

# Relay: North Star Seals

Robert Thompson  
& Eddie Spelling  
Anastasia

29/06/2022



## Observer's Report: Bel Lavers

### Meeting the team

We had been asked our pilot to meet at Dover Marina at 11.00pm on Wednesday 29 June. Our swimmers for the day were a three person relay team North Star Seals: Paul Blue, Susan Cheshire and Janey Sugden. The team were supported by their friend Meredith Bochmann. We joined the boat team: Robert Thompson, Eddie Spelling and Michael Spelling on the slipway at the new Marina. Once everyone was aboard, the initial paperwork was quickly completed. With the admin done, passports checked and briefings out of the way, we were soon underway to Abbot's Cliff, Samphire Hoe for the start of the swim.

The team were all wearing standard swimming costumes and trunks, caps, goggles and earplugs. Paul and Janey would swim to port, while Susan would swim to starboard.

### Swim Stats

Hour	Swimmer	Time of Entry	Changeover Time	Stoke	Stoke Rate
0	Paul Blue	23.49	n/a	Freestyle	60
1	Susan Cheshire	00.49	35 secs	Freestyle	56
2	Janey Sugden	01.49	40 secs	Freestyle	58
3	Paul Blue	02.49	50 secs	Freestyle	56
4	Susan Cheshire	03.49	30 secs	Freestyle	46
5	Janey Sugden	04.49	40 secs	Freestyle	56
6	Paul Blue	05.49	40 secs	Freestyle	52
7	Susan Cheshire	06.49	40 secs	Freestyle	46
8	Janey Sugden	07.49	41 secs	Freestyle	52

Hour	Swimmer	Time of Entry	Changeover Time	Stoke	Stoke Rate
9	Paul Blue	08.49	50 secs	Freestyle	60
10	Susan Cheshire	09.49	40 secs	Freestyle	48
11	Janey Sugden	10.49	30 secs	Freestyle	56
12	Paul Blue	11.49	30 secs	Freestyle	54
13	Susan Cheshire	12.49	40 secs	Freestyle	48
14	Janey Sugden	13.49	40 secs	Freestyle	54
15	Paul Blue	14.49	1 min 10 secs	Freestyle	n/a

## The Swim

### 29 June 2022

- 23.10 Anastasia leaves Dover Marina to head to Abbott's Cliff, Samphire Hoe.
- 23.47 Swimmer #1, Paul, is in the water and swimming towards the beach. The team yell encouragement to him as he swims confidently towards shore.
- 23.49 Paul has cleared the water, the boat team signal the start of the swim and Paul re-enters the water and is soon swimming back alongside Anastasia. We're off! The sea state is calm, water temp 15C and air temp 13.7C.

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- 00.19 Stroke count 60.
- 00.49 Swimmer #2, Susan, enter the water and swims to starboard. Paul climbs back aboard in a changeover time of 35 seconds. The sea state is calm, water temp 16.5C and air temp 13.7C.
- 01.19 Stroke count 56.
- 01.49 Swimmer #3, Janey, enter the water and swims to port as Susan swims back behind the boat and climbs aboard in a changeover time of 40 seconds. The sea state is calm, water temp 15.5C and air temp 13.2C.
- 02.19 Stroke count 58.
- 02.49 Swimmer #1 Paul re-enters the water for his second swim. Janey is soon back on board in a changeover time of 50 seconds. The sea state is calm, sea temp 15C and air temp 13.6C.
- 03.19 Stroke count 56.
- 03.38 Entering the South West Shipping Lane.
- 03.49 Swimmer #2, Susan is back in the water as Paul climbs aboard. Changeover time 30 seconds. The sea state is calm, water temp 15C and air temp 13.9C.
- 04.19 Stroke count 46.
- 04.44 The sun is beginning to peak his head above the horizon. The anticipated boost of sunlight on our swimmers' backs, is short lived as the sun is swallowed by the cloud cover, having shone briefly for a few moments.

- 04.49 Swimmer #3, Janey swims to port as Susan climbs back aboard. Changeover time 40 seconds. The sea state is calm, water temp 15C and air temp 14.3C.
- 05.19 Stroke count 56.
- 05.49 Swimmer #1 Paul jumps back in and swims to port, Janey climbs the ladder. Changeover time 40 seconds. The sea state is calm, water temp 15 and air temp 14.7C.
- 06.19 Stroke count 52.
- 06.49 Swimmer #2 Susan is swimming back to starboard and Paul is back on board in a changeover time of 40 seconds. The sea is kicking up a bit now and Susan is swimming in choppy conditions. The sea state is slight, water temp 15.5C and air temp 15.2C.
- 07.03 Entering the Separation Zone.
- 07.19 Stroke count 46.
- 07.49 Swimmer #3 Janey is back in the water as Susan climbs aboard in a changeover time of 41 seconds. The sea state is slight, water temp 16.5C and air temp 15.5C.
- 08.05 Entering the North East Shipping Lane.
- 08.19 Stroke count 52.
- 08.49 Swimmer #1 Paul jumps back in the water for his fourth swim as Janey climbs back aboard in a changeover time of 50 seconds. The change overs are coming round quickly and our swimmers are not getting much rest in between. They are in good spirits though and coping well with the choppy waters. The sea state is slight, water temp is 16.5C and air temp 15C.
- 09.19 Stroke count 60.
- 09.49 Swimmer #2 Susan jumps back in and Paul climbs aboard in a changeover time of 40 seconds. The sea state is slight, water temp is 17C and air temp 15.3C.
- 10.19 Stroke count 48.
- 10.49 Swimmer #3 Janey back in for her fourth swim as Susan climbs aboard in a changeover time of 30 seconds. The sea state is slight, water temp is 17C and air temp 15.6C.
- 11.19 Stroke count 56.
- 11.49 Swimmer #1 Paul re-enters the water as Janey climbs aboard. Changeover time 30 seconds. The sea state is slight, water temp is 17C and air temp 15.3C.
- 12.03 Entering French Inshore Waters.
- 12.19 Stroke count 54.
- 12.49 Swimmer #2 Susan is back in the water and is looking to be her last swim of the day, Paul climbs back aboard in a changeover time of 40 seconds. The sea state is smooth, water temp 18C and air temp 16.4C.
- 12.55 Passing Abbeville Buoy.
- 13.19 Stroke count 48.

- 13.49 Swimmer #3 Janey back in the water, Susan climbs aboard in a changeover time of 40 seconds. The sea state is smooth, water temp 17.9C and air temp 16C.
- 13.54 Passing Les Quenocs Buoy.
- 14.19 Stroke count 54.
- 14.42 Seal pops up to take a look and High Hopes, having finished her swim, motors by to say good luck to our swimmers. We're so close now.
- 14.49 Swimmer #1 Paul jumps in for his sixth swim and he is going to have the honour of finishing for the team. Janey has swum her heart out and is visibly tired when she climbs back aboard. We hold Paul briefly to make sure Janey is safely back on board and then we're off again towards France. Changeover time 1 minute 10 seconds. The sea state is smooth, water temp 18.4C and air temp 16C.
- 14.52 Michael is in the rib alongside Paul to guide him into shore. Paul is swimming strongly reeling in the shoreline with every stroke.
- 15.02 Paul exits the water in front of Sangatte Church to finish the swim. Total swim time 15 hours 13 minutes. The was a hard fought swim, many congratulations team, you earned that one!

