="" type="checkbox"/>
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	CHECKED <input checked="" type="checkbox"/>

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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

START LONGITUDE CO-ORDINATES

CLOCKTIME AT START
(HH.MM.SS) E.G. (06.15.00)

04:37.

START DATE (DD.MM.YYYY)

21/5/21

Dave started the swim from Blackrock Tower in Salthill.
Swim start was observed and recorded by Helen Lyster Chairperson
of Arkhe Masters Swimming Club.

Start Time: 7:37

11.4 water Temp
56 Air Temp

Galway Bay 22 May 21
David Conradie



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, MEDICATION SUBJECTIVE CONDIIT OTHER INCIDENT)
Start 7:37	—			11.4	56	7kts	Flat	49 (8:00)	Nice morning in Galway. Picked up Bladder Bladder Towel
8:27	2164 approx.	5314.218	905.301	11.5	11.00	7kts.	chop. 9/10	46 (8:22) 46 (8:31) 43 (8:58)	Steady & consistent Hydrated 100 x 300ml
9:08	4202 approx	5313.179	009 05.202	11.6	11.00	9kts	Swell 1/2 m 3 sec	43 (9:11) 43 (9:24)	Chatty in feed enjoying weather Hydrated 100 x 300ml
9:42	6336 approx	5312.255	009 05.113	11.7	10.00	9kts	chop + swell	44 (9:57) 43 (10:13)	Swampy Hydrated 100 x 300ml
10:22	7402 approx	5311.247	009 04.881	11.9	10.00	9kts	swell 1/2 m subtle	43 (10:30) 42 (10:41)	Hydrated 100 x 300ml
10:54	9101 approx	5310.617	0900.215	12.2	10	9kts	1/2 m windy	45 (11:04)	Hydrated 100 x 400ml Warm water.



CHECKLIST 4 ACCOUNT OF THE SWIM [1]

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

- 8.27 First feed - Decided to give it e50mins. He was uncomfortable and relaxed. "Nice to be able to see other side" gave him warm Hydro gel x 300ml. A little bit of chop and roll. Tide due to turn at 8.41.
- 9.08 Amette lost feed bottle - we swung back for it. gave David feed once we swung back around. David commented on weather being nice when he was taking feed. Asked if he wanted caffeine gel or next feed but he said he was ok with current feed.
- 9.34 Has settled into swim nicely, rowing thumbs up to let us know all good. A bit of a roll and a chop in the water but pleasant out on Galway Bay. Heat in sunshine.
- 9.42 Swell has picked up slightly. Boat being kept away from Summer. David in good spirits in feed. Noted he can now see exactly where we are headed. gave 2 jellies with feed as a treat.
- 10.15 Bowl warm water with Hydrogel. Not far off Deer Island. called Helen & Tushne to give update. David still swimming strong and consistent in stroke. 7.2k on my watch now, add 180m pm tower at Blackrock
- 10.22 Feed 300ml Hydrogel. He is starting to feel it in his hands. He is happy to hear we'll be on the home straight. Wind has picked up. Sun has gone in. We are just warning round top of deer island now, cattle in sightline. Just have to bring it home now.
- 10.47 Popping in it out. Have caffeine shot ready for him. 8.05km on my watch. Seal just gave David gel 100 cap 100 for last feed. About 1km left for him to swim. Water temp has gone up to 12.2.
- 10.54 David happy in water. Feeling it in his pectorals now. ~~David~~ still steady and consistent swimming

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CHECKLIST 4 ACCOUNT OF THE SWIM [1]

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

11.21 - About 100m off Arquinish na. Helen and Julie were waiting at the finish line.
We were leaving him at this point and swimming into shore where the ladies were waiting.

Finish Time
3:46:43

David Conradie Galway Bay
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CHECKLIT 5 SWIM FINISH

FINISH POSITION: SWIMMER MUST FINISH ON DRY LAND OR BY TOUCHING CLIFFS WITH NO WATER BEYOND	
FINISH LATITUDE CO-ORDINATES	
FINISH LONGITUDE CO-ORDINATES	
CLOCK TIME AT FINISH (HH.MM.SS) E.G. (06.15.00)	
TOTAL SWIM TIME	E.g. 9 hours 43 minutes and 15 seconds <u>3</u> Hours <u>46</u> Minutes <u>43</u> Seconds
FINISH DATE IF DIFFERENT FROM START DATE (DD.MM.YYYY)	21/5/2021

UNSUCCESSFUL SWIMS

REASON FOR STOPPING:	/
LATITUDE CO-ORDINATES	/
LONGITUDE CO-ORDINATES	/
CLOCK TIME WHEN SWIMMER STOPPED AND SWIM CALLED (HH.MM.SS) E.G. (06.15.00)	/
TOTAL SWIM TIME	E.g. 9 hours 43 minutes and 15 seconds _____ Hours _____ Minutes _____ Seconds

David Conradie Galway Bay
22/May/21



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	ANNETTE CULLOY	
SWIMMER	DAVID CONRADIE	
PILOT	GEORGE CULLOY	