



MOEZ CHERIF

Age 57

Solo/Assisted (wetsuit)

Waverider (double) = 25K

Date: June 28, 2023

Course:

Leg1: Capitola Venetian to SC3 to Waverider Buoy to Natural Bridges

Leg 2: Natural Bridges to Waverider Buoy to SC3 to Capitola Venetian

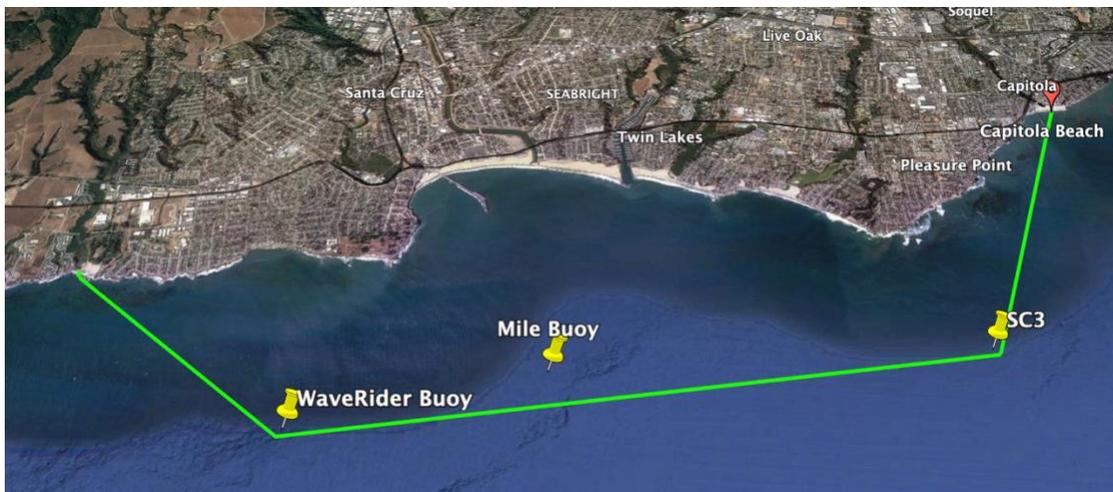
Straight Line Swim Course Distance: 25 Kilometers

Swim Duration: 12 hours, 6 minutes, 58 seconds

(Leg 1 Duration: 05:19:02; Leg 2 Duration: 6:47:56)



MARK	LOCATION	LATITUDE/LONGITUDE	TIME
Start/Finish	Capitola Beach, East of Capitola Wharf, in front of Venetian Inn	36.971189°; -121.952778°	START: 06:40:02 FINISH: 18:47:00
Outer Turn Marker 1	SC3 Buoy	36.941667°; -121.967100°	
Outer Turn Marker 2	Waverider Buoy	36.934000°; -122.034000°	
Turn	Natural Bridges	36.950170°; -122.058259°	TURN: 11:59:04



MBSA Observer 1: Scott Tapley

Boat & Captain(s) & Navigation: Brian Thom, Nomad Sailing Charters

Crew: Lucy Gillies

Sanctioning:

This swim was observed and sanctioned by the Monterey Bay Swimming Association

Swim Category:

Wetsuit Assisted Long Distance Solo Swim (Category B)

Rules

This swim was conducted following the rules for Monterey Bay swims as published by the [Monterey Bay Swimming Association](#), with the exception the swimmer wore a wetsuit and a non-standard cap.

Costume & Swim Gear:

1. Wetsuit
2. Insulated swim cap
3. Swim goggles
4. Ear plugs

Feedings:

From the boat. Every 40 minutes, until the last 4 hours, he switched to 30 minutes feed intervals. He consumed an 8-10 Oz mix of Skratch Hydration and Skratch Super High Carb sports drinks, and Huma Chia Energy Gels diluted with water. Moez fed regularly from start to finish. Total calories unknown.



Weather & Ocean Observations:

Wind: Wind ranged from 0 to 20 knots. It was calm for the first 2 hours, then slowly built to a steady 10-12 knot WNW wind as he was swimming West on leg 1. This produced textured and choppy conditions (swimming uphill). It was glassy inside the kelp on the approach to Natural Bridges. On leg 2, the wind picked up to 15 knots with stronger gusts after passing Waverider buoy. Fortunately, the wind was now directly behind the swimmer until we passed SC3 on the return. The wind decreased to 6-10 for the final three hours of the swim, and dropped to nearly zero once inside the protection of Pleasure Point.

Water Temperature (degrees Fahrenheit): Low 57.7, High 61

Air Temperature (degrees Fahrenheit): Low 55, High 68

Swells: 3-4 ft NW wind swell. 3.9 @ 7 seconds WNW.

Skies: The sky was overcast for most of the swim, changing to partly sunny, then full sun for the last ¼ of the swim, but it remained jacket and hat weather due to the wind.

Wildlife: Several Sea Lions, Otters, and Sea Birds throughout the swim.



Observers' Narrative

by Scott Tapley

This was Moez's longest swim to date, both in distance and duration. The course is a 25k route, but with strong wind and some small navigation glitches, Moez ended up swimming an honest 26.2 kilometers.

He had recently done a 10k and decided to step it up by more than double. Although he may not have been properly trained and ready for a 25k+ swim in challenging conditions, he had the right mental attitude and ultra-endurance experience to stay strong and finish the swim.

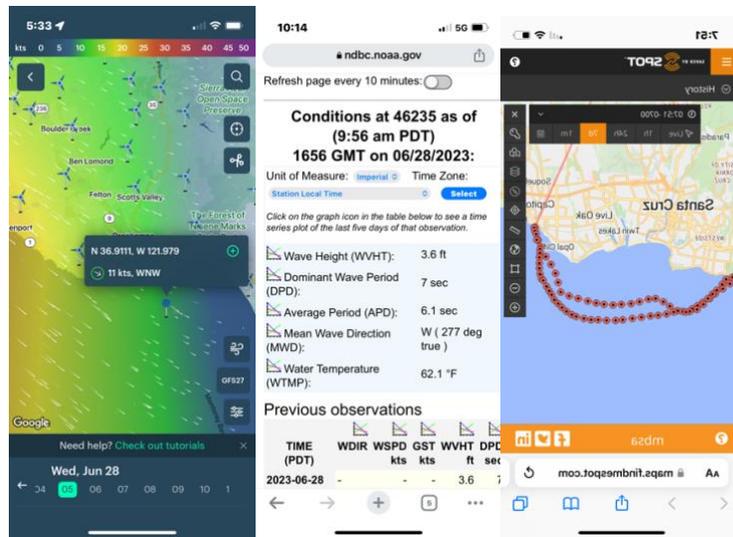
The team consisted of Brian Thom piloting on his 16ft Zodiac, Lucy Gillies as support crew, me as observer and documentarian, and Moez swimming. We met at the Santa Cruz Harbor boat launch at 6:00 and motored to Capitola for the Start. The swim began at 6:40 from Capitola Beach, directly in front of the Venetian Hotel.

The first stretch to the SC3 Buoy was calm. Moez fed every 40 minutes and fed fast. He has a low stroke rate (42), but pulls enough water to maintain a 35-40 min/mile pace when fresh in flat water. As we progressed from SC3 toward Waverider (2.6k) the wind slowly picked up and Moez was getting regular slaps in the face by swell and chop. He was swimming almost directly into the wind. When we passed the Mile Buoy, I could tell we were too close to it, meaning we had either been blown inside, or aimed too inside and had to make a correction to get further offshore to round the Waverider buoy. He rounded Waverider about 4 hours into the swim and still had another 3k to Natural Bridges. When we were about ½ mile to Natural Bridges, we were far enough inside the surface conditions flattened out a bit, but there were a lot of breaking waves along West Cliff drive. We steered Moez carefully through a maze of kelp to inside the kelp beds (which took some extra time) and then swam the tight gap between the breaking waves and the kelp bed. When we got to Natural Bridges, we waited outside the waves about 200 yards offshore and sent Moez in for the turn. He completed the Waverider one-way (12.5k) in 5 hours and 19 minutes. Swimming into the headwinds and finding a patch through the kelp added some time, and I was curious to see how much speed he would pick up with the wind at his back. We rounded Waverider for the second time at 1:16, almost 6.5 hours into the swim. Moez was showing signs of fatigue, but said he was feeling great. "In my happy place." On the return trip, we were well outside the Mile Buoy (it seemed a little too far out), but the wind was building to 15+ knots and pushing Moez along and directly toward SC3, so the line felt good. It was about this time that Brian's onboard Nav computer went out and we had to navigate using the hand-held. The winds increased to 20 knots with breaking 3-foot waves. Moez would body surf one wave and then be buried by the next. I could tell he was getting tired, and I remember thinking I'm glad he is wearing a wetsuit (just from a safety perspective). His stroke rate remained steady, but his legs were sinking some and he was clearly losing some steam. At his 2:40 PM feed, he said, "I am reaching my limits... not much gas in the tank." His mental faculties were still very good, and he was conversational and in a good mood. He was tired, but still had a lot more swimming in him. Finally, around 3:40 the sun started to break through, which was good mentally for Moez and comfort-wise for us on the boat. We now had much better visibility of distance landmarks, and our GPS was back up and running. It was clear we were taking a wider line than needed AND the 20 knot winds were forcing Moez further Southeast than was optimal. He needed to

crab more into the wind to stay on course, but he didn't have the energy to swim cross wind, and we let him continue downwind until we had a visual on SC3. We had over-shot SC3, adding a little more distance to the swim. The SC3 buoy is approximately 3.5k from the finish, and when we were 3.5k to the finish in our new location, Moez was very tired, and his pace had slowed to approximately 1 mile per hour. His shoulder was also starting to hurt. We gave him a second dose of Advil, which helped a little.

As we approached the beach, we could see some of Moez's swimming friends out for a swim in Capitola. When we approached the mooring buoys, they all swam out and cheered for Moez as he approached the beach.

Moez walked out onto the beach at 6:47 PM and over 12 hours of swimming. He had no idea how long he has been swimming. He ended up swimming over 16 miles and for 12 hours in very tough conditions and had a positive "can do" attitude the entire swim. Well done.



Route distance: 25k. Actual distance of swim track: 26.23 kilometers; 16.3 statute miles



Monterey Bay Swimming Association

Swim: WAVE FLOCK 25K (DOUBLE WAVEFLOCK)

Swimmer: MOEL CHURCH

Date: 6/24/13

Observer 1: SLITT TAPLEY

Observer 2:

Boat & Captain(s): BRIAN THOM / NIMMO ZONE

Planned Course: CAPITOLA 7 ~~SEA~~ 7 WAVEFLOCK BUOY 7 NATURAL BRIDGES, RETURN.

Actual Course: SAME

Final Swim Duration: 12:06:58

Start Time: 6:40:02

Finish Time: ~~18~~:47:00

Start (GPS OR WRITTEN DESCRIPTION): CAPITOLA / VEGETIAN HOTEL

Finish (GPS OR WRITTEN DESCRIPTION): SAME

Crew Members and Roles:

LUCY GILLIES - FEEDS

Additional Notes:

THIS WAS A WETSUITASSISTED SWIM.

Monterey Bay Swimming Association

Time	H2O F	Air F	Wind	Surface Cond.	Stroke	Observations
6:40 6:40:02	60.9	62	Ø	FLAT OVERCAST.	42	CADIZLA BEACH. E/WIND. OVERCAST, LIGHT WIND, GLASSY.
(F) 7:20	60.1	62	3 NW		42	CARB + WATER MIX. (SCHED.) 8:2. 7:49 CARB REC. FEED/SAME 10:22
(F) 8:00	61	64	4	TEXTURE.	42	OVERCAST @ SC 3 8:00
(F) 8:12	59.7	56	8	SMALL LUMPS	42	LUMPY HEAD WIND,
(F) 8:40	Feed	61	9	↓ ↓	42	↓ ↓ 2.6 TOW. 2.4/mi
(F) 9:20	59	57	10	3A. NW wind	45	SWIMMING UP HILL INTO HEADWIND CAMP.
(F) 10:00	59	60	10-11	LUMPY NW	47	9:30 FAST MILE
(F) 10:40	59	59.7	12	FORCE 3 VERY LUMPY 3 FT. SWELL WITH CARB	46	MORE IS IN VERY GOOD SP. REC. NOT LIVING THE BEST - LAD. SOME WHIRL CARB. FEEL, (R) 3.6 W.
(F) 11:20	57.7	62	12	3-4 FT. SWELL and WHIRL CARB FIGHTING CURRENT	45	3.6 REC. NW @ W. 3.0 W. PAST 20 WAVE ROCK 10:27
11:59:24	(TURN - END LOG 1)					11:26 SW BREAKING THROUGH. SLOW CARB TURN WR ↓ N.E. FEEL @ N.E. BURN EXIT.
12:00	58	62	8	CALM WIND	43	WIND WNW - 3.02/0.00 WIND NOT IN THE "FOOTING BEAT" VOICE, 1.65.
(F) 12:40	57.5	65	15	SUNNY / WINDY SWIMMING DIVING SWIMMING		1.76 @ W.R. ABAND "HAPPY PLACE"
(F) 1:20	59	65	15+	" " " "		
(F) 2:00	59	66	16-18+	VERY RAIN	43	FEED W/ CARB. NOTE: MORE CARB SAID "REACHED MY LIMIT"
(F) 2:40	58	67	20K	3' WIND SHOWING WAVE	43	SAYS "NOT NEARLY BUT VERY COMFORT GOOD PROGRESS IN BAD WIND"
(F) 3:10	59		10	LUMPY B.T. BEACH	42	RAVING M.B. 2:59 ASKED LOTS OF "HOW FAR" (REPTITION)

Spot Tracker GPS Data Export

<u>Date</u>	<u>Address</u>	<u>Lat/Lng</u>	<u>Speed</u>
6/28/23 6:31			
6/28/23 6:37	Capitola Pier, Capitola, California, 95010, USA	36.970050, -121.953050	1.48 mph
6/28/23 6:46	Capitola Pier, Capitola, California, 95010, USA	36.968330, -121.953180	0.00 mph
6/28/23 6:56	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.964340, -121.954210	1.26 mph
6/28/23 7:06	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.960580, -121.955860	1.66 mph
6/28/23 7:16	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.957260, -121.958920	1.71 mph
6/28/23 7:26	Seabright, California, 95010, USA	36.953980, -121.961490	1.61 mph
6/28/23 7:37	Santa Cruz, California, USA	36.950140, -121.963970	1.68 mph
6/28/23 7:46	Santa Cruz, California, USA	36.946290, -121.965520	1.82 mph
6/28/23 7:56	Santa Cruz, California, USA	36.942270, -121.966660	1.71 mph
6/28/23 8:06	Santa Cruz, California, USA	36.940570, -121.971100	1.64 mph
6/28/23 8:16	Santa Cruz, California, USA	36.939410, -121.976200	1.78 mph
6/28/23 8:26	Santa Cruz, California, USA	36.938470, -121.981220	1.72 mph
6/28/23 8:37	Santa Cruz, California, USA	36.937500, -121.985790	1.49 mph
6/28/23 8:46	Santa Cruz, California, USA	36.936900, -121.989720	1.43 mph
6/28/23 8:56	Santa Cruz, California, USA	36.936770, -121.994460	0.00 mph
6/28/23 9:06	Santa Cruz, California, USA	36.936940, -121.999180	1.59 mph
6/28/23 9:15	Santa Cruz, California, USA	36.937400, -122.004170	1.69 mph
6/28/23 9:25	Santa Cruz, California, USA	36.938200, -122.008500	1.49 mph
6/28/23 9:36	Santa Cruz, California, USA	36.939160, -122.013370	1.52 mph
6/28/23 9:45	Santa Cruz, California, USA	36.939580, -122.017330	1.49 mph
6/28/23 9:55	Santa Cruz, California, 95060, USA	36.938060, -122.021300	1.47 mph
6/28/23 10:05	Santa Cruz, California, 95060, USA	36.936270, -122.024770	1.37 mph
6/28/23 10:15	Santa Cruz, California, 95060, USA	36.934330, -122.028990	1.62 mph
6/28/23 10:25	Santa Cruz, California, 95060, USA	36.933750, -122.033490	1.53 mph
6/28/23 10:35	Santa Cruz, California, USA	36.935190, -122.036970	1.25 mph
6/28/23 10:45	Santa Cruz, California, USA	36.936330, -122.039610	1.05 mph
6/28/23 10:55	Santa Cruz, California, USA	36.937880, -122.042330	1.13 mph
6/28/23 11:05	Santa Cruz, California, USA	36.939540, -122.045010	1.13 mph
6/28/23 11:15	Santa Cruz, California, USA	36.941460, -122.047490	1.16 mph
6/28/23 11:24	Santa Cruz, California, 95060, USA	36.943050, -122.049710	1.00 mph
6/28/23 11:35	Santa Cruz, California, 95060, USA	36.945550, -122.052570	1.33 mph
6/28/23 11:44	Santa Cruz, California, 95060, USA	36.947730, -122.054840	1.25 mph
6/28/23 11:54	Crespi Court, Santa Cruz, California, 95060, USA	36.948480, -122.058090	1.12 mph
6/28/23 12:04	Horizon, Santa Cruz, California, 95060, USA	36.948600, -122.059200	0.38 mph
6/28/23 12:14	Crespi Court, Santa Cruz, California, 95060, USA	36.945820, -122.056720	1.42 mph
6/28/23 12:24	Santa Cruz, California, 95060, USA	36.943640, -122.052920	1.56 mph
6/28/23 12:35	Santa Cruz, California, USA	36.941330, -122.048970	1.53 mph
6/28/23 12:44	Santa Cruz, California, USA	36.939330, -122.045940	1.40 mph
6/28/23 12:54	Santa Cruz, California, USA	36.936980, -122.042570	1.49 mph

6/28/23 13:04	Santa Cruz, California, USA	36.934890, -122.039250	1.41 mph
6/28/23 13:14	Santa Cruz, California, USA	36.934040, -122.035600	1.27 mph
6/28/23 13:24	Santa Cruz, California, 95060, USA	36.933950, -122.031710	1.31 mph
6/28/23 13:35	Santa Cruz, California, 95060, USA	36.933580, -122.027010	1.47 mph
6/28/23 13:44	Santa Cruz, California, 95060, USA	36.933010, -122.023150	1.42 mph
6/28/23 13:54	Santa Cruz, California, 95060, USA	36.932420, -122.018740	1.49 mph
6/28/23 14:03	Santa Cruz, California, USA	36.932090, -122.014470	1.45 mph
6/28/23 14:13	Santa Cruz, California, USA	36.931520, -122.009670	1.62 mph
6/28/23 14:23	Santa Cruz, California, USA	36.930870, -122.005040	1.58 mph
6/28/23 14:34	Santa Cruz, California, USA	36.930460, -121.999790	1.66 mph
6/28/23 14:43	Santa Cruz, California, USA	36.930060, -121.995850	1.42 mph
6/28/23 14:53	Santa Cruz, California, USA	36.930030, -121.991200	1.55 mph
6/28/23 15:03	Santa Cruz, California, USA	36.930320, -121.986630	1.52 mph
6/28/23 15:13	Santa Cruz, California, USA	36.930410, -121.982890	1.25 mph
6/28/23 15:23	Santa Cruz, California, USA	36.930850, -121.979290	1.22 mph
6/28/23 15:34	Santa Cruz, California, USA	36.931670, -121.975070	1.33 mph
6/28/23 15:43	Santa Cruz, California, USA	36.932500, -121.972730	0.96 mph
6/28/23 15:53	Santa Cruz, California, USA	36.933900, -121.969790	1.15 mph
6/28/23 16:03	Santa Cruz, California, USA	36.935670, -121.967300	1.11 mph
6/28/23 16:13	Santa Cruz, California, USA	36.937150, -121.965420	0.88 mph
6/28/23 16:22	Santa Cruz, California, USA	36.939040, -121.963440	1.03 mph
6/28/23 16:33	Santa Cruz, California, USA	36.941150, -121.961910	0.96 mph
6/28/23 16:42	Santa Cruz, California, USA	36.942760, -121.960590	0.85 mph
6/28/23 16:52	Santa Cruz, California, USA	36.944790, -121.959140	0.98 mph
6/28/23 17:06	Santa Cruz, California, USA	36.947040, -121.957400	0.79 mph
6/28/23 17:14	Santa Cruz, California, USA	36.948050, -121.956530	0.66 mph
6/28/23 17:22	Santa Cruz, California, USA	36.949890, -121.955890	0.94 mph
6/28/23 17:33	Santa Cruz, California, USA	36.952380, -121.955600	0.96 mph
6/28/23 17:42	Santa Cruz, California, USA	36.954480, -121.955470	0.96 mph
6/28/23 17:52	Santa Cruz, California, USA	36.956910, -121.955370	1.02 mph
6/28/23 18:02	Santa Cruz, California, USA	36.958980, -121.955700	0.87 mph
6/28/23 18:12	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.961590, -121.955990	1.10 mph
6/28/23 18:21	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.964450, -121.954650	1.27 mph
6/28/23 18:32	Capitola Pier, Capitola, California, 95010, USA	36.967030, -121.953570	1.07 mph
6/28/23 18:41	Capitola Pier, Capitola, California, 95010, USA	36.969560, -121.952770	1.16 mph