

## **Pilot Boat: Plus One**

### **Nicholas Osvaldo Sidelnik (American)**

**Age: 20 Swim No: 11S**

10:03 Nic left Shakespeare beach and was very keen to go.

10:11 68 strokes per minute

10:20 69 strokes per minute

10:26 Nic stopped to adjust goggles for a period of 5 seconds and carried on at same pace.

10:45 74 strokes per minute and Sea Cat passing on the Port side @ 1.5 mile from shore.

11:02 P&O ferry Pride of Kent passed on Port side heading towards France.

11:03 69 strokes per minute.

11:04 Feed time sport drink and water (time 25 seconds).

11:07 Sea Cat Diante passing Port side.

11:18 Sea France Norde De Calais passed Port side and Nic still swimming strong.

11:25 P&O European Sea Way ferry passed port side and Nic swimming 68 strokes per minute.

11:35 Feed time sport drink and water (time 25 seconds).

12:05 Feed time water and banana (time 40 seconds).

12:07 Trainer Enrique entered the water and started swimming with Nic.

12:40 Feed time sport drink and water (time 30 seconds).

13:00 Feed time sport gel and water (time 40 seconds) trainer left water and boarded boat.

13:35 Feed time chicken soup and water (time 30 seconds).

13:40 68 Strokes per minute.

13:45 H.M.S. Cardiff launched helicopter and circled ships in the shipping lane.

13:53 64 strokes per minute and Nic still going strong.

14:05 Feed time two cookies and water (time 20 seconds)

14:27 64 strokes per minute and Nic complained that right knee hurting.

14:32 Trainer Enrique entered the water and began to swim with Nic.

14:44 Seaweed in water which was very thick, Nic and trainer found it hard to swim through.

15:05 Feed time two cookies and water (time 30 seconds).

15:21 Nic stung by jellyfish on face and this shocked him but still carried on.

15:27 Trainer also stung by jellyfish on the neck this also shocked him but still carried on.

15:30 Trainer left the water and boarded the boat, and feed time for Nic sport gel and water (time 25 seconds).

15:50 55 strokes per minute and still going strong.

16:01 Feed time one cookie and water (35 seconds)

16:38 Feed time sport gel and sport drink and water (time 35 seconds).

16:40 64 strokes per minute and still going strong.

16:58 Feed time two cookies and water (time 55 seconds) Nic showing signs of tiring.

17:00 Trainer entered water and began to swim with Nic.

17:03 56 strokes per minute.

17:35 Feed time 1 banana and Maxim (time 35 seconds).

18:08 Feed time 1 soup and maxim (time 40 seconds) also trainer left the water and boarded the boat.

18:10 Coast guard tug vessel Anglian Monarch moved approx 200 metres to allow swimmer clear access.

18:37 Feed time 1 soup (30 seconds).

19:00 Feed time two cookies and water (time 20 seconds).

19:10 Trainer entered water and started to swim with Nic, also encouragement was made by Eddie Spelling to Nic.

19:28 Nic stung by jellyfish on the arm.

19:45 57 strokes per minute.

19:50 Nic walked up the beach at Tardingen and was finished time 9 hours and 53 minutes and 26 seconds.