

SPECIAL SUMMER ISSUE

OPEN WATER

Swimming

MAGAZINE

JUNE 2017

Antonio Argüelles en route to the Oceans Seven
Photo Credit: Pablo Argüelles-Cattori

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What Does Swimming Mean To You?



Steven Munatones
Editor

APPEARED IN



SwimmingWORLD

competitor

SWIMMER



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Ice swimming, marathon swimming, the first triathlon leg, summer fun?

Ocean swimming, lake swimming, river swimming or something funky and free?

Pro races or eco-swims? Night swimming, wild swimming, charity swimming? Neoprene or bioprene? Competitions or soloswimming?

Open water swimming simply implies you are swimming in open bodies of water in any form that you wish.

Take your pick of venues...

You have oceans, the seas, lakes, rivers, dams, reservoirs, canals, channels, fjords, estuaries, basins, lochs, meres, coves, firths, sounds, straits, bays or harbors.

It can be for fun or fitness, money or prizes, guts or glory.

Some swear BY wet suits. Others swear AGAINST them.

Some enjoy water that is near freezing; others prefer tropically warm.

Swimmers of every age, ability, background and country are celebrated by the

World Open Water Swimming Association (WOWSA).

Our goal is to educate, entertain, and enthuse all those who venture beyond the shoreline. If you would like to contribute to this effort through your own literary talents, please send us your written contributions of any length.

This monthly magazine, free to WOWSA members, brings you stories of swimmers who have faced hardships and unexpected twists and turns in their lives.

But these individuals also inspire with a depth of character and a passion for swimming that are remarkable traits of remarkable people.

If you'd like to become a WOWSA member, please check out the website: worldopenwaterswimmingassociation.com.

Enjoy this issue, and we'll see you onshore.

Steven Munatones

Steven Munatones, Editor-in-Chief
Open Water Swimming Magazine
World Open Water Swimming Association

About the Editor

Steven Munatones is the Founder of Open Water Swimming, LLC and the Senior Editor of Daily News of Open Water Swimming.

He has served as the USA Swimming National Open Water Swimming Team coach at the 2001, 2003, 2004, 2005 and 2007 World Swimming Championships and 2006, 2007, 2009 and 2010 national team camps.

Steve has written for Swimming World Magazine, Swimming Australia Magazine and Competitor Magazine.

He is an inductee and board member of the International Marathon Swimming Hall of Fame.

He has served as a member of the FINA Technical Open Water Swimming Committee and USA Swimming Open Water Swimming Committee.

In 1982, he became a World Long Distance Swimming Champion (25K).

He has served as an NBC Olympics Commentator for the 2008 Olympic 10K Marathon Swim in Beijing. He created the Open Water Swimming Dictionary and World's Top 100 Open Water Swims.

Steve prepared open water swimming materials used by NBC, USA Swimming, Beijing Olympic Committee, Wall Street Journal, USA Today and National Geographic Magazine.

He did 5 unprecedented solo swims over 30K in Asia and several pro marathon swims in Canada, Mexico and Atlantic City.

He served as Technical Swimming Delegate for the Special Olympics and 2011 World Games and advisor to race directors in the USA, Brazil, Greece, Mexico and Japan.

He created Openwaterpedia.com, the Global Open Water Swimming Conference, Oceans Seven, and the World Open Water Swimming Association Awards.

CHALLENGING CHANNEL CROSSINGS WITH MICHAEL TWIGG-SMITH

Pilot Michael Twigg-Smith of Stellina Mare has escorted the following 23 individuals and relay teams across the Molokai Channel between the islands of Molokai and Oahu in Hawaii between 2013 and 2017 [to date]:

2013

- The Veterans (a relay with Karen Schmidt, Amy Dantzler, Brent Blackman, Bill Ireland, Bruce Thomas, Dianne Gleason) from Molokai to Oahu in 9 hours 45 minutes. "Six swimmers to compete in the inaugural relay race across the Kaiwi Channel."
- Richard W. Gaenzle, Jr., Brian Ross, Chris Kraus, a 3-man relay in 13 hours 45 minutes. "Three guys from New York."

2014

- Cameron Keith from Cairns, Australia in 13 hours 55 minutes. "The 15-year-old was youngest to swim the course. It was very calm conditions."
- Rohan More from India in 17 hours 30 minutes "who came with his mom."

2015

- Boguslaw Ogrodnik from Poland "did not finish due to becoming

seasick"

- Stephen Junk from Australia "did not finish due to becoming seasick"
- Brothers John Royer and Mark Royer from the USA "completed their relay in a rain squall in 14 hours 30 minutes"
- Attila Manyoki from Hungary "set a new record time in 12 hours 2 minutes in the roughest conditions ever, but he had a favorable current at the end"
- Romano Mombelli from Switzerland did not finish due to portuguese man o war stings
- Andre Wiersig from Germany finished in 18 hours 26 minutes

2016

- Daniel Curtis from the USA "cancelled his attempt due to extremely large surf in February"
- Antonio Argüelles Díaz-González from Mexico completed his crossing in 23 hours 18 minutes. "We had to start at La'au Point

because of big surf and the beach at Kaluakoi was gone, completely washed out, just rocks there. Whales came over to check out the swimmer, the current took us all the way to Hanauma Bay."

- A 6-person Russian team led by Sergi "did not finish due to white tip sharks"
- Ranie Pearce from California "did not finish due to tiger sharks" [video shown above]
- Adrian Sarchet from Guernsey, one of the British Channel Islands, "started at 1:35 am and finished at 6:59 pm. His 17 hour 24 minute crossing was a really tough swim; we had the first drone footage shot of a person finishing the channel" [video shown above]
- Jorge Crivilles Villanueva from Spain "started his swim at 5:44 am and finished at 11:38 am. His 17 hour 54 minute crossing was the first by a Spanish national. He took a very northerly course and

finished at Alan Davis Beach. During the swim, he was approached by tiger sharks. When one got really close, he shook the Shark Shield at it and it swam away."

- Dr. Thomas Hackett from the USA started at 6:34 pm and finished at 9:27 am. "His 14 hour 53 minute swim that finished at Alan Davis Beach was done under favorable conditions."
- Stephen Junk from Australia started at 4:07 pm and finished at 5:57 am. "His 13 hour 50 minute crossing was his second attempt and he faced winds that were way stronger than predicted. It was very rough, but the waves were pushing us straight towards Oahu. We arrived at Alan Davis Beach while it was still dark and we had to continue to Sandy Beach where it was barely daybreak."
- Beth French from Great Britain started her 17 hour 59 minute crossing at 3:05 pm and finished at 9:04 am. "She became the first female to complete the course two times. The currents and weather were very favorable; Stefan Stuckert and crew filmed the whole way where she finished at Alan Davis Beach."

2017

- Abhejali Berdonova from the Czech Republic started her 22 hour 8 minute crossing at 5:21 pm and finished at 3:13 pm. "She got pushed 1 nautical mile north for the first half, and north again on Makapu'u Ledge, finished at Sandy Beach. She became the first person from the Czech Republic to complete the course."
- Cae Tolman started at 5:06 pm and "swam for 17 hours but did not finish. There was an incredible riptide was eddying us around and pushing us back towards Molokai. The first seven hrs were great; he made it to the halfway point, but then the current pushed us back."
- Pat Gallant-Charette from the USA started at 5:27 pm and finished at 5:21 pm for a 23 hour 54 minute crossing. "At 66 years and 107 days old, she was the oldest person to complete the Molokai Channel. She fought a persistent current moving to the southwest for 18 hours and swam past pilot whales spouting rainbows."
- Prabhat Koli, a 17-year-old from Mumbai, India "started at 6:08 pm and finished at 11:30 am for a 17 hour 22 minute crossing."



MAARTEN VAN DER WEIJDEN

SWIMS 99,450
METERS IN 24



Marathon swimmer Walter Poenisch will be honored as a Pioneer Open Water Swimmer and Olympic 10K Marathon Swim gold medalist Maarten van der Weijden will be inducted as an Honor Swimmer during the Honoree Induction Weekend on August 24th - 27th in Fort Lauderdale, Florida at the International Swimming Hall of Fame.

Poenisch's legacy included a 90.75-mile (146 km) in the Atlantic Ocean in 1972, a 122.5-mile (197.1 km) swim from the Florida Keys to the tip of the Florida peninsula in 1976, and a 128.8-mile (207.8 km) swim across the Straits of Florida from Cuba to Florida at the age of 68. His Swim for Peace was an early example of Speedo diplomacy when it was completed in 1978.

While Poenisch picked up the sport in his latter years, van der Weijden was a protege and medical marvel who retired soon after his 2008 Beijing Olympic victory, the first in history by a leukemia survivor.

But the water called the Dutch gold medalist back.

Van der Weijden recently completed a 24-hour swim where he attempted to break the existing 24-hour record of 101.9 km. He had two fellow Dutch gold medalists helping him as pace swimmers.

Richard Broer described the charity attempt, "The first 18 hours of the swim went very well. He was 20 or more minutes ahead of [his goal] time. He swam 1:22 - 1:25 per 100m in the 25m pool.

At the 12-hour mark he was well underway with 52,000 meters. In the lane next to him, he was paced by several swimmers. Marcel Schouten swam at least six hours with him, setting the pace as support swimmer.

After some 18-19 hours, he had his dip. This eventually culminated after sanitary stop outside of the water for a few minutes. The leaving the swimming position by standing up outside of the water may have not been such a good idea, he told the media afterwards.

He had difficulty getting his rhythm when he got back in. Minutes after re-entering the water he hit the lane lines with his thumb and cut himself adding to his difficulties. His speed dropped to 1:35 per 100 meters. In a television interview, he also stated that the hours in chlorine made swimming difficult during the last hours. Ferry Weertman and Naomi Kromowidjojo swam with him for the final part.

The final 24-hour result was just under the 100 km mark or 99,450 meters.

It was a formidable swim. He swam specifically to draw attention for cancer research. He accumulated more than €10,000 of funds for cancer research as result of the record attempt.

Van der Weijden was coached for this swim by Marcel Wouda and Marcel van der Togt who are both former Netherlands national open water swimming coaches."

A photograph of a person swimming in the ocean, viewed from above. The person is wearing dark swim trunks and is positioned in the center of the frame. A large, white, stylized arrow points downwards, starting from the top of the page and ending just above the person's head. The background shows the ocean surface with ripples and a hazy horizon under a warm, orange-toned sky.

INGEMAR MACARINE DIVES IN WITH PASSION

No one is crossing more unswum channels than Filipino attorney Ingemar Macarine is currently doing now.

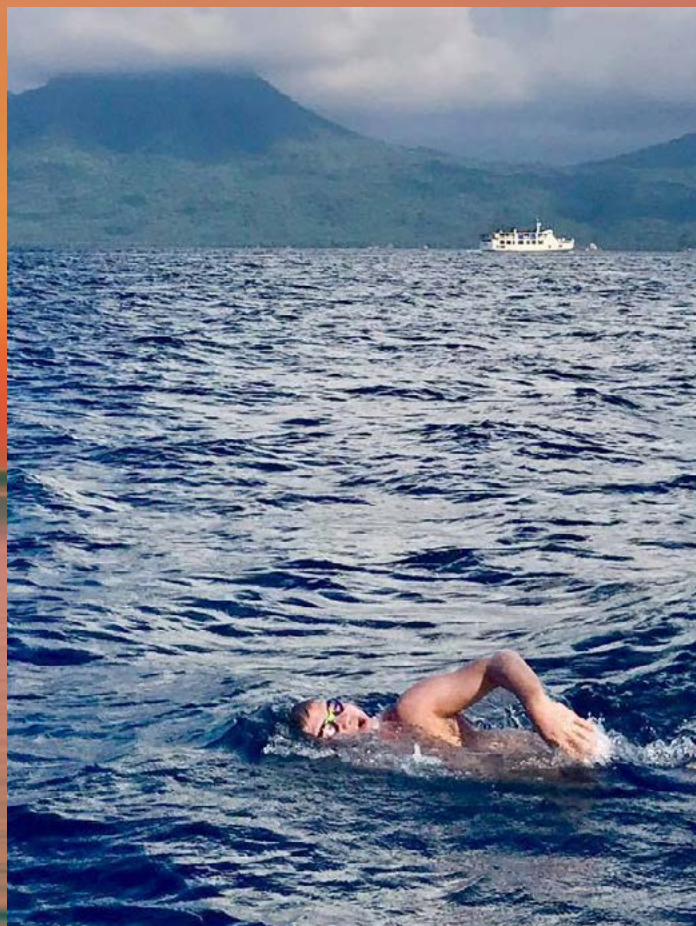


If he isn't attempting a new channel crossing, he is planning the logistics for one or searching on a map for a new one in his native Philippines, a land of more than 7,000 islands.

His latest unprecedented crossing was between Guinsiliban Port on Camiguin Island to Calamcam Beach in the Municipality of Talisayan, Province of Misamis Oriental on the mainland of Mindanao. After battling 23.51 km against a strong current and rough conditions, he landed in 7 hours 47 minutes.

"Our original landing point was Balingoan Port, but I was carried away by a very strong current.

Born and raised in Placer and Malimono, Surigao del Norte, I am saddened by the ongoing war in Marawi City. This swim is my humble contribution to promote peace between our Brother Muslims and Christians in Mindanao. Gilbert Grado helped by serving as my swim pacer for the last few kilometers. My spirit and will were uplifted when Gilbert jumped in and accompanied me while I was approaching Sipaka Point."





2017 WORLD'S 50 MOST ADVEN- TUROUS OPEN WATER WOMEN

TABLE OF CONTENTS

Yesterday, the World Open Water Swimming Association posted its 2017 list of the World's 50 Most Adventurous Open Water Men.

Below is the list of the 2017 World's 50 Most Adventurous Open Water Women, listed alphabetically by last name.

The list includes contemporary aquatic adventurers who have done unprecedented swims of note or a significant number of risk-inherent channel, lake or marathon swims, women who have proven themselves in ice swimming competitions and solo extreme swims, and women who have safely escorted or coached many swimmers of various abilities in rough waters.

"The list includes women from 16 countries: Germany, USA, Switzerland, South Africa, New Zealand, Great Britain, Ireland, Argentina, Canada, Mexico, Chile, Spain, Finland, Australia, Sweden, and Czech Republic which is indicative that the sense of adventure in the open water is global and inherent among tens of thousands of women worldwide," explains Steven Munatones.

"There are many women who have done ocean, lake and river swims that are off the charts. But this list is symbolic of the very best, the crème de la crème. For example, what Pat Gallant-Charette is doing in her 60s is remarkable and what how fast the ice swimmers are going is mind-boggling. Same with channel swimmers like Linda Kaiser who is now helping people achieve their own dreams. Their accolades go on and on, but one thing appears to be common: these women are passionate, inspirational, humble luminaries in the open water."

2017 World's 50 Most Adventurous Open Water Women:

1. Patti Bauernfeind, marathon/channel/relay swimmer from the USA
2. Carina Bruwer, marathon/channel/charity event swimmer from South Africa
3. Charlotte Brynn, marathon/channel/ice swimmer and coach from New Zealand/USA
4. Jessie Campbell, ice/winter swimmer from Great Britain
5. Kimberley Chambers, marathon/channel/extreme/cross-border swimmer from New Zealand/USA
6. Devon Clifford, marathon/channel/open water swimmer from the USA
7. Jackie Cobell, channel/extreme/ice swimmer from Great Britain
8. Lorna Cochran, open water swimmer from South Africa
9. Olive Conroy, ice/winter swimmer from Ireland
10. Anna DeLozier, ice/winter swimmer from the USA
11. Beth French, channel swimmer from Great Britain
12. Elizabeth Fry, marathon/channel swimmer and event organizer from USA

13. Pat Gallant-Charette, channel/marathon swimmer from the USA
14. Pilar Geijo, professional marathon swimmer from Argentina
15. Ines Hahn, ice/winter/professional marathon swimmer from Germany
16. Jessi Harewicz, marathon/channel swimmer from Canada
17. Mariel Hawley Dávila, marathon/channel/cross-border swimmer from Mexico
18. Bárbara Hernández Huerta, winter/extreme swimmer from Chile
19. Bridgette Hobart, event organizer and marathon/channel swimmer from the USA
20. Elaine Howley, marathon/charity/ice swimmer and writer from the USA
21. Linda Kaiser, channel swimmer, advisor and administrator from the USA
22. Lori King, marathon/channel swimmer from the USA
23. Tita Llorens, marathon/channel swimmer from Spain
24. Marcy MacDonald, DPM, marathon/channel swimmer from the USA
25. Elina Makinen, ice/winter swimmer from Finland
26. Angela Maurer, professional marathon swimmer and Olympian from Germany
27. Chloë McCardel, marathon/channel swimmer and coach from Australia
28. Tiffany McQueen, ocean/marathon swimmer from the USA
29. Sally Minty-Gravett, marathon/channel swimmer and coach from Great Britain (Jersey)
30. Jaimie Monahan, ice/winter/marathon/channel swimmer from the USA
31. Nuala Moore, marathon/ice swimmer, second, author and lecturer from Ireland
32. Victoria Mori, ice/winter/professional marathon swimmer from Argentina
33. Tina Neill, marathon/channel/backstroker/extreme relay swimmer from the USA
34. Anna-Carin Nordin, Oceans Seven/ice swimmer from Sweden
35. Renata Nováková, ice/winter swimmer from the Czech Republic
36. Magda Okurková, ice/winter swimmer from the Czech Republic
37. Penny Palfrey, channel/marathon/extreme swimmer from Australia
38. Ranie Pearce, marathon/channel swimmer from the USA
39. Cheryl Reinke, marathon swimmer from the USA
40. Charlotte Samuels, marathon/channel swimmer from the USA
41. Susan Simmons, marathon swimmer with Multiple Sclerosis from Canada [shown above]
42. Kate Steels-Fryatt, polar ice miler and ice/winter swimmer from Great Britain
43. Sarah Thomas, marathon/extreme swimmer from the USA
44. Nora Toledano Cadena, marathon/channel/cross-border swimmer from Mexico
45. Natalie du Toit, professional marathon swimmer and Olympian from South Africa
46. Wendy Trehou, marathon/channel swimmer from Great Britain (Jersey)
47. Wendy Van De Sompele, marathon swimmer and administrator from the USA
48. Samantha Whelpton, winter/ice swimmer from South Africa
49. Sabrina Wiedmer, ice/winter/marathon/channel swimmer from Switzerland
50. Julia Wittig, ice/winter swimmer from Germany



The 2017 list of World's 50 Most Adventurous Open Water Men is [here](#).

2017 WORLD'S 50 MOST ADVENTUR- OUS OPEN WATER MEN



The World Open Water Swimming Association last published its list of the World's 50 Most Adventurous Open Water Men in 2015.

Without a doubt, these 50 men lead daring, courageous, and audacious lifestyles with mindsets that are rare.

Similar to other dryland adventurers who challenge Mother Nature amid snow-covered mountains, dense jungles, inhospitable deserts, sheer cliff walls, and dissimilar to watermen who tackle the marine environment using kayaks, surfboards, paddleboards, and boats, the 50 Most Adventurous Open Water Men only use swimsuits, goggles and swims cap to push the envelope of what is possible.

In terms of equipment and gear, the World's 50 Most Adventurous Open Water Men are least armed of the world's most adventurous men

once they step off the shoreline. Lewis Pugh, Ger Kennedy, and Petar Stoychev, they were no clothes and have no protective gear: they are suited up with the most basic covering around their private parts and eyes.

Although these open water adventurers can be easily and certainly be injured in any number of ways in the ocean, rivers and lakes, they all take calculated risks after careful planning, lengthy acclimatization periods, and intense training.

The 2015 list of World's 50 Most Adventurous Open Water Men included both contemporary aquatic adventurers as well as men who in retirement. In contrast, the 2017 list includes active watermen, focusing on men who have done unprecedented swims of note or a significant number of risk-inherent channel, lake, marathon or ice swims. These men have proven themselves in high-level competitions and solo swims, and men who have safely guided many swimmers of various abilities in rough waters, with emphasis on men who have repeatedly swum in waters that

are colder, rougher and longer than the English Channel:

"The list includes men from 19 countries including Great Britain, Mexico, Australia, South Africa, Tunisia, Russia, Italy, USA, Ireland, Israel, Spain, Estonia, India, Argentina, New Zealand, Bulgaria, Slovenia, Germany and the Philippines which is indicative that the sense of adventure in the open water is global and inherent among many," explains Steven Munatones. "There are thousands of men who have done ocean, lake and river swims that are off the charts. But this list is symbolic of the very best, the crème de la crème. For example, what Cyril Baldock and Dr. Otto Thaning are doing in their 70s is remarkable and what Ram Barkai, Andrew Chin, Kieron Palframan, Ryan Stramrood, and Toks Viviers did in Patagonia was mind-boggling. Same with Nejib Belhedi who swam along the coast of Tunisia or what Vito Bialla is doing out to the Farallon Islands or what Salvatore Cimmino is doing with one leg or what James Pittar is doing without sight. Their accolades go on and on, but one thing appears to be true: these men like Craig

Lenning and Pádraig Mallon are quiet, humble innovators in the open water, inspirational to many."

Adventure involves not only the difficulty of the swim itself, but also the creativity of the course and uniqueness of the location. But toughness is one critical and fundamental element to be named on the list. "Personal toughests for me were our Antarctica one-mile swim in 2014, the attempt of the solo Russia-USA crossing last year, the English Channel, Patagonia Extreme Cold Water Challenge, and earlier on, my attempt with a bunch of Taiwanese to swim from Taiwan to China," recalls Ryan Stramrood, one of the many South Africans on the list.

2017 World's 50 Most Adventurous Open Water Men:

1. Dr. Doron Amosi, extreme relay/cross-border swimmer from Israel
2. Antonio Argüelles Díaz-González, channel swimmer and endurance athlete from Mexico
3. Cyril Baldock, marathon/channel swimmer from Australia
4. Ram Barkai, administrator, event organizer and ice swimmer from South Africa
5. John Batchelder, butterflying marathon swimmer from USA
6. Nejib Belhedi, marathon/channel/stage/boat pull swimmer from Tunisia
7. Alexander Brylin, channel ice swimmer from Russia
8. Luc Chetboun, extreme relay/cross-border swimmer from Israel | Andrew Chin, ice/extreme swimmer from South Africa
9. Salvatore Cimmino, amputee advocate and marathon/extreme swimmer from Italy
10. Jean Craven, marathon/extreme swimmer from South Africa
11. Ned Denison, IMSHOF administrator and marathon/ice swimmer from Ireland
12. Craig Dietz, disabled open water swimmer from USA
13. Ben Enosh, extreme relay/cross-border swimmer from Israel/USA
14. Udi Erell, extreme relay/cross-border swimmer from Israel
15. Stephen Junk, channel swimmer from Australia
16. Henri Kaarma, event organizer and ice swimmer from Estonia
17. Ger Kennedy, ice, underwater and extreme swimmer from Ireland
18. Craig Lenning, marathon/channel/ice swimmer from the USA
19. Neil Macaskill, extreme/cross-border swimmer from South Africa
20. Pádraig Mallon, escort pilot, event organizer and marathon/channel/ice swimmer from Ireland
21. Ingemar Patiño Macarine, channel/marathon swimmer from the Philippines [shown in second photo above]
22. Andrew Malinak, administrator and cold water/marathon/channel swimmer from the USA
23. Chris Marthinusen, extreme/high-altitude swimmer from South Africa
24. Patrick McKnight, marathon/channel swimmer from the USA
25. Allan McLeland, Peak and Pond swimmer/climber from the USA
26. Darren Miller, channel swimmer and event director from the USA
27. Rohan More, marathon/channel swimmer from India
28. Gullupilli Narhari, extreme relay swimmer from India
29. Matías Ola, event organizer and ice/extreme swimmer from Argentina
30. Kieron Palframan, ice/extreme swimmer from South Africa
31. James Pittar, blind marathon/channel swimmer from Australia
32. Javier Mérida Prieto, disabled Triple Crown swimmer from Spain
33. Lewis Pugh OIG, ocean advocate and ice/extreme swimmer from the UK
34. Oded Rahav, extreme relay/cross-border swimmer from Israel
35. Stephen Redmond, channel/marathon swimmer from Ireland
36. Adrian Sarchet, marathon/channel swimmer from Guernsey
37. Ori Sela, extreme relay/cross-border swimmer from Israel
38. Dan Simonelli, coach/guide/observer and marathon/channel swimmer from the USA
39. Paramvir Singh, extreme relay

- swimmer from India
40. Albert Sobirov, ice swimmer from Russia
41. Petar Stoychev, marathon/channel/ice/Olympic swimmer from Bulgaria
42. Ryan Stramrood, ice/extreme swimmer from South Africa
43. Martin Strel, marathon/stage swimmer from Slovenia
44. Dr. Otto Thaning, channel/marathon swimmer from South Africa [shown above]
45. Jacques Tuset, prison island swimmer from France
46. Toks Viviers, ice/extreme swimmer from South Africa
47. Adam Walker, coach, event organizer, and channel swimmer from Great Britain
48. Christof Wandratsch, event organizer and ice/marathon/channel/professional swimmer from Germany
49. Brenton Williams, event organizer and butterfly ocean swimmer from South Africa [in top photo by Clive Wright]
50. Herman van der Westhuizen, extreme high-altitude swimmer from South Africa

Each of these men are true heroes, for various reasons. Salvatore Cimmino, who is a disabled amputee, explains his extreme swims around the world, "I dedicate my efforts and this appreciation [for my swims] to the voiceless because it's not only an award for me, but also for all persons with disabilities who daily struggle for their rights."

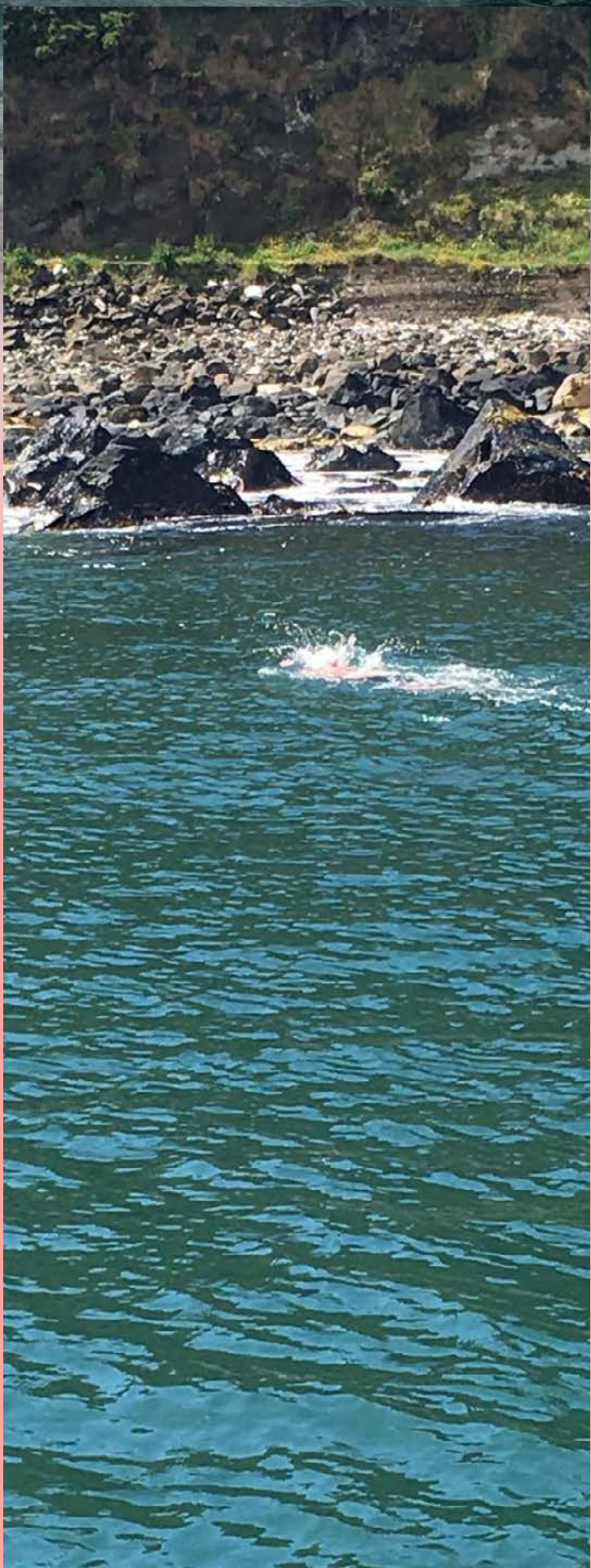
Oded Rahav explained his reason for swimming after the Dead Sea Swim in November 2016, "This swim is not about swimming. It is about bringing people together as ambassadors of goodwill who wish to express their deepest concern in a way they know best, namely - swimming. We are privileged that swimming is our means for uniting people from around the world in order to act together for the sake of nature and society."

The list of the 2017 World's Most Adventurous Open Water Women is [here](#).

SABRINA WIEDMER RUSHES ROUND RATHLIN

Pádraig Mallon described Sabrina Wiedmer's latest 10 km marathon swim in Northern Ireland.





"It was flat calm at the start, a little rattle of turbulence in the middle, and flat calm at the end. Today's swim by Swiss swimmer Sabrina Wiedmer made landfall on the shores of Ballycastle after completing the 10 km swim across the Rathlin Sound in a time of 2 hours 9 minutes and 31 seconds in the 10.5°C (50.9°F) waters.

The team at Infinity Channel Swimming was invited to revive this great swim, first attempted by open water swimming great Jack McClelland in 1959 in 3 hours 10 minutes and was last completed by Gary Knox in 2010.

Sabrina was supported by crew member and open water champion Olive Conroy. Amazing people do amazing things."



THE OPENWATERPEDIA 100

Openwaterpedia is a multi-lingual online reference and research tool for the open water swimming community that is useful for research, reference and expanding one's knowledge and appreciation of the sport.

There are currently 24,724 different entries on 59,111 pages that have been edited 473,923 times and viewed 26,823,629 times to date.

These individuals have been the most viewed since 2010:

1. Captain Matthew Webb, Great Britain (90,606 views)
2. Alex Meyer, USA (58,793 views)
3. Martin Strel, Slovenia (39,224 views)
4. Kevin Murphy, Great Britain (36,556 views)
5. Sean O'Connell, Bermuda (35,962 views)
6. Penny Palfrey, Australia (34,947 views)
7. José Díaz, Spain (33,634 views)
8. Diana Nyad, USA (33,360 views)
9. Stephen Redmond (31,239 views)
10. Lori King, USA (31,065 views)
11. Vicki Keith (28,601 views)
12. Anna-Carin Nordin, Sweden (28,195 views, shown above)
13. Darren Miller, USA (27,465 views)
14. Ashley Twichell, USA (26,710 views)
15. Shelley Taylor-Smith, Australia (25,643 views)
16. Ned Denison, USA/Ireland (25,522 views)
17. Ana Marcela Cunha, Brazil (25,495 views)
18. Nejib Belhedi, Tunisia (24,725 views)
19. Kim Chambers, New Zealand (24,477 views)
20. Annaleise Carr, Canada (24,386 views)
21. Lynne Cox, USA (24,318 views)
22. Adam Walker, Great Britain (24,264 views)
23. Lexie Kelly, USA (23,770 views)
24. Poliana Okimoto, Brazil (23,232 views)
25. Oussama Mellouli, Tunisia/USA (23,130 views)
26. Juan Ignacio Martínez Fernández-Villamil, Spain (22,867 views)
27. Mathilde Staerk, Denmark (22,029 views)
28. Trent Grimsey, Australia (21,980 views)
29. Ram Barkai, South Africa (21,957 views)
30. Colin Hill, Great Britain (21,920 views)
31. Grace van der Byl, USA (21,130 views)
32. Keri-Anne Payne, Great Britain (20,529 views)
33. Ted Erikson, USA (20,019 views)
34. Anne Marie Ward, Ireland (19,608 views)
35. Thomas Lurz, Germany (19,117 views)
36. Bruckner Chase, USA (18,994 views)
37. Petar Stoychev, Bulgaria (18,980 views)
38. Lewis Pugh, Great Britain (18,220 views)
39. Vito Bialla, USA (18,201 views)
40. Jamie Patrick, USA (18,077 views)
41. Dave Barra, USA (17,747 views)
42. Pedro A Candiotti, Argentina (17,510 views)
43. Craig Dietz, USA (17,299 views)
44. Forrest Nelson, USA (17,109 views)



45. Nuala Moore, Ireland □(16,830 views)
46. Pat Gallant-Charette, USA □(16,782 views)
47. Evan Morrison, USA □(16,752 views)
48. Marilyn Bell, Canada □(16,700 views)
49. Elizabeth Fry, USA □(16,622 views)
50. Michelle Macy, USA □(16,518 views)
51. Patrick Winkler, Brazil □(16,482 views)
52. Jason Malick, USA □(16,438 views)
53. Nick Adams, Great Britain □(16,117 views)
54. Benjamin Schulte, Guam □(15,696 views)
55. Angela Maurer, Germany □(15,529 views)
56. Allan do Carmo, Brazil □(15,486 views)
57. Éva Risztov□, Hungary (15,235 views)
58. Craig Lenning, USA □(15,165 views)
59. Tina Neill, USA □(15,146 views)
60. Pilar Geijo, Argentina □(15,015 views)
61. Gerry Rodrigues, Trinidad and Tobago/USA □(15,008 views)
62. Richard Weinberger, Canada □(14,833 views)
63. Harry Huffaker, USA □(14,792 views)
64. Doug Woodring, USA/Hong Kong □(14,791 views)
65. Greta Andersen, Denmark/USA □(14,427 views)
66. Andrew Gemmell, USA □(14,344 views)
67. Christopher Guesdon, Australia □(14,180 views)
68. Christof Wandratsch, Germany □(14,037 views)
69. Lord Byron, Great Britain □(13,961 views)
70. Sid Cassidy, USA □(13,941 views)
71. Philip Rush, New Zealand □(13,472 views)
72. Alexander Brylin, Russia □(13,419 views)
73. Alejandra Gonzalez Lara, Mexico □(13,411 views)
74. Haley Anderson, USA □(13,165 views)
75. Anne Cleveland, USA □(13,122 views)
76. Henri Kaarma□, Estonia (13,066 views)
77. Des Renford, Australia □(12,612 views)
78. Marcos Díaz, Dominican Republic □(12,604 views)
79. Masayuki Moriya, Japan □(12,583 views)
80. Chloë McCardel, Australia □(12,402 views)
81. Paul Bates, Great Britain □(12,327 views)
82. Sally Anne Minty-Gravett, Jersey □(12,236 views)
83. Elaine Kornbau Howley, USA □(12,199 views)
84. Benoît Lecomte, France □(12,189 views)
85. Jon Erikson, USA □(12,057 views)
86. Jim McConica, USA □(11,873 views)
87. Spyridon Gianniotis, Greece □(11,686 views)
88. Pádraig Mallon, Ireland □(11,612 views)
89. James Pittar, Australia □(11,417 views)
90. Annette Kellerman, Australia □(11,330 views)
91. Gertrude Ederle, USA □(11,281 views)
92. Andreas Waschburger, Germany □(11,243 views)
93. Fran Crippen, USA □(11,235 views)
94. Esther Nuñez Morera, Spain □(11,220 views)
95. Yuko Matsuzaki, Japan □(11,065 views)
96. Antonio Abertondo, Argentina □(10,858 views)
97. Alexander Studzinski, Germany □(10,697 views)
98. Wayne Riddin, South Africa □(10,418 views)
99. Martina Grimaldi, Italy □(10,211 views)
100. Michael Read, Great Britain □(10,166 views)

"RACE FOR THE CONCH"

Eco-SeaSwim

Saturday, July 1, 2017 1/2 Mile, 1 Mile, 2.4 Miles Distances



The Race For The Conch Eco-SeaSwim is a features 1/2 mile, 1-mile and 2.4-mile sea swims in Turks & Caicos in the Caribbean Sea. It also offers a free 100-meter swim for children. All races are held on 7 July, the first Saturday of each July, and are part of the West Indies Bluewater Ocean Swim Series. The 2.4 mile and the 1 mile races can be done back-to-back on the same morning. The competition is organized by Ben Stubenberg and Chloe Zimmerman and is one of the World's Top 100 Open Water Swims.

The races are held at the in gorgeous beautiful Grace Bay Beach in front of Flamingo Cafe, next to Club Med in Providenciales. Turks and Caicos is in the British West Indies. Turks & Caicos is located 550 miles southeast of Miami, near south of the Bahama Islands. The waters in July are calm, warm, and beautifully clear. There are direct airline flights from Miami, New York, Atlanta, Charlotte, Boston, Toronto and London.

Started in 2010, the event attracts several world class swimmers, including renowned marathon swimmer Marcos Diaz from the Dominican Republic.



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Introduction

FINIS, SwimTrek and Ocean Recovery Alliance present a new global open water swimming series called the World Open Water Swimming Series. The 13-race series spans Africa, North America, South America, Asia and Europe and includes some of the world's most innovative, enjoyable, beautiful and signature open water swimming competitions.

Interactive World Map

Access events geographically.



I would
LOVE
to participate in
ALL
of these
races!

~ Lexie Kelly

Purpose

The World Open Water Swimming Series offers a global network of races that attract swimmers of all ages, abilities and backgrounds from Olympians and professional marathon swimmers to disabled athletes and people who just started the sport. The World Open Water Swimming Series offers a global ranking system for people of every age group and encourages both race organisations and athletes to be responsible global stewards of the world's open bodies of water.

Patrons.

FINIS, SwimTrek, Ocean Recovery Alliance, WOWSA

Contacts.

World Open Water Swimming Association

Objectives

- Organize a world-class series of International open water swimming competitions
- Encourage participation in the open water swimming races for people of all ages and abilities
- Establish a global ranking system for swimmers of all ages, abilities and background
- Share the proceeds of the series corporate sponsorship among the events

Ranking System

- The global ranking system shall be maintained for the following age-group divisions: Under 10 years, 11-12 years, 13-14 years, 15-16 years, 17-18 years, 19-24 years, 25-29 years, 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60-64 years, 65-69 years, 70-74 years, 75-79 years, 80-84 years, 85-89 years, 90-94 years, 95-99 years, 100+ years
- A global ranking system shall be maintained based on 3 parameters: (race record) + (participation in each race) + (category finish position)
- The ranking system shall be calculated based on the points:
 - 250 points shall be given for a new race record (male or female)
 - 25 points shall be given for participation in each race in your own country
 - 100 points shall be given for participation in each race outside your own country

Position	Points
1st	100 points
2nd	90 points
3rd	80 points
4th	70 points
5th	60 points
6th	50 points
7th	40 points
8th	30 points
9th	20 points
10th	10 points

WOWSA.org



WOWSA.

WOWSA offers event [sanctioning](#) and U.S.-based race [insurance](#), coaching [certification](#), and annual global [awards](#) (World Open Water Swimming Man of the Year, World Open Water Swimming Woman of the Year, World Open Water Swimming Performance of the Year, and World Open Water Offering of the Year), as well as conducts the annual [International Marathon Swimming Hall of Fame induction ceremonies](#) and annual [Global Open Water Swimming Conference](#).

WOWSA members also receive access to the [Open Water Swimming Magazine](#) (published monthly by WOWSA in digital format) and the [Open Water Swimming Almanac](#) (published annually by WOWSA in digital format).

Website.

www.wowsa.org

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FinisInc.com



FINISINC.COM

Founded in 1993 in Northern California, FINIS was founded by John Mix and Olympic Gold Medal Swimmer Pablo Morales. Understanding that improving one's technique is the secret to swimming faster and enjoying the sport more, the duo went on to introduce truly innovative tools to the swimming community. Many of these products are currently used by US and international Olympic teams, elite Triathletes, and fitness swimmers worldwide.

[READ MORE...](#)

SwimTrek.com



SWIMTREK.COM

It all started back in 2000 when SwimTrek's founder, Simon Murie wanted to celebrate his 30th birthday. He took himself off to Turkey to attempt to cross the fabled Hellespont which divides Europe from Asia and was made famous in Greek mythology by Hero & Leander and later by the poet Byron. What with this area being heavily militarised, it took Simon almost a week to get all the permissions in place and just over an hour to actually swim it! This huge imbalance between administration and swimming gave Simon the idea that there surely must be other swimmers who want to do all these great swims but don't have the time to organise everything. Hence SwimTrek created a new branch of activity travel.

[READ MORE...](#)

OceanRecov.org



OCEANRECOV.ORG

The focus of Ocean Recovery Alliance is to bring together new ways of thinking, technologies, creativity and collaborations in order to introduce innovative projects and initiatives that will help improve our ocean environment. This includes creating business opportunities for local communities when applicable, in order to address some of the pressing issues that our ocean faces today.

[READ MORE...](#)

ASHLEY TWICHELL DOMINATES USA NATIONAL CHAMPIONSHIPS

"Oh, I was hurting those last 700, 800 meters. My arms..." said Ashley Twichell who completely dominated the USA Swimming National Open Water Swimming Championships at Castaic Lake in Southern California.

The 27-year-old from North Carolina Aquatic Club had every reason to feel fatigued towards the end of the 10 km marathon swim. Twichell shot into the lead on the first loop of six, but then settled down into comfortably leading the lead pack together with Italy's Olympic freestyler Martina De Memme.

The pair had separated themselves from the chase pack that included two Olympic silver medalists (Haley Anderson of the USA in 2012 and Rachele Bruni of Italy in 2016), but near the 5 km mark, De Memme pulled herself off the course, relinquishing the lead to Twichell.

Twichell had an interesting decision to make: should

she continue the pace leading the race all by herself and challenge the rest of the field to catch her, or should she back off her pace and allow the rest of the pack to catch her and she could conserve energy for a fast closing finish?

She decided to make it hurt.

By the fifth loop of six, Twichell had gradually built her lead to 1 minute 9 seconds over the chase pack with Anderson, Bruni, Arianna Bridi, Becca Mann, Cathryn Salladin, Kareena Lee, Barbara Pozzobon, Alice Franco, Danielle Huskisson and Katy Campbell. Her lead was holding steady despite the pack of elites chasing her and her tendency to veer left when left completely alone.

Twichell pulled away from the aquatic scrum that resulted in all kinds of physicality around the feeding pontoons.

She won by nearly a minute in 2 hours 4 minutes on a course that alternated between flat, tranquil conditions and bouncy, windy turbulence.

Haley Anderson, shown in white swim cap above, finished second to earn a trip to the 2017 FINA World Championships in Lake Balaton, Hungary where she will represent the USA together with winner Ashley Twichell. The Americans will face off again with the pair of Italians, Bruni and Bridi.



Results:

1. Ashley Twichell 2:04:17.848
2. Haley Anderson 2:05:10.852
3. Rachele Bruni (Italy) 2:05:11.256
4. Arianna Bridi (Italy) 2:05:12.416
5. Becca Mann 2:05:13.427
6. Cathryn Salladin 2:06:47.575
7. Kareena Lee (Australia) 2:06:47.751
8. Barbara Pozzobon (Italy) 2:07:06.058
9. Alice Franco (Italy) 2:07:08.084
10. Danielle Huskisson (Great Britain) 2:07:11.949
11. Katy Campbell 2:07:16.808
12. Jade Dusablon (Canada) 2:07:21.005
13. Isabella Rongione 2:07:23.119
14. Taylor Pike 2:07:26.417
15. Samantha Arevalo (Ecuador) 2:07:45.189
16. Maggie Wallace 2:08:13.905
17. Stephanie Horner (Canada) 2:08:22.496
18. Alice Dearing (Great Britain) 2:10:29.017
19. Eva Fabian 2:11:05.872
20. Chenoa Devine 2:11:05.872
21. Joy Field 2:11:05.874
22. Chase Travis 2:11:54.586
23. Erica Sullivan 2:12:47.622
24. Kensey McMahon 2:14:00.651
25. Caitlin Daday 2:14:47.592
26. Mary Margaret Banick 2:14:47.861
27. Haley Pike 2:15:03.472
28. Libby Walker 2:15:30.759
29. Anna Kalandadze 2:15:35.878
30. Reese Lamph 2:16:11.927
31. Breanne Siwicki (Canada) 2:17:10.825
32. Sara Wanasek 2:17:46.332
33. Mariah Denigan 2:19:24.654
34. Hanna Huston 2:19:25.815
35. Sarah Nowaski 2:19:35.951
36. Ashlyn Fiorilli 2:22:08.915
37. Lara Hernandez-Tome 2:24:05.098
38. Victoria McCullough 2:24:32.796
- Martina De Memme (Italy) DNF
- Eliot Kennedy DNF
- Gabrielle Kopenski DNF
- Maggie Menso OTL
- Kaitlynn Sims DNF



TRISKELION TRIUMPHANT ACROSS THE ISLE OF MAN CHANNEL

Following on from the Guinness World Record at Camlough Lake in 2009, the seeds of the Isle of Man crossing and Team Triskelion were sown.

Historically, there had been three previous attempts. Two were done on the same day in 2010 by a four-person relay while a team from Drogheda, Ireland attempted to swim the channel in the opposite direction from Ireland to Isle of Man on the same day. There had been one successful crossing Portavogie in Northern Ireland to Peel on the Isle of Man by a 12-person team in 1979 led by renowned open water swimmer Jack McClelland.

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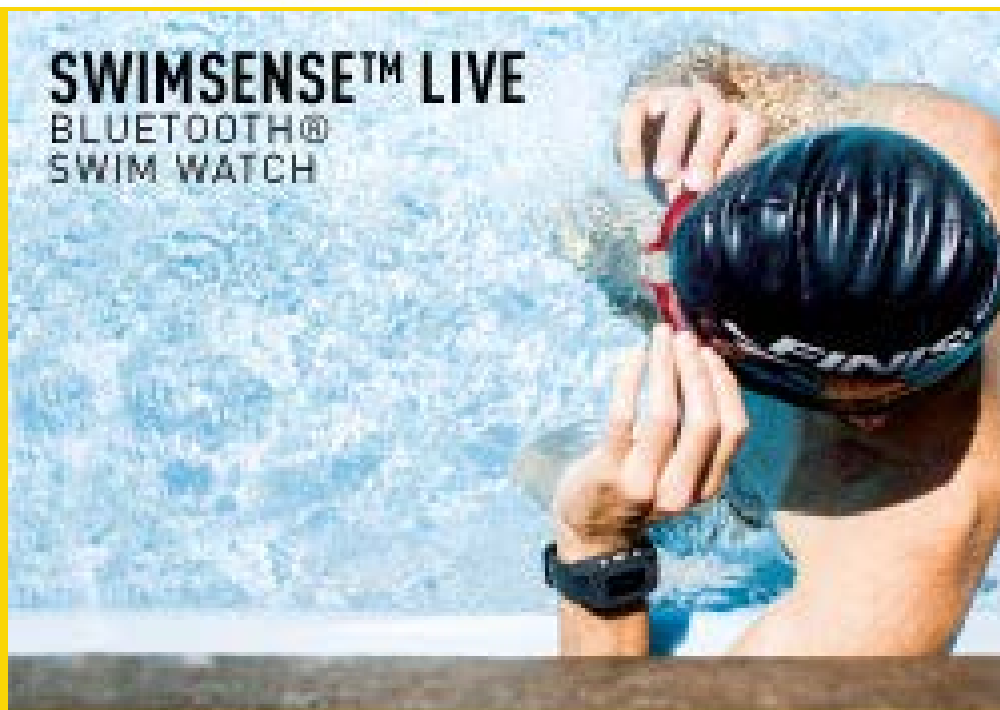
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102 QUESTIONS - SCORE 80% OR BETTER TO PASS

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GoPro produces arguably the most **versatile** cameras in the world including the **HD HERO®** line of cameras and accessories.

GoPro cameras can be attached to a **feeding stick for marathon swimmers**. See an open water swimming video shot with a GoPro camera of Brad McVetta crossing the Tsugaru Channel from Honshu to Hokkaido in Japan.

See similar videos and photos:
openwaterswimming.com/GoPro

Courtesy of Masayuki Moriya of Ocean-navi and the Tsugaru Channel Swimming Association.

The Most Important Word in "Open Water Swimming" will always be **Safety.**

See the Safety Conference Videos in their entirety. Just click on the topics below.

1. Introduction

Steven Munatones and Rob Butcher open up the conference. The Open Water Safety Conference was held March 19-20, 2011 in San Francisco.

2. Keynote Speaker

7-time world champion Shelley Taylor-Smith gives the keynote speech.

3. Chris Brewster

U.S. Lifesaving Association President Chris Brewster provides an overview from a lifesaving professional's point of view.

4. Ralph Goto

Ralph Goto, administrator from the Ocean Safety and Lifeguard Services Division, city and county of Honolulu, provides an overview from a lifesaving professional's point of view.

5. Inherent Risks

The inherent risks of open water swimming, with Steven Munatones, Chris Sheean, Eric Juneau, Ralph Goto, Jim Wheeler.

6. Current Rules

Current rules and guidelines used in open water swimming, with Steve Munatones, Lynn Hazlewood, Shelly Taylor-Smith, John Dussliere, David Robinson, Marcia Cleveland.

7. Emergencies and Contingencies

Emergencies and contingencies, with Steve Munatones, Chris Brewster, Bob Placak, Kate Alexander, Capt. Brent Jacobsen, Dale Petranach, Mike Carr.

8. Safety in Ocean Swims

Steven Munatones, Kaia Hedlund, Malcolm Cooper, Lt. Greg Buchanan, Joel Wilson, Dale Petranach, Ralph Goto

9. Safety in Lake Swims

Steven Munatones, Chris Sheean, Karen Reeder, Lynn Hazlewood, Dick Sidner, David Robinson

10. Safety in Marathon Swims

Steven Munatones, Paul Asmuth, Shelley Taylor-Smith, Eric Juneau, John Dussliere, Marcia Cleveland

11. Safety in River Swims

Glenda Carroll, David Robinson, Lisa Hazen, Jim Wheeler, David Barra

12. Safety in Warm Water

Dr. Jim Miller, Ralph Goto, Liz Tucker

13. Safety in Cold Water

Dr. Jim Miller, Paul Asmuth, Eric Juneau, Marcia Cleveland

14. Equipment Used in Races

Steven Munatones, Bruce Wigo, Morty Berger, Dick Sidner, Bob Placak, Mike Carr, Chris Brewster, Liz Tucker

15. What Swimming Can Learn From Other Sports

Dr. Jim Miller, Bruce Wigo, Lt. Greg Buchanan, Capt. Brent Jacobsen, Jim Wheeler

16. Closing Speech: Maddy Crippen

Maddy Crippen from the Fran Crippen Elevation Foundation provides the closing speech for the conference.



Marathon Films was established in 2013 by channel swimmer James Salter, Justin Hardy, and John Toba with Jack Fishburn and Muireann Price.

Marathon Films' purpose is to make films that tell the stories of unsung British heroes. And for the open water swimming community, the filmmakers could have not picked a better protagonist for their first feature film *The Greatest Englishman*.

Similar to Sir Edmond Hillary for mountaineers and Neil Armstrong among astronauts, Captain Matthew Webb holds a special place in the hearts of open water swimmers.

Everything about his crossing of the English Channel in 1875 is iconic and inspirational: He swam breaststroke for 21 hours 45 minutes.

He had a seemingly impossible dream that he saw to completion.

He pioneered a mindset for future generations.

Starring as Captain Webb, British actor Warren Brown said, "Being a part of this project has been a fantastic

experience. Captain Webb was a brave and courageous man who made the impossible happen through sheer determination and courage and it has been an honour to bring his story to life."

And it was Marathon Films co-founder Salter who envisioned bringing his story to contemporary audiences.

With his pedigree as an English Channel swimmer who has also crossed the Strait of Gibraltar twice, Salter knows well what it takes to prepare and then face head-on the most famed waterway in the world.

"The film is receiving some playtime at the Cannes Film Festival. It has been signed up to Manifest Films and will hopefully go on general release in the autumn. It is to be submitted to the Toronto and London Film Festivals."

To view the trailer, visit www.marathonfilms.co.uk.

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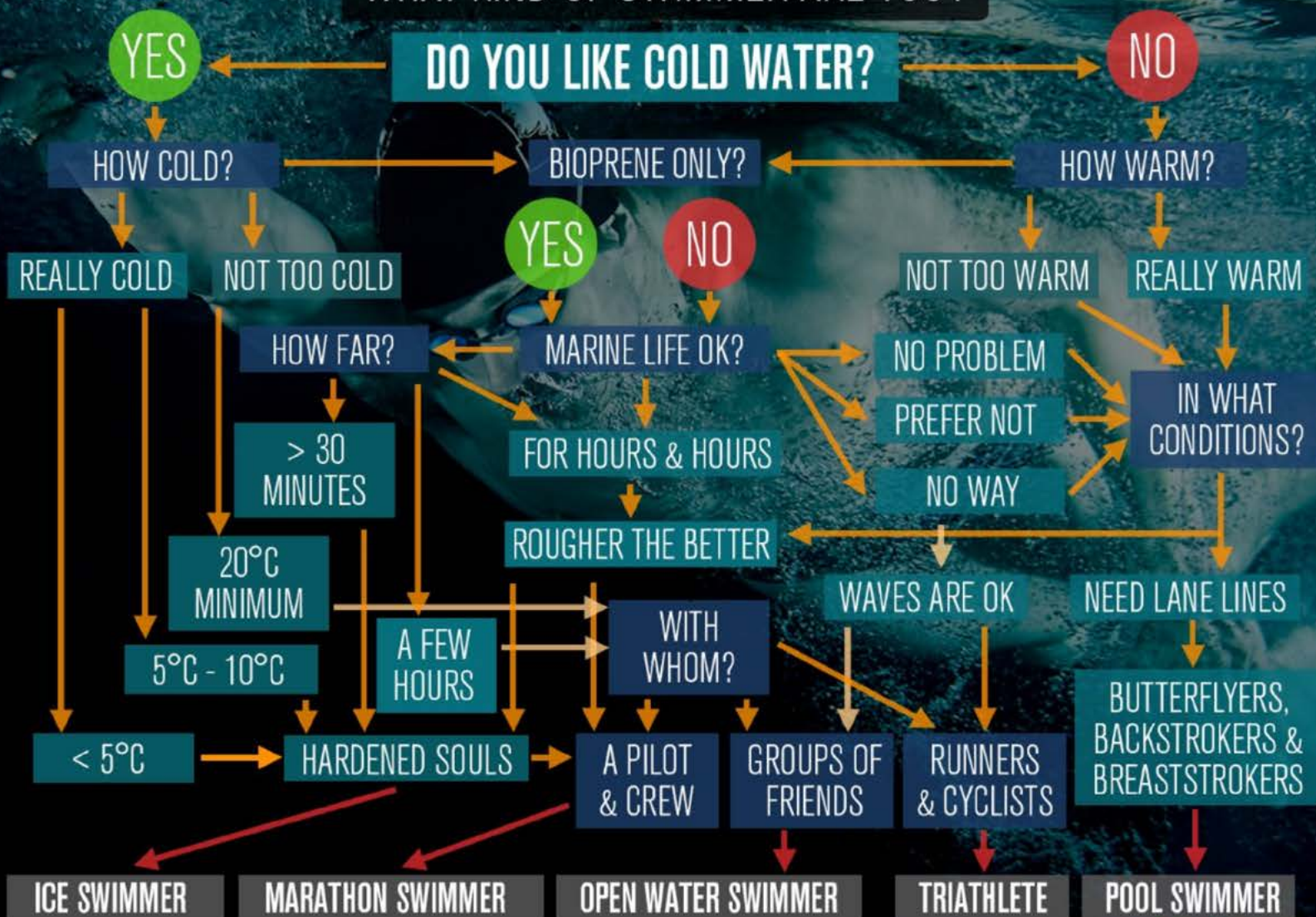
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Open Water Personality Test

Provided by WOWSA

www.worldopenwaterswimmingassociation.com

WHAT KIND OF SWIMMER ARE YOU?



OPEN WATER
Swimming
MAGAZINE

Infinity Channel Swimming and Piloting Services studied and researched the crossing and came up with the formula to cross the channel with the help of Mother Nature. The team, led by Pádraig Mallon, visited the Isle of Man in late May to discuss with the local sailing fraternity, complete test swims at Peel and Port Erin and decide on the swim window.

Mallon and Nicky Donnelly planned and plotted the swim route together with the available knowledge of the waterway and set in motion a recipe for success.

The team of Olive Conroy (18 years old of Ireland), Conor Turner (22 of Ireland), Elina Makinen (24 of Finland), Anna-Carin Nordin (45 of Sweden), Rory Fitzgerald (45 of Ireland), and Carole Laporte (40 of France) travelled to Peel on the Isle of Man for their swim window which opened on June 14th. The wind and rough sea conditions did not enable an attempt straight away and they had to wait until the weekend.

As Milo McCourt has often said, "If you are not fishing, you are mending your nets." So the team waited, enjoyed the local hospitality, made preparations to the boats, stocked up on supplies, and swam in the waters at Douglas and Port Erin.

Team members with extraordinarily high tolerances for cold water with a fair share of marathon swimming were chosen in January 2017 to complete the Celtic Quadrant that includes the Oa Channel (between Isle of Islay and



Ireland), the Isle of Man Channel, the North Irish Channel (between Northern Ireland and Scotland), and the Dál Riata Channel (between Mull of Kintyre in Scotland to Ballycastle in Northern Ireland).

Jacqueline McClelland explained the team name, "Triskelion represents the Celtic link for all countries - three legs are reflected in the Isle of Man motto (adopted late in the symbol's history): Quocunque Jeceris Stabit, traditionally translated from Latin as 'Whithersoever you throw it, it will stand' or 'Whichever way you throw it, it will stand'. The tolerance and endurance of this team would stand the rough water, the cold, the wind, the darkness and the unknown."



OPEN WATER
Swimming
MAGAZINE



INHERITING AND SHARING A BEAUTIFUL SMILE IN THE OPEN WATER

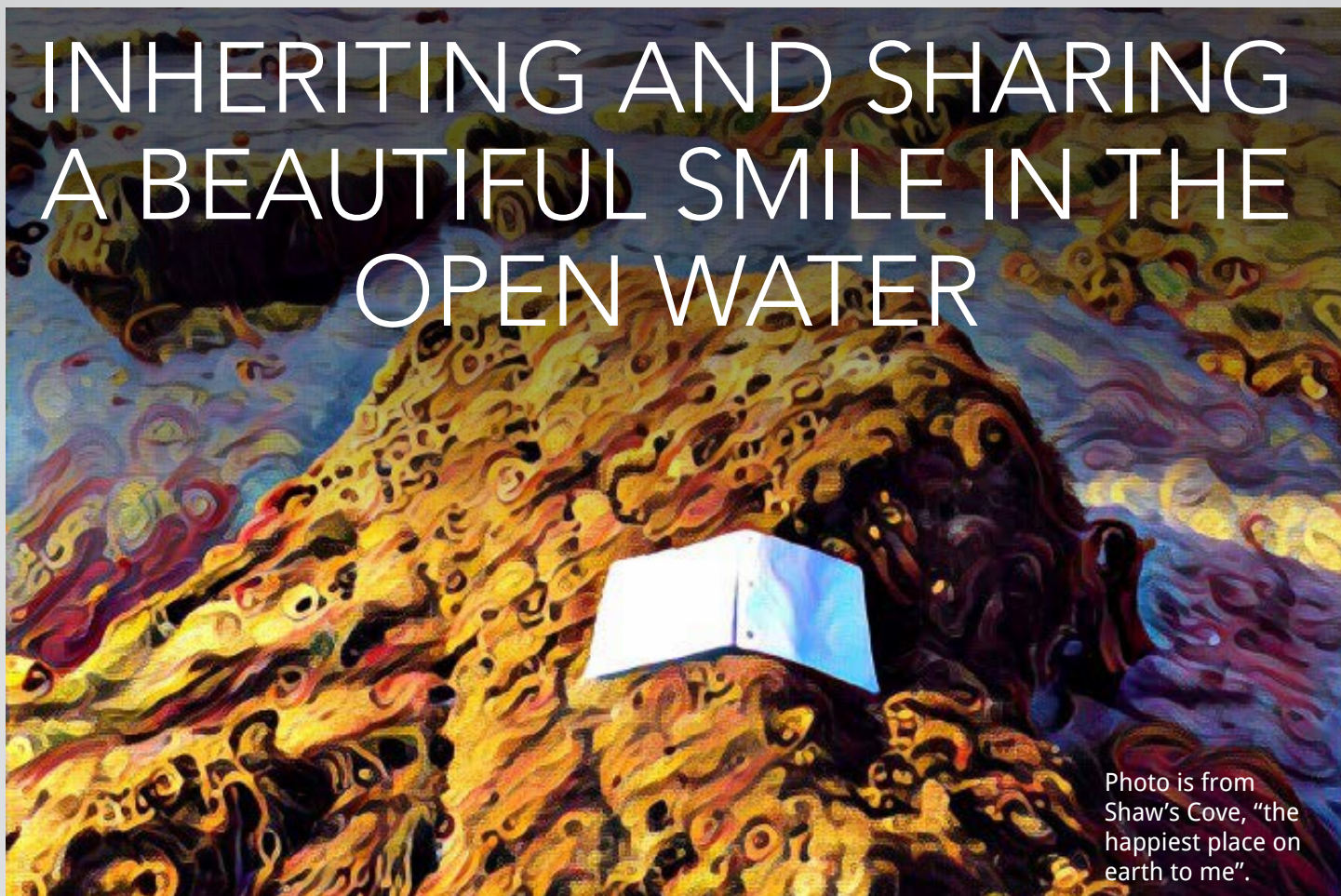


Photo is from Shaw's Cove, "the happiest place on earth to me".

Lynn Kubasek from Laguna Beach, California wears an infectious smile as one of most joyous people on the planet, especially when she finds her way down to sandy shores.

"I found this notepad on the beach after a storm in February [see above]. I think the image implies an unfinished story, as we all are. Happiness is a choice," explains the Oak Streeter member.

The owner of Random Acts of Soap and one of the most active observers and experienced crew members of the Catalina Channel Swimming Federation and the Santa Barbara Channel Swimming Association explains the DNA behind that ubiquitous smile. "People see pictures of my beautiful mother and her lovely smile and remark that I was fortunate to inherit her smile."

We asked her random questions about her open water swimming:

Daily News of Open Water Swimming: What makes you so happy when you are standing on the shoreline?

Lynn Kubasek: The feeling on the shoreline is not what would be described as happiness, but more as anticipation. "Oh no, it's cold", "This is gonna hurt", "Oh look, dolphins!", or trying to time gnarly sets so you don't get thrashed on the way past the breakers.

Daily News of Open Water Swimming: What makes you so happy when you are swimming in the ocean?

Lynn Kubasek: Getting to swim in the ocean is the chance to be a part of something bigger than yourself. I was once fearful, but now I embrace it.

Daily News of Open Water Swimming: Would you rather swim solo or swim in a group? Why?

Lynn Kubasek: Each scenario has its benefits and joys.

Solo swims are a chance for focus, introspection, and evaluation. There is no need to worry about being too slow or too fast...just being.

Swimming with someone else or in a group can be delightful. Sharing the joy of a passing pod of dolphins or seeing something wonderful and new multiplies the

excitement and gives you a shared witness (like that egg yolk jellyfish I saw with Morgan Empey right after my camera broke, or all the mola molas in Emerald Bay with Carol and Lisa). See? I'm not imagining things!

Daily News of Open Water Swimming: What do you do after you finish a swim?

Lynn Kubasek: Hahaha...rinse with warm water, towel off, put on dry clothes, and try to not flash my friends.

Daily News of Open Water Swimming: Does food taste better after an ocean swim?

Lynn Kubasek: Everything tastes better after any swim!

Daily News of Open Water Swimming: Are jokes funnier after an ocean swim?

Lynn Kubasek: Lots of things are funny after an ocean swim and it doesn't even need to be a formal joke. A dog running up the beach is funny. The bird that the dog thinks he's chasing is funny. The dog's owner trying to extract the dog from the surf is funny. That diver...oh no! That diver, falling down in the surf is funny.

Daily News of Open Water Swimming: Do problems seem far away when you are swimming far from shore?

Lynn Kubasek: No, problems are never far away. However, they become more manageable during the course of a swim. The problem of the hulking monster is really just a group of docile folks that can be easily addressed.

Daily News of Open Water Swimming: What types of people do you enjoy swimming with?

Lynn Kubasek: Positive people only. Jim McConica passed that bit of wisdom along to me, and it passes through to all areas of life.

Daily News of Open Water Swimming: Where do you most enjoy swimming: cold vs. warm, rough vs. calm, ocean vs. lakes, mid-day vs. night?



Lower photo shows Kubasek in middle of the bottom row with a yellow swim cap with her fellow Fear No Pier participants under the pier at Huntington Beach, including Julian Rusinek, Ray Meltvedt, Theo Schmeekle, Natalie Merrow, Tanya MacLean, and Scott Zornig under the Huntington Beach pier.

Lynn Kubasek: Like most open water swimmers, we all take what is given and it is a gift to get to do it. I love warm water because I am not that competitive and won't burn up, but also adore the bite of the cold and the delightful shiver after.

Rough water is a carnival ride and calm waters are a smooth dream. Although I especially adore aquarium-clear water and there is where it is fun to swim with others.

I thought I preferred the ocean, but after getting to support Peter Hayden at the S.C.A.R. Swim Challenge in Arizona this year, I have come to appreciate the majestic beauty of lakes - and Kent Nicholas puts on a SUPER event.

After getting diagnosed with melanoma [see article here], I am not so much a fan of mid-day swims. Although I love the feel of the sun on my back, the price may be too much. Early morning swims are awesome and night swimming are the best for me now. Night swims are like slipping into cool black velvet and if there is phosphorescence, it is like the starry night beneath you.

Daily News of Open Water Swimming: How long do you foresee swimming in the ocean?

Lynn Kubasek: I don't know and I am certainly concerned about what my dermatologist says. While I would like it to be my lifelong passion, I may transition to more of a support role, such as kayak support or paddler where I can cover my skin or observer. I love doing videos [see As Seen On The Internetz Catalina Channel relay below].

PAT GALLANT-CHARETTE IS COOKING



66-year-old Pat Gallant-Charette just completed a 23 hour 54 minute crossing of the 26-mile (42 km) Molokai Channel from Molokai Island to Oahu en route quest to complete the Oceans Seven.

Since 2008, she has now completed crossings of the English Channel, Catalina Channel, Strait of Gibraltar, Tsugaru Channel, North Channel, and Molokai Channel with one more channel to go: the Cook Strait, a swim that she first attempted in 2014.

The retired nurse from Maine said, "I'm glad that swim is behind me....I found it to be my most challenging swim so far.

The currents were horrendous." The Kaiwi Channel Association confirmed her crossing set the record for the oldest woman to successfully cross the Molokai Channel at the age of 66 years 107 days. She will describe her adventure in detail on her website shortly.

Like Penny Palfrey (Australia), Stephen Junk (Australia), Rohans More (India), and Antonio Argüelles (Mexico), Gallant-Charette is right at the edge of completing the Oceans Seven.



CHANNEL EQUIVALENT OF SUMMITTING EVEREST WITHOUT OXYGEN



The English Channel is called the Mount Everest of swimming.

This month, South Carolina's Allan McLeland [shown above] became the seventh individual in history to complete the Peak and Pond Challenge, a successful solo crossing of the 21-mile English Channel and a successful summit of the 8,848m (29,029 feet) Mount Everest.

While McLeland's achievement was exceedingly rare, the summits of Adrian Ballinger and Kilian Jornet that were completed a few days later were also very unusual.

On May 27th, Ballinger climbed to the summit of Mount Everest for the first time without supplemental oxygen [he had previously summited six times with the aid of oxygen]. Jornet actually climbed to the summit twice without supplemental oxygen within five days. Fewer than 200 mountaineers in history have achieved this feat to the top of Mount Everest.

So if the English Channel is considered to be the Mount Everest of open water swimming, what is the aquatic equivalent of climbing Mount Everest without oxygen?

"That is a good theoretical question without a good answer," pondered Steven Munatones. "Perhaps it is crossing the English Channel without stopping to feed or drink or swimming literally non-stop without breaks? Or maybe it is simply crossing the English Channel with the old, heavy wool suits of the 19th century and without GPS instead of using GPS and contemporary jammers with compression panels?

It is an interesting question, without exactly an appropriate equivalent of summiting without the aid of oxygen tanks.

There have been a few channel swimmers, for example, that crossed the Catalina Channel and elsewhere with very few feeding stops. But swimming straight - without stops or feeds or GPS - is certainly not advisable nowadays."

Veterans and Newbies: When Old Meets New in the Open Water

As the sport of open water swimming exponentially explodes in all directions and in all niches, there is increasingly a mixture of **veterans** and **newbies** in open water swimming pods, competitions and camps. As these veterans and newbies get together, they use the same equipment and vernacular, but these are ways to distinguish between the old and the new.



You can tell an "OLD-TIMER" if they...

- ~ remembered swimming an entire workout without goggles
- ~ came out of workout and remember seeing rings around all the lights
- ~ remembered a time when only rectangular-shaped hand paddles were used
- ~ remembered a time when there was only one type of white pull buoys were used
- ~ used stop watches that required winding with a button at the top
- ~ trained in a pool without a pace clock owned a Belgrad suit
- ~ owned double-lined swimsuits with plunging neck lines
- ~ sent a letter and went to the post office to enter an event or communicated with their escort pilot
- ~ heard about survey tools that were used to mark open water courses
- ~ remember a time when fins and snorkels were used in the ocean and not in the pool
- ~ entered the Manhattan Island Marathon Swim without writing essays
- ~ received Popsicle sticks as you crossed the finish line
- ~ did not warm-down after a race
- ~ did not bring hydration to the pool or take water bottles to workout
- ~ thought naked swimming meant skinny dipping
- ~ could not imagine what vog is or what yackers are
- ~ thought zip lining was something you did in the forest or jungle on vacation
- ~ thought swimcast was rare and swickies were non-existent
- ~ had no idea what GPS, triathlon, transponder, jammers, brown fat or gel packs were (when they started swimming)
- ~ had no college swimming scholarships for women
- ~ used an Exergenie
- ~ used lane lanes that were ropes with an occasional buoy
- ~ thought 3000 yards was a long practice
- ~ swam when 55-yard pools were not uncommon
- ~ had to sit on wooden start blocks to keep them from moving
- ~ wore multiple suits or t-shirts for additional drag
- ~ ate jello powder, Jello squares and honey at competitions
- ~ used lemon to treat green hair from the chlorine in the pool
- ~ thought green hair was the norm for blondes
- ~ ate Jello squares were sold at the snack bar
- ~ used a rubber band only for pulling
- ~ raced without a swim cap...or goggles
- ~ learned to swim in the river or ocean
- ~ ate white bread for carbo-loading and jellybeans for instant energy

You can tell a "NEWBIE" swimmer if they...

- ~ first learned of open water swimming through Facebook or Twitter
- ~ first pair of goggles were polarized
- ~ use the term hypoxic instead of lungbusters
- ~ have 3 different types of hand paddles, pull buoys and kickboards
- ~ measure time through their iPhone and iPad
- ~ subscribe to LAVA and Runner's World but not Swimming World Magazine, H2Open Magazine or Open Water Swimming Magazine
- ~ can regularly do an entire pool workout without use of a pace clock
- ~ are older than their swimming coach
- ~ have never purchased a swimsuit at a retail shop
- ~ think of swimming - not running - when someone mentions a marathon
- ~ use the term open water, not rough water swimming or long distance swimming
- ~ know who Penny Palfrey and Keri-Anne Payne are (but not John Kinsella or Philip Rush)
- ~ cannot yet read a pace clock for intervals
- ~ think of a lap is up and back in the pool
- ~ are confused by the concept of circle swimming
- ~ put on their wetsuit before the goggles go on
- ~ have more swim training equipment that requires batteries rather than surgical tubing
- ~ seek out pools with large windows so you can get a GPS signal inside
- ~ believe the pool is not regulation distance due to calculations of your new swim watch
- ~ call flip turns "somersaults at the wall"
- ~ take your first arm stroke before your feet have left the wall take it easy on the main set because you already had a peak wattage ride and tempo run before the morning swim workout
- ~ do not bodysurf into the T1 transition when there is surf
- ~ swallow water when there is turbulence
- ~ created a blog, website, YouTube channel and use Twitter, Instagram and Facebook before your first race

OWSM

OPEN WATER
Swimming
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Membership Options



WOWSA is pleased to offer membership in the following four categories:

- ▶ Swimmers
- ▶ Coaches
- ▶ Race Officials
- ▶ Race Directors

ABOUT WOWSA

WOWSA is an international organization dedicated to the organization, promotion and recognition of open water swimmers, open water swimming events, open water swimming records and marathon swimming records.

WOWSA follows swimmers and swimming events in oceans, seas, lakes, rivers, dams, reservoirs, canals, channels, lagoons, fjords, estuaries, basins, lochs, coves, meres, firths, sounds, straits, bays and harbors on the seven continents.



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Swimmers of all ages, abilities and backgrounds can enjoy the a variety of benefits of World Open Water Swimming Association membership for one full year.

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for US\$19.95



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Coaches can enjoy the benefits of World Open Water Swimming Association membership for US\$19.95 for one full year.

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BENEFITS CHART

	Swimmers	Coaches	Race Officials	Race Directors
Open Water Safety Education Course is a 10-minute online safety video to help educate you on the inherent risks and optimal preparation philosophy for open water swimming	✓	✓	✓	✓
Open Water Coaches Certification Program is reduced US\$50 with a WOWSA Coaches Membership		✓	✓	✓
Product Discounts offer 20% discounts on all FINIS products (e.g., Strapless Agility Paddles, Surge Goggles, Swimsense, Hydrotracker GPS, etc.)	✓	✓	✓	✓
Open Water Swimming Magazine is a digital monthly magazine on the open water swimming world	✓	✓	✓	✓
Open Water Swimming Almanac is an annually published digital edition of eclectic and esoteric information on the open water swimming world	✓	✓	✓	✓
WOWSA Membership Card is effective for one year from the date of membership.	✓	✓	✓	✓
Openwaterpedia Entry is a free personal entry in Openwaterpedia, the world's largest online encyclopedia entirely focused on the open water swimming world	✓	✓	✓	✓
Open Water Workouts of the Week is a weekly offering of specific open water swimming-oriented workouts	✓	✓	✓	✓
World Swimming Majors Entry is a free listing in the World Swimming Majors database	✓			

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ALLAN MCLELAND ACHIEVES PEAK AND POND CHALLENGE

The English Channel is called the Mount Everest of swimming.

Allan McLeland should know if Mount Everest should be described as the English Channel of mountaineering.

The 50-year-old Corporate Vice President of Human Resources at Sonoco in South Carolina is a man of endurance and commitment who became the seventh individual in history to complete the Peak and Pond Challenge.

The Peak and Pond Challenge requires a successful solo crossing of the English Channel and a successful summit of Mount Everest.

McLeland is an outdoor distance adventurer who has competed in triathlons of all distances and enjoys whitewater kayaking as well as set off to be one of the few to complete the Peak and Pond.

In 2008, the former swimmer swam across the English Channel in 16 hours 10 minutes. He describes his swim despite having a cold, "I got into a good rhythm and started plodding along towards France. For some strange reason, the cold water didn't affect me at all. I didn't even think about it.

...there were no jellyfish...but my left shoulder started to get really sore. I don't know if I changed my stroke to compensate for my slightly injured right shoulder or what. But it steadily got worse. It became quite painful for the last 4-5 hours of the swim."

His mood stayed positive hour after hour as he accepted the pain. "And then my feet hit sand. That felt soooo good. At 1:01 am Sunday, I walked out with both hands in the air and marched up the beach. My legs worked surprisingly well. I turned around to soak in the moment. It's hard to describe the sense of accomplishment, relief, exhaustion and just general euphoria that I had at that moment."

McLeland's legs worked equally as well in his recent summit (on May 23rd) of Mount Everest.

Despite his batteries running low and frozen feet, McLeland remembers his summit to 8,848m (29,029 feet) to the top of the world. "While I was hurting and cold, I was also able to enjoy the amazing beauty of this special place. I kept going and going...eventually I could see the top in the distance.

I scaled the famous Hillary Step...after a bit more progress, [I saw] several false summits, [then] I could see the true summit 25 yards in front of me. I slowed my pace to enjoy the last bit of the walk up. I could see a few of my team members celebrating and waving to me.



Then, I was literally on top of the world. It was a great feeling. I forgot how cold and tired I was. I took in the beautiful sights. There were only about five of us up there including Sherpa so we were treated with some great access to the top. In spite of the strong winds, it was a very clear day and lucky to have such a great view."

McLeland described in detail his journey to both the English Channel (here) and Mount Everest (here). The similarities and differences of his journey to achieve both are striking.

MEMBERS OF THE PEAK AND POND CHALLENGE:

1. Hugo Rodríguez Barroso (Mexico) - accomplished twice: 1986, English Channel in 13 hours + 1993, English Channel in 13 hours 4 minutes + 1997, Mount Everest + 1999, Mount Everest + 2000, Mount Everest
2. Eric Blakeley MBE (Jersey) - 2003, English Channel in 20 hours 30 minutes + 1997, Mount Everest - note: also completed the Seven Summits
3. Georgios-Ioannis Tsianos (Greece) - 2009, English Channel in 9 hours 20 minutes + 2004, Mount Everest - note: also completed the Ice, Water, Fire Challenge
4. Bill Borger Jr. (Canada) - 2000, English Channel in 12 hours 11 minutes + 2011, Mount Everest
5. Boguslaw Ogrodnik (Poland) - 2014, English Channel in 20 hours 33 minutes + 2006, Mount Everest
6. Gabriel Viti (USA) - 2014, English Channel in 15 hours 50 minutes + 2010, Mount Everest - note: also completed the Seven Summits
7. Allan McLeland (USA) - 2008, English Channel in 16 hours 10 minutes + 2017 Mount Everest

OPEN WATER

Swimming

MAGAZINE

JAPAN IS RIGHT ON, BUT WHAT WERE OTHERS THINKING?!?



While the 5 km race in Malaysia at this week's Asian Open Water Swimming Championship went off without a hitch, the water warmed up to 31.9°C (89.42°F) before the 10 km race.

Team Japan - rightly so - pulled its swimmers from the event.

But under the auspices and guidance of Ronnie Wong, the 2017 Asian Open Water Swimming Championship went on, despite FINA's own maximum temperature rule of 31°C (87.8°F).

Yasunari Hirai and Yumi Kida of Japan were anxious to go 2 for 2 in the 5 km and 10 km Asian Championships after their victories in the 5 km [see photo above], but they understood the health risks in racing over 10 km in water over 31°C (87.8°F).

"Although nothing surprises me anymore in the sport, I really do not understand this decision - especially it places human lives in danger," remarked Steven Munatones. "This rule took several months of deliberation by and within FINA to implement - precisely because Fran Crippen died under such conditions. FINA already caused controversy when it decided to move forward with its 25 km race at the 2009 World Championships when the water temperatures exceeded 31°C, but here is another example of a major championship event that demands that its athletes race in extremely warm water.

I greatly respected Alex Meyer of the USA, Thomas Lurz of Germany, and Marcel Wouda of the Netherlands for standing up and pulling out of the 2009 FINA World Championships because of dangerously warm conditions.

And I greatly respect Team Japan for standing up for

its own athletes and putting health and human life over medals. Like Alex, Thomas and Linsy Heister who were world champions when they protested and pulled out of the FINA event in 2009, Team Japan had the overwhelming pre-race favorites - Hirai on the men's side and Kida on the women's side - who would have undoubtedly won a podium position and quite possibly a gold medal.

Yet Japan did the right thing and abided by FINA's own rules* and put life over medals."

Vitaliy Khudykov of Kazakhstan won the 10 km marathon swim with Cho Cheng-Chi Chinese Taipei in second and Heidi Gan of Malaysia won the slow-paced 10 km marathon swim with Xeniya Romanchuk finishing second.

The race started at 8 am and hit its peak water temperature of 32°C towards the end of the race.

WOMEN'S RESULTS:

1. Heidi Gan (Malaysia) 2:17:00.77
 2. Xeniya Romanchuk (Kazakhstan) 2:21:04.25
 3. Benjaporn (Thailand) 2:22:50.73
 4. Lok Hoi Man (Hong Kong) 2:25:57.56
 5. Nip Tsz Yin (Hong Kong) 2:26:33.74
 6. Chantal Liew Li-Shan (Singapore) 2:29:41.60
 7. Chin Khar-Yi (Singapore) 2:33:53.90
 8. Fiona Chan On-Yi (Hong Kong) 2:34:00.47
 9. Benjamaporn (Thailand) 2:34:23.52
 10. Angela Chieng (Malaysia) 2:34:25.09
 11. Nina Rakhimova (Kazakhstan) 2:36:06.75
 12. Nikitha Setru (India) 2:44:95.20
- Maria Fedotova (Kazakhstan) OTL
Dhruti Muralidhar (India) OTL
Chenuri Fernando (Sri Lanka) OTL

The FINA rule that was implemented the year after the death of Fran Crippen is as follows:

FINA OWS 5.5 The water temperature should be a minimum of 16°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, in the middle of the course at a depth of 40 cm. This control should be done in the presence of a Commission made up of the following persons present: a Referee, a member of the Organising Committee and one coach from the teams present designated during the Technical Meeting.

It is interesting that Wong served as the chairman of the FINA Technical Open Water Swimming Committee when this rule was debated, researched, submitted and passed, but the water temperature at the Asian Championships 10 km race - that were conducted under his leadership - exceeded this maximum water temperature before, during and after the race.

At least one delegation - Team Japan - had the best interests of its athletes in mind.

OPEN WATER *Swimming* MAGAZINE

Yasunari Hirai and Yumi Kida have both had long, successful careers.

They competed in the 2012 and 2016 Olympic 10K Marathon Swims and has won numerous Japanese domestic titles and various international races between 1 mile and 10 km, but they both won their first Asian Open Water Swimming Championship today in the 5 km race held in Malaysia.

"I am very happy to win the 5 km race at the Asian Championships; it is very important to my future to have this title of an Asian champion, wrote Hirai after the race."

Japan swept 1-2 on both the men's and women's side with Yohsuke Miyamoto finishing 10 seconds behind Hirai and Yuki Kida and Yukimi Noriyama winning gold and silver for Japan.

TOP 15 MEN'S RESULTS:

1. Yasunari Hirai (Japan) 1:00:28.95
2. Yohsuke Miyamoto (Japan) 1:00:38.26
3. Vitaliy Khudykov (Kazakhstan) 1:00:49.35
4. Taiki Nonaka (Japan) 1:01:47.06
5. Welson Sim (Malaysia) 1:02:46.88
6. Cho Cheng-Chi (Chinese Taipei) 1:02:58.76
7. Lev Cherepanov (Kazakhstan) 1:03:59.36
8. Keessary (Kazakhstan) 1:04:53.61
9. Zhong Qing Eramus (Singapore) 1:05:48.12
10. Aiman Talib Naseeb Al (Oman) 1:05:50.10
11. Khalid Mohammed (Oman) 1:05:50.10
12. Omkumar (India) 1:08:24.05
13. Tse Tsz Fung (Hong Kong) 1:09:33.10
14. Kwan Ho Yin (Hong Kong) 1:09:41.13
15. Nachat Natemantesuk (Thailand) 1:09:59.82

TOP 10 WOMEN'S RESULTS:

1. Yumi Kida (Japan) 1:03:40.60
2. Yukimi Moriyama (Japan) 1:03:47.31
3. Heidi Gan (Malaysia) 1:05:03.58
4. Xeniya Romanchuk (Kazakhstan) 1:08:22.80
5. Lok Hoi Man (Hong Kong) 1:09:52.98
6. Chantal Liew Li Shan (Singapore) 1:11:22.02
7. Nip Tsz Yin (Hong Kong) 1:11:38.58
8. Nina Rakhimova (Kazakhstan) 1:12:23.16
9. Maria Fedotova (Kazakhstan) 1:12:26.35
10. Fiona Chan On-Yi (Hong Kong) 1:12:36.10
11. Neelanuc (Thailand) 1:14:54.18
12. China Khar Yi (Singapore) 1:14:58.81
13. Pattarakan Sriyong (Singapore) 1:17:58.18





Wish Upon A Star Now Up With The Stars

Anne Cleveland passed away today after a long battle with pancreatic cancer.

Word spread quickly around the San Diego, California locals and the many people she touched throughout the global open water swimming community.

"People knew she was sick, but it is still quite a shock to know that she is no longer with us," said Steven Munatones.

"Every time I had the opportunity to see Anne, she smiled so genuinely and loved talking about swimming - and how the sports moves and motivates so many people who crossed her path. Her legacy is great and she set a high standard for achievement as well as giving back."

Alexandra Gessner wrote about Cleveland on Facebook, "On the New Moon, beginning the next chapter of her spirit's journey - marks the day a most kind and humble soul, accomplished and inspiring open water ocean swimmer, wise and devoted Yoga and Ayurveda teacher, dearest friend and great woman warrior has left this earth. We will never forget your kindness, courage, positive spirit and sense of empowerment until the end. You left us as you lived ...

"One day at a time" was your mantra. Rest In Peace - now fly with the angels and keep on swimming! We love you, we honor you, you will be missed and live forever in our hearts.

Cleveland not only was inducted in the International Marathon Swimming Hall of Fame, but she also served those who followed her. She volunteered as an observer numerous times (assisting swimmers like Pat Gallant-Charette and Tobey Saracino) and coached and mentored many more.

Marcia Cleveland fondly remembers Cleveland, "She was such a mentor in the sport and so many people admired her and looked up to her. Her absence will be felt, but her memory will certainly live on." She gave her IMSHOF induction speech at the United Nations in 2011 and was later the subject of a Page One article in the Wall Street Journal.

But her success in the open water did not come easy or quickly. After being pulled from the water in her first channel swim attempt at the age of 43 in the Catalina Channel, Cleveland came back from that disappointment in victorious fashion.

She completed crossings of the Maui Channel in 2000 (4 hours 9 minutes) and 2001 (5 hours 29 minutes), the Catalina Channel in 2001 (in 10 hours 15 minutes), and the English Channel in 2002 (in 12 hours 32 minutes) and 2004 (a two-way crossing in 28 hours 36 minutes) and 2007 (in 11 hours 33 minutes) at the age of 51.



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Knocking At The Door Of **THE OCEANS SEVEN**



OPEN WATER
Swimming
MAGAZINE

Stephen Redmond (Ireland), Anna-Carin Nordin (Sweden), Michelle Macy (USA), Darren Miller (USA), Adam Walker (UK), and Kimberley Chambers (New Zealand) have all completed the Oceans Seven (i.e., solo successful crossings of the Cook Strait, Molokai Channel, Strait of Gibraltar, Catalina Channel, English Channel, Tsugaru Channel, and North Channel).

These individuals are a remarkable group of 30-somethings and 40-somethings who are globally considered to be among some of the best channel swimmers in history.

But there are also an unassuming, humble group of some remarkably emerging quinquagenarians (50-somethings) and sexagenarians (60-somethings) who are also knocking on the door of achieving the Oceans Seven.

Each of these swimmers has completed six channels around the world and is only missing one last channel to complete the Oceans Seven.

While Rohan More from India is the youngest of this accomplished group at 31 years old, the rest of much older:

* Penny Palfrey is a 54-year-old Australian

* Stephen Junk is a 56-year-old Australian

* Antonio Argüelles is a 57-year-old Mexican

* Pat Gallant-Charette [shown above] is a 66-year-old American who just crossed the English Channel for the second time this week, setting the record for the oldest woman to successfully cross.

"It is really something to be achieving something so rare in the athletic and extreme sports community - like the Oceans Seven - at an age where a sedentary lifestyle and retirement are the norm for your peers," observed Steven Munatones. "Achievement of the Oceans Seven takes an incredible amount of planning, financing, patience, teamwork, logistics, physical training and mental preparation - and these people have it in abundance.

They do all this with a smile and a passion that ultimately enables them to be role models for people both in their local communities and all around the world."



FRENCH + AMERICANS JOINTLY CROSS THE ENGLISH CHANNEL

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When Pat Gallant-Charette became the oldest woman to successfully cross the English Channel this month.

"On the day I swam the English Channel, it was very calm off the coast of France. Every so often I would feel the current lift me like I was going over a ridge. The following day, my son asked me if I could feel any unusual pattern in the current. He said that Phil of the Viking Princess explained that several ships had sunk during the war in that area.

As the strong currents traveled up the coast, it would strike the sunken ships causing the water to lift slightly. I was very fortunate to experience it. Like many other channel swimmers I thought of the great loss of lives that occurred during the war."

That loss of life was commemorated by two teams of six swimmers (three French and three Americans on each boat), organized by John Kulewicz. "The pilots were Michael Oram and Lance Oram. The team times were 13 hours 28 minutes and 14 hours 20 minutes.

There was a lot of extraordinary talent at work in the Channel on Wednesday night and Thursday morning on both teams. The conditions started out smooth and stable and progressed through the night into fairly rough seas. In the words of our toast at the team dinner [after the swim], 'A superb day. A superb team. A superb swim. Long live the Channel. Long live France. Long live the United States. Long live the friendship between our two nations. And long live the memory of the soldiers who protected our freedoms in the First World War.'

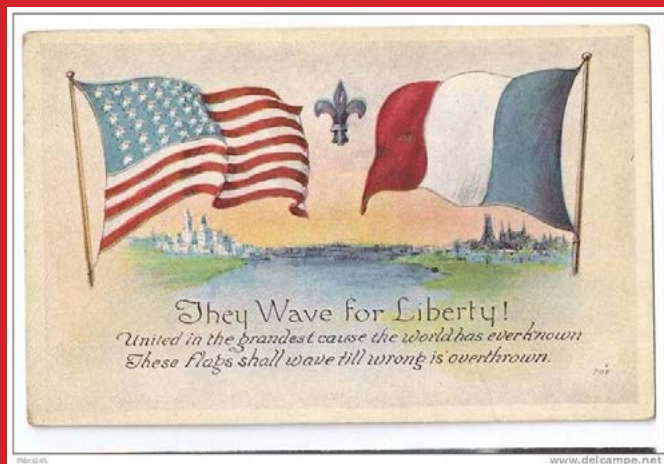
'Un jour superb. Une équipe superb. Un nage superb. Vive la Manche. Vive la France. Vive les États Unis. Vive l'amitié entre nos deux pays. Et vive le mémoire des soldats qui ont protégé nos libertés pendant le Première Guerre mondiale.'"

The 12 Over There! swimmers - including David Arnold, William Bonnet, Nicolas Costa, James Curphey, Nicolas Derrien, Alexandre Fleury, Philippe Fort, Eve Gaillard, John Kulewicz, Richard Lovering, Michelle Sanders, and John Stephan - crossed the English Channel to mark the 100th anniversary of the arrival of U.S. troops in France for World War I.

One hundred years ago, a generation of American and French soldiers met on the shore of France to work in common purpose," said team captain John Kulewicz who was a member of the Overlord 70 relay that crossed the English Channel in 12 hours 8 minutes on June 8th 2014 to commemorate D-Day (June 6th 1944 when the Allied troops landed in Normandy in Operation Overlord during World War II).

Their English Channel crossing commemorated the landing of the first U.S. infantry troops at St. Nazaire, France, on June 26th 1917. "We swam with the common purpose of recognizing their bravery and teamwork and honoring the long relationship and promising future of our two nations."

Photo of the Over There! team above shows Alexandre Fleury, William Bonnet, Philippe Fort, Nicolas Costa, Michelle Sanders, Nicolas Derrien, Eve Gaillard, John Stephan, John Kulewicz, James Curphey, Dave Arnold and Rich Lovering.



OPEN WATER

Swimming

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9 SWIMMERS DO 120 MILES IN 7 STAGES

Stephen joined an illustrious list of accomplished marathon swimmers who completed all 120 miles of the 8 Bridges Hudson River Swim this week, but so did a number of other swimmers.

While only 2 swimmers completed all 7 stages in both 2012 and 2016, no one completed in 2013, and only one swimmer in both 2014 and 2015, a total of 9 swimmers completed all 120 miles this week: Stephen Rouch, Virgilio Graco Morlan, Flavio Toi, Marta Izo, Abigail Fairman, Edward Riley, Jamie Tout, Steve Gruenwald and Harry Finger.

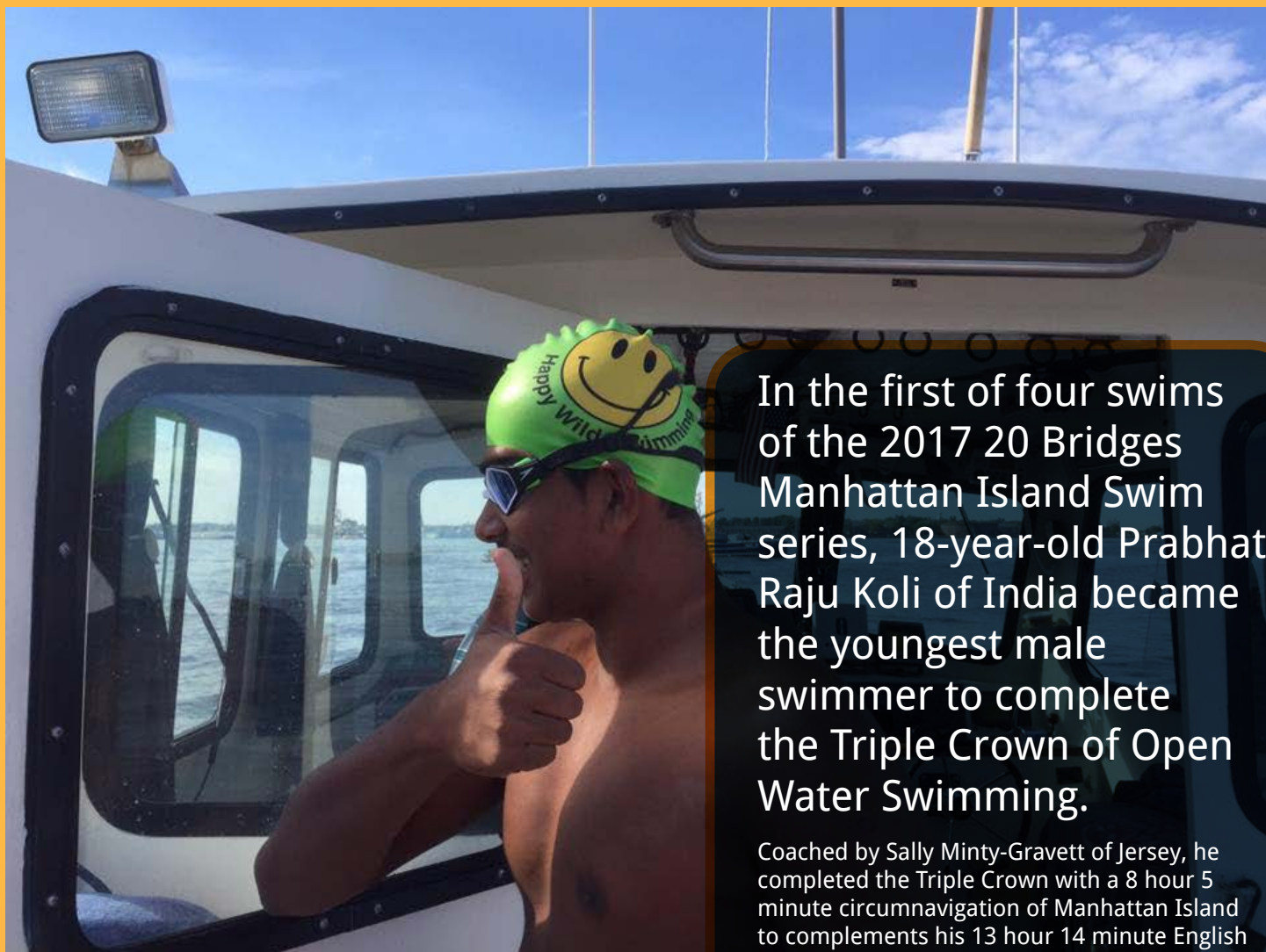
ROUCH'S CUMULATIVE TIME IN THE 7-STAGE 120-MILE STAGE SWIM BECAME THE FASTEST MALE TIME ON RECORD:

1. Grace van der Byl 31 hours 47 minutes
2. Rondi Davies 32 hours 36 minutes
3. Lori King 34 hours 15 minutes
4. Stephen Rouch 35 hours 38 minutes
5. Virgilio Graco Morlan 38 hours 20 minutes
6. Cheryl Reinke 38 hours 43 minutes
7. Flavio Toi 39 hours 0 minutes
8. Marta Izo 39 hours 3 minutes
9. Paige Christie: 39 hours 7 minutes
10. Abigail Fairman 39 hours 10 minutes
11. Andrew Malinak: 40 hours 21 minutes
12. Edward Riley 41 hours 43 minutes
13. Jamie Tout 42 hours 5 minutes
14. Steve Gruenwald 44 hours 39 minutes
15. Harry Finger 45 hours 38 minutes



STAGE 7 LIBERTY RESULTS, 18.6 MILES FROM THE GEORGE WASHINGTON BRIDGE TO THE VERRAZANO NARROWS BRIDGE

1. Stephen Rouch 5:10:09 [cumulative time of 35 hours 38 minutes 29 seconds in Stages 1-7]
2. Joshua Gordon 5:34:13
3. Virgilio Graco Morlan 5:44:38 [cumulative time of 38 hours 20 minutes 38 seconds in Stages 1-7]
4. Flavio Toi 5:46:24 [cumulative time of 39 hours 0 minutes 4 seconds in Stages 1-7]
5. Abigail Fairman 5:47:39 [cumulative time of 39 hours 10 minutes 7 seconds in Stages 1-7]
6. Katrin Walter 5:54:14 [cumulative time of 35 hours 18 minutes 15 seconds in 6 stages]
7. Marta Izo 5:54:25 [cumulative time of 39 hours 3 minutes 6 seconds in Stages 1-7]
8. Edward Riley 6:02:44 [cumulative time of 41 hours 43 minutes 21 seconds in Stages 1-7]
9. Jamie Tout 6:07:08 [cumulative time of 42 hours 5 minutes 13 seconds in Stages 1-7]
10. Steve Gruenwald 6:16:10 [cumulative time of 44 hours 39 minutes 20 seconds in Stages 1-7]
11. Leticia Flores Hernandez 6:17:45
12. Phyllis Ho 6:32:41
13. Harry Finger 6:41:54 [cumulative time of 45 hours 38 minutes 54 seconds in Stages 1-7]
Ellen Weinberg, DNF after 5:55:21
Ricardo Grossman, DNF after 3:41:21



prabhat koli ACHIEVES THE triple crown

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In the first of four swims of the 2017 20 Bridges Manhattan Island Swim series, 18-year-old Prabhat Raju Koli of India became the youngest male swimmer to complete the Triple Crown of Open Water Swimming.

Coached by Sally Minty-Gravett of Jersey, he completed the Triple Crown with a 8 hour 5 minute circumnavigation of Manhattan Island to complements his 13 hour 14 minute English Channel crossing at the age of 16 and his 10 hour 30 minute Catalina Channel crossing at the age of 17.

Only Charlotte Samuels (USA) and Lachlan Hinds are the only other teenagers who are Triple Crowners. Their record of achievements are as follows:

1. Charlotte Samuels: completed at the age of 16 [EC: 2014 (16), CC: 2014 (16), MIMS: 2014 (16)]
2. Prabhat Koli: completed at the age of 17 [EC: 2015 (16), CC: 2016 (17), 20 Bridges: 2017 (17)]
3. Lachlan Hinds: completed at the age of 18 [EC: 2012 (16), CC: 2013 (18), MIMS: 2013 (17)]

For more information on the next dates, results and registration, visit [New York Open Water](#).

For more information on the Triple Crown of Open Water Swimming, visit [here](#) or [here](#).

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