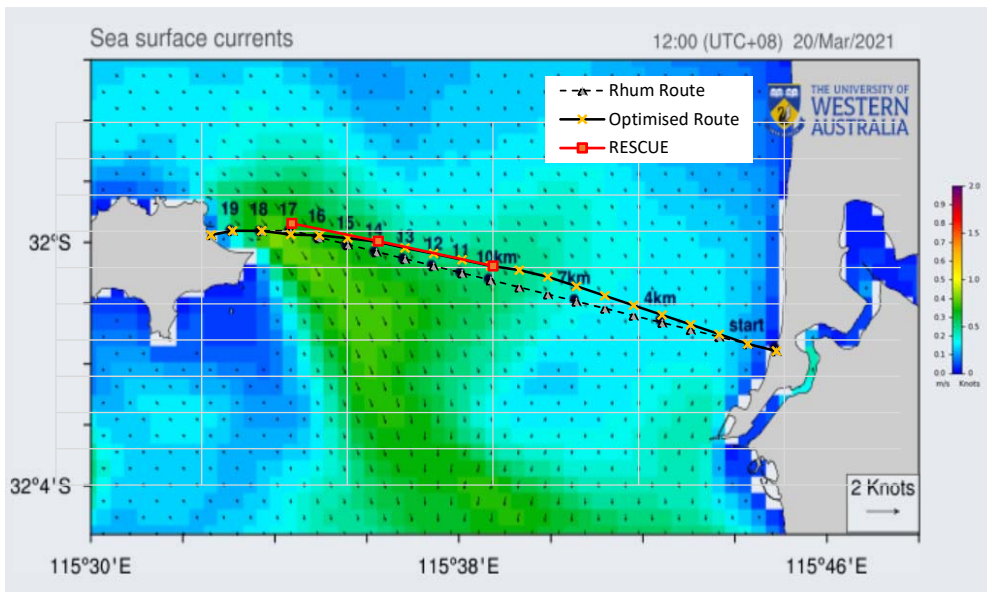


Generic Route - 19.7km Solo Slow

KM	Target Time	Target Offset
1	6:50:58	0
2	7:12:38	-73
3	7:34:26	-143
4	7:56:23	-214
5	8:18:28	-283
6	8:40:35	-351
7	9:02:42	-417
8	9:24:47	-479
9	9:47:48	-472
10	10:11:48	-393
11	10:38:15	-367
12	11:04:35	-343
13	11:31:03	-301
14	11:58:59	-281
15	12:28:36	-180
16	12:59:05	-62
17	13:30:59	112
18	14:06:03	0
19	14:44:35	0
20	15:06:13	0
21		
22		
23		
24		
25		

(Offset: +ve = South, -ve = North in metres from Rhum Line)

20 Initial pace [min/km]
1 Drop in pace after 10km [min/km]



Modeling the Your Fastest Route

Congrats on making it to the big event!

The model uses the predictions of how the currents vary in time and across the swim route, producing a predicted swim route which optimises swimmer finishing time based on their allocated start time, initial swim pace, and how much they slow down over time due to fatigue. These can illustrate how the current may affect you and the goal of providing these routes is to help more swimmers successfully complete a channel crossing in the quickest time and covering the shortest distance.

Pace is the key, but what do we mean by "pace"?

We mean how fast you believe you will swim in minutes per km as if you were swimming in perfectly still ocean water, including rest / feed breaks. Your pace at 10km accounts for fatigue and our model accounts for ocean conditions.

We have predicted swimming times along this route and will determine the perceived distance that you will swim accounting for the effect of the current acting against you.

There are 4 main uncertainties in the accuracy of this predicted optimised route to be aware of:

- 1) Metocean model: The accuracy of the model can depend on the behaviour of ocean eddies which are a natural part of the Leeuwin Current, as well as the timing of the sea breeze, if any.
- 2) Swim route model: This model is still being developed and doesn't yet account for some factors which influence actual swim speed, including the effects of water temperature (cold water) or seasickness. The idea of sharing the model predictions is to help learn more about optimising open water swim routes.
- 3) How accurately you swim along the target route: We suggest the kayaker follows the route on a hand-held GPS, but doesn't make sudden course changes - if you drift off course, try to correct gradually.
- 4) How closely you swim to your nominated pace: You should always try to manage your pace so as to have enough endurance to complete the swim - if you need to slow down, then do so!

Nothing in this optimised route changes any of the P2P race rules, especially regarding exclusion zones or cut-off times.

There is also an important constraint on the route prediction. To keep the rescue corridor clear, our optimum routes will not deviate North from the Rhumb line.

Have fun and enjoy the event - we'll be thinking of you and would love to hear your story after the swim, feedback on which route you followed,

