

## RICHARD FLAMBARD 8<sup>th</sup> AUGUST 2003

Richard starts at 0742 , just after Sybil Fisher( Aegean Blue) . Duke Dehlin and Sea Satin started a few minutes earlier. Chris Osmond and Seafarer also have a swimmer and they are starting about 10 minutes after us .Ocean Breeze comes out just after we start with an Indian swimmer (Murile Chahrah ) who is going to try to swim today.

0822 Caught up with Sea Satin

0842 A quick feed (30 secs) Judith rang up at the same time . After the feed Charlie went for a power nap after his late night !

0942 This feed took a bit longer as I threw Richard the drinks bottle along with the string used to pull it back in !!!! DOH !!! Richard threw it back on the boat

1042 long feed this time as he takes a minute or two to change his cap for one that fits a bit tighter , the waves are smacking his head and loosening the caps grip . He says ' not that warm is it ?' no we reply , feeling a bit guilty as we keep hiding in the cabin . he also asks when the slop will stop .. we say hopefully when the tide changes as it is wind against tide at the mom .

1112 Gave him an ISOSTAR drink .. asks if it was one that my mum had made .. say NO YOURS 'OH ' he says , it tastes a bit different . We told him he was 1/3 of the way across and going well , Charlie leaves my side abruptly to chuck up over the stern of PLUS ONE , much to Richard's amusement

1242 Maxim and blackcurrant , we tell him he is in the separation zone and he got very happy, said the ISOSTAR was too strong , I said would try to weaken it.

1312 ISOSTAR .. said it was 'getting there '

1342 very quiet , and does not seem too happy , we are catching up with Duncan and his swimmer who left an hour before us

1412 ISOSTAR but did not drink all of it .. he said '6 1/2 hours , only another 3 1/2 to go '

1442 MAXIM .. drank most of that one

1512 ISOSTAR ( did not drink too much ) said happy to stay on portside of boat , as although seemed flatter on the other side , the exhaust fumes were unbearable

1542 MAXIM .. he said he wanted mum's electrolyte next time

1612 MAXIM ISOTONIC said tasted good and wondered when I was getting in .. OH DEAR !

1642 Richard not too happy , told him 2.6 miles to the cape , but did not say it looked like he might miss it , did not drink much and said he wanted plain water next time .

1705 said water was great , he can see land now which helps inject some enthusiasm , wants to alternate between maxim and maxim electrolyte every 20 mins

1722 MAXIM

1742 ELECTROLYTE , we can see Mary Mayne off our port side , looks like she will miss the point .

1812 MAXIM and I got in ..... WHOOSH Richard shot off like a rocket ... why the hell didn't he swim like that before I wondered as I struggled behind in his wake !!

1842 ELECTROLYTE , I try to get out as I say I am too slow for Richard but he says NO WAY you are staying in!!!!!! bugger ... that great sprint has put us in a great position , which is just as well as Richard is now exhausted and I can finally keep up !!! , the tide takes us up to the rocks just below the Lighthouse , a perfect finish on not such a nice day ....

WELL DONE RICHARD , 14 YEARS AFTER YOUR FIRST SWIM AND YOU WOULD HAVE BEEN FASTER IF THE DAY HAD BEHAVED .... It was a pleasure to be with you , and I am sure that was a GREAT training swim for the main event when you break my round the Island record!!!!!!

ALISON STREETER MBE QUEEN OF THE CHANNEL AND OBSERVER FOR YOUR SWIM