

CHANNEL SWIMMING & PILOTING FEDERATION

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OBSERVERS REPORT SOLO SWIM

Please complete in block letters

PILOT BOAT *SEA SATIN* SWIM NO. *10S.* DATE *7th August 03.*

SWIMMER *Philip Scarborough* SEX: *MALE*

NATIONALITY *USA* AGE *34.* DATE OF BIRTH *3rd June 1969.*

Any special considerations *none.*

TRAINER/HELPERS :- *Elmer Tosta - Trainer, Virginia Scarborough,*

PILOT/SKIPPER *Lance Oram.* CREW *Codge Cobbett, - Observer. Neil Streeter.*

Any other persons *None.*

High Water Dover – Time *06.55* Height *5.5* Metres (SPRINGS 6.8mtrs – NEAPS 5.3mtrs)

Low Water Dover – Time *13.54* Height *2.0* Metres (SPRINGS 0.8mtrs – NEAPS 2.1mtrs)

GREASE & TYPE . *Lasoline* AMOUNT _____ STROKE . *Freestyle.*

POINT OF FINISH *Cap Gris Nez* DATE *7th August 03.* TIME *18:55.* HOURS

POINT OF START *Abbots Cliff Beach* DATE *7th August 03.* TIME. *06:47.* HOURS

Total Swim Time :- 12 Hours 8minutes

Reason if unsuccessful _____ SUCCESSFUL :- *Yes*

I/We hereby certify that I/we accompanied ...*Philip Scarborough* on the (Date) ..*7th August 03.*
for the duration of the swim, and that the swim was made in accordance with the rules of the Channel Swimming
& Piloting Federati

1ST OBSERVER

2ND OBSERVER

Name (printed) *CODGE COBBETT*
codge@cobbett2.fslife.co.uk

Name (printred)

Swim Log: Please complete a swim log on separate sheets, noting any event of interest that occur before, after and during the swim. This log gives the swimmer, the CS&PF and those involved with the swim, an in-depth record which they can refer to. Thank you.

Continued on reverse side

Please complete in block letters

7th August 2003.

The successful Swim across the ENGLISH CHANNEL by:

Philip Scarborough

Swim number: - 10S.

THE ESCORT CRAFT: "SEA SATIN"

Skipper - Lance Oram.

Crew – Observer – Codge Cobbett. Neil Streeter.

High water at Dover – 06:55. With a height of 5.5 metres.

Low water at Dover – 12:54 with a height of 2.0 metres.

As we left the quay at 06:15, to make our way to Abbots Cliff beach for the start of the Philips swim.

The weather is good, wind 4.2 with a South Easterly direction, with sea temperature of 18c, and air temperature of 16c.

06.45. Phil made his way to the beach, after being greased up by Virginia, his wife, who seems more nervous than Phil.

06:47. Philip enters the water for the start of his swim.

Phil soon got into his stride swimming on the port side of the boat, stroking at a rate of 62 per minute.

Elmer tells me that Phil has done all his own training and research for this swim, planning for a year and a half. He is a club swimmer, swimming in open water, and swam a Trans relay, 5 years ago, but this is his first attempt at the English Channel.

They are going to feed him every 30 minutes on a product called Gplus, and properly a mouthwash.

07.16. Feed 1. Elmer and Virginia give Phil Gplus 1, and only pausing for 17 seconds. This will improve his time if he has short feeds like this, every second counts.

07.30. Phil is swimming well, maintaining his stroke of 62 and looking good.

07.47. Feed 2. This time he is given G plus 2, pausing for only 16 seconds. They will keep me busy feeding every 30 minutes, it comes around fast.

The air temperature has now risen to 17c and getting warmer, but the wind has increased slightly.

08.10. The ferries `Rodin` and the Sea cat pass on the port side on their way to France, but giving no problems to Phil.

08.16. Feed 3, with a 17 second pause, Elmer gives Phil Gplus again. Gplus will be fed to him on every feed, so I will just type feed for the next ones. (I'm getting lazy) unless they give him any treats.

08.20. Swim stroke steady, at 62 per minute, but Virginia is swimming for him in feelings, with every stroke Phil does, Virginia looks more stressed, but very proud of him, and urging him on.

08.47. Feed 4, with a great 18-second pause, well done Phil.

09.17. Feed 5. Still Gplus, but Gplus 3 this time, with a pause of 19 seconds.

09.40. The Freighter `Agatha`, registered in Hamburg, crossed our stern very close, after we had to alter course to avoid being run down, but nothing seems to worry Lance, who takes it all in his stride.

09.47. Feed 6. Pause of 29 seconds.

10.15. Feed 7. Pausing for only 35 seconds.

10.25. The ferry `Burgundy` passed on the port side, heading for France, with no problem to Philip.

The seas seem to full of ferries, what with the `burgundy`, we now have the `Cézanne` on her way to France, and the sea cat, on her way to Dover, also on the port.

10.47. Feed 8. Gplus with a mouthwash, pause of 30 seconds.

11.16. Feed 9. With a pause of 28 seconds, also with a mouthwash.

11.46. Feed 10. As Elmer and Virginia feed Phil with G plus 3 and give him a mouthwash, a tug passes our stern, towing the very large crane vessel that was broadcasted over the radio to look out for. A massive sight, with eight floating legs and two very large derricks on her decks.

11.50. Aegean Blue, with their swimmer, has made about 1.6 miles ahead of us.

11.55. The ferry `Dover` heading for France, passed on the port side, again with no problem to Phil.

12.05. `European Seaway` and the `Manet` pass on the starboard, on their way to France.

12.16. Feed 11, with a pause of 32 seconds, as Lance tells me that we are now in the middle of the Separation Zone.

12.20. The `Rodin` and the `Aquataine`, both French bound, pass on the port, but are too far off to cause Phil any problems.

12.45. Feed 12. Pausing for 28 seconds, as a small yacht sails by to have a look at Philip, and wave to us all.

13.16. Feed 13. While Phil's is having his feed, two large container ships cross the bow, with the ferry `Canterbury` off on the port, giving Phil a slight bit of wake, pausing for only 27 seconds, he soon gets back into his stroke of 62.

13.20. More ferries, the `Cézanne` passing again, going back to Dover, and the `Nord Par -De Calais` heading for France.

13.46. Feed 14. This time Virginia and Elmer give Phil the Gplus, and also an Advil tablet, with a mouthwash, pause time of 41 seconds.

Elmer tells me that they wanted to give him two tablets, but he dropped one.

14.00. The seas are very flat now, and the temperature is up to 24c, with the sea temperature of 19c.

14.10. Philip's stroke still holds at 62 strokes per minute.

14.16. Feed 15. Virginia gives him the other tablet with the Gplus, to replace the one he dropped, pausing for 38 seconds.

14.47. Feed 16. Pausing for 30 seconds, he is fed the same.

15.00. The seas are very quite, not much happening.

15.16. Feed 17. Pause time of 45 seconds, Phil's feed times are really quick, that all adds up at the end for a good time.

15.46. Feed 18. As Elmer feeds Phil, the Coast Guard tug lays off our port bow.

16.00. Swim stroke has now increased to a 64 stroke per minute, he may have spotted the coastland and perked up abit.

16.16. Feed 19. With a pause of 31 seconds.

16.30. Phil's stroke has increased again, up to 66 strokes per minute, he's going like a train, I hope he don't burn himself out. Mind you, with all the excitement coming from Virginia, he will go forever, she's great to have around a swimmer.

16.42. We have just heard over the radio that Mike has completed his swim, well done, they must have got a great time.

16.47. Feed 20. Gplus with a mouthwash, pausing for 21 seconds.

16.55. Stroke still holding at 66.

17.16. Feed 21. With this feed, he is given another tablet, as Mike comes along side with his team to add support to Phil.

17.47. Feed 22. Phil is looking very good, with that strong stroke; he can sense the French coast now.

18.17. Feed 23. Pausing for only 22 seconds, he just wants to get on with it now.

Virginia and Elmer are really shout encouragement to Phil now, it's a wonder they have not lost their voices.

18.47 feed 24. the last feed, with a pause of only 13 seconds, he strikes out for that land, now stroking at a rate of 72 strokes per minute.

He's trained well for this, his stroke has been great although.

18.55. Philip reaches the French coast

The swim time was recorded at **12 Hours 8 minutes.**

Well done Phil, you really swam well, and a well done to Virginia and Elmer, what a great team.

Hope to see you all again,

Take care,

By.... Codge Cobbett, Observer. 7th August 2003.

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