

1st Sunday of the Month Swim (1SOMS) Race Commentary and results

December 2010

Swim date	5 December 2010	Route	Miler ^s
Water Temp	10/11°C	Air Temp	27°C
Water visibility	15m	Wind	Light (Southerly)
Number of Hares	42(35)	Finish Time	00:17:36 (Avg 00:24:28)
Number of Hounds	9(9)	Finish Time	00:17:30 (Avg 00:20:46)

^s Modified route was approximately 300m shorter than standard.

What a fresh swim ! A measured temperature of 10°C on 4th beach with slightly warmer conditions off Cherry reef (Maybe +0.5~1.0°C?). I know that there were some mutterings about what would the swim time have been if the standard mile had been completed. My guesstimate is that the times would have been about 4 minutes slower. Not to make too much of my guesstimate I have included recorded race times for this year –remember when analyzing that conditions vary (as does fitness levels!)

First back to the beach was the wetsuited newcomer Hare –Chad Noble followed in by stalwart Sarah Haiden who has returned for her 3rd swim of the year. Race time honours goes to Nadine ballot who pipped Chad by a mere 6 seconds – great racing!

I have been off-beat when it comes to calling the weather conditions – so the etv weather presenters are not losing sleep. My general take is that the weather pattern is about 2 months off – hence these over the past few days (which is more typical in November).

There are a number of swims still on the horizon – make the enquiries and get out into the open water. Remember to keep it safe by swimming between the flags (or notifying the lifesavers on duty that you are planning to venture outside) and take a swim buddy along. Much more fun to share the experience. Now if only waterproof cameras were truly temperature proof.

This Friday is Wavescapes on the big screen at Clifton –support the lifesavers. There is still social swims at Camps Bay on Sunday mornings. Fish Hoek Mile is traditionally on 16 December (phone to confirm) and WP has some long distance championships.

The Clifton Cold Water Mile is on 1 January 11h00~11h50 registration 12 o'clock briefing 12h15 start. Route is the Miler. Bring down a picnic hamper and enjoy the beach (sunscreen and umbrellas please).

A huge thank you to the following:

Admin desk : Alexandra Burger, Nicole Burger, Natalie Abel, Shaun Diamond

Starter: Kevin Fialkov

Guest appearances on admin desk : Rene Mostert, Natasha Lockwood

Happy festive season to one and all.

Next 1st Sunday of the Month Swim **2 January 2011** (Registration **08h15~08h50**, Briefing **09h00** and Start **09h15**) bring down a friend to share the experience (and maybe even hold a towel) !

Date of swim	Fin Tag	Rank	Wetsuit?	Fins?	Surname & First Name	Swim #	Group	Raceclock Time ###m## (Handicapped)	Position	Race Time ###m##
2010/12/05	1	2	Yes		Noble,Chad	779	Hare	00:17:36	2	00:17:36
	2	4			Haiden,Sarah	025	Hare	00:20:12	4	00:20:12
	3	7			Enderli,Toni	276	Hare	00:20:43	7	00:20:43
	4	7	Yes		Sempill,Isobel	784	Hare	00:20:43	7	00:20:43
	5	9			van Rensburg,Andre	617	Hare	00:21:11	9	00:21:11
	6	10			Halliday,Jared	674	Hare	00:21:15	10	00:21:15
	7	11	Yes		Knoetze,Francois	777	Hare	00:21:36	11	00:21:36
	8	12			Loker,Chris	226	Hare	00:21:40	12	00:21:40
	9	13			Goodman,Martin	363	Hare	00:22:10	13	00:22:10
	10	14			Carnegie,Ian	249	Hare	00:22:30	14	00:22:30
	11	1			Ballot,Nadine	109	Hound	00:22:30	1	00:17:30
	12	14			Griffin,Terry	061	Hare	00:22:30	14	00:22:30
	13	17			Reid,Charles	310	Hare	00:22:46	17	00:22:46
	14	3	Yes		Kortsmit,Jeroen	663	Hound	00:22:55	3	00:17:55
	15	18			Andersson,Kevin	050	Hare	00:23:01	18	00:23:01
	16	19			Hirschson,Richard	664	Hare	00:23:04	19	00:23:04



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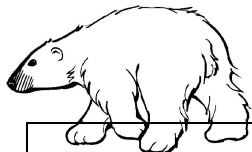
December 2010

17	20	Yes		Allan,Angela	768	Hare	00:23:20	20	00:23:20
18	21			Plaatjies,Angelo	235	Hare	00:23:30	21	00:23:30
19	22			Paramoer,Kaelyn	522	Hare	00:24:11	22	00:24:11
20	23			Harley,Wayne	240	Hare	00:24:29	23	00:24:29
21	24			de Kock,Lindsay	775	Hare	00:24:41	24	00:24:41
22	25			Stamps,Johanna	782	Hare	00:24:42	25	00:24:42
23	26	Yes		Versfeld,Dirk	594	Hare	00:24:45	26	00:24:45
24	27			Roberts,Garth	672	Hare	00:25:07	27	00:25:07
25	28	Yes		Wilson,Ross	776	Hare	00:25:08	28	00:25:08
26	5	Yes		van Wijk,Adriann	652	Hound	00:25:20	5	00:20:20
27	29			Warner,Rukeya	459	Hare	00:25:24	29	00:25:24
28	29			Van Dam,Shirley	355	Hare	00:25:24	29	00:25:24
29	6			Pfaff,Andy	037	Hound	00:25:30	6	00:20:30
30	31			Niewoudt,Chandre	366	Hare	00:25:40	31	00:25:40
31	33	Yes		Sher,Sandi	171	Hare	00:25:41	33	00:25:41
32	34			Harvett,Christina	771	Hare	00:25:50	34	00:25:50
33	35			Lewis,Motti	015	Hare	00:25:52	35	00:25:52
34	36			Muller,Zani	319	Hare	00:26:57	36	00:26:57
35	37			Rowan,Albert	778	Hare	00:26:58	37	00:26:58
36	16			Streatfield,Mathew	344	Hound	00:27:42	16	00:22:42
37	38			Jordaan,Johann	651	Hare	00:30:37	38	00:30:37
38	31			Palframan,Kieron	040	Hound	00:30:40	31	00:25:40
39	39			Steyn,Esther	770	Hare	00:31:20	39	00:31:20
40	40		Yes	Van der Vyver,Mieke	785	Hare	00:31:52	40	00:31:52
41	41			Taitz,David	487	Hare	00:33:40	41	00:33:40
42	43			Chin,Andrew	008	Hound*	00:48:48	43	00:43:48
43	42			Viviers,Toks	016	Hound*	00:48:48	42	00:36:48
44	43			Barkai,Ram	001	Hound*	00:48:48	43	00:43:48
45	45			Sanderoff,Maura	252	Hare^	00:59:59	45	00:59:59
46	45			Lilford,Shaun	783	Hare^	00:59:59	45	00:59:59
47	45			Barnard,Niel	661	Hare^	00:59:59	45	00:59:59
48	45			Selmeyer,Tony	034	Hare^	00:59:59	45	00:59:59
49	45			Boyes,Luzanne	424	Hare^	00:59:59	45	00:59:59
50	45			Hartog,Jemma	781	Hare^	00:59:59	45	00:59:59
51	45	Yes		Paarman,Wendy	780	Hare^	00:59:59	45	00:59:59
2010/12/05 Total								25	00:29:54

* 3 Hounds were enjoying themselves so much and preparing for a swim in South Patagonia that they elected to do a swim to Cherry reef. They are not included in the average for the group.

^ Various reasons abound for not completing the entire course. I am certain they will be back next month (year!)

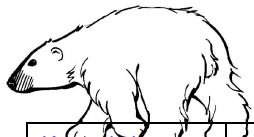
Date of swim	Group	Fastest	Average	Count
2010/12/05	Hare	00:17:36	00:24:28	35
	Hound	00:17:30	00:20:46	6
	Hound*	00:36:48	00:41:28	3
	Hare^	00:59:59	00:59:59	7
2010/12/05 Total		00:17:30	00:29:54	51



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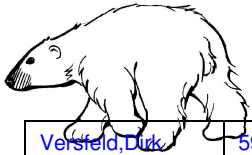
			2010-12	2010-11	2010-10	2010-09	2010-08	2010-07	2010-06	2010-04	2010-03	2010-01
Surname & First Name	Swim #	Group	Time* * Position	Time* * Position	Time* * Position	Time* * Position	Time* * Position	Time* * Position	Time* * Position	Time* * Position	Time* * Position	Time* * Position
Allan,Angela	768	Hare	23:20 20	31:55 26								
Andersson,Kevin	050	Hare	23:01 18									
Ballot,Nadine	109	Hare					23:00 2					27:15 7
		Hound	17:30 1		22:52 2	23:40 2		24:03 3	24:00 2	23:35 4	25:45 5	
Barkai,Ram	001	Hare					23:00 16					30:35 24
		Hound		29:02 16	31:08 16	28:27 9		32:45 22		31:16 47		
		Hound*	43:48 43									
Barnard,Niel	661	Hare			27:03 6							
		Hound				28:27 9						
		Hare^	59:59 45									
Boyes,Luzanne	424	Hare			33:49 25	33:27 20						31:20 35
		Hound							33:18 58			
		Hare^	59:59 45									
Carnegie,Ian	249	Hare	22:30 14		28:55 12						27:50 10	
Chin,Andrew	008	Hare					23:00 14					31:00 29
		Hound			31:01 15	28:27 9		32:40 21	29:08 14		44:00 10	
		Hound*	43:48 43								6	
de Kock,Lindsay	775	Hare	24:41 24									
Enderli,Toni	276	Hare	20:43 7									
		Hound		27:15 10		28:19 8						
Goodman,Martin	363	Hare	22:10 13				23:00 9	29:25 9	30:04 19			
Griffin,Terry	061	Hare	22:30 14	28:28 15	28:17 8	29:07 13	23:00 8	30:19 10	29:50 17		34:25 66	28:15 12
		Hound										
Haiden,Sarah	025	Hare	20:12 4						28:08 9			
		Hound		29:02 16								
Halliday,Jared	674	Hare	21:15 10									
Harley,Wayne	240	Hare	24:29 23	39:51 45		32:40 19				32:00 52	36:25 89	
Hartog,Jemma	781	Hare^	59:59 45									
Harvett,Christina	771	Hare	25:50 34	37:44 41								
Hirschson,Richard	664	Hare	23:04 19			33:51 23						
Jordaan,Johann	651	Hare	30:37 38	38:32 43			23:00 20	35:46 31				
Knoetze,Francois	777	Hare	21:36 11									



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Koetsmit, Jeroen	663	Hare					26:30	4												
		Hound	17:55	3	24:15	5	26:03	4												
Lewis, Motti	015	Hare	25:52	35	34:22	35					34:21	27				32:40	46	32:25	37	
Lilford, Shaun	783	Hare^	59:59	45																
Loker, Chris	226	Hare	21:40	12			28:29	10	29:07	13	23:00	6	30:44	14			32:50	50	31:10	34
Muller, Zani	319	Hare	26:57	36																
Niewoudt, Chandr e	366	Hare	25:40	31																
Noble, Chad	779	Hare	17:36	2																
Paarman, Wendy	780	Hare^	59:59	45																
Palframan, Kieron	040	Hare			35:50	38				23:00	13									
		Hound	25:40	31								32:20	19							
Paramoer, Kaelyn	522	Hare	24:11	22										31:35	49	33:50	59			
Pfaff, Andy	037	Hare																	29:35	21
		Hound	20:30	6								26:46	8							
Plaatjies, Angelo	235	Hare	23:30	21	33:13	31											36:15	87		
Reid, Charles	310	Hare	22:46	17	29:37	20	28:27	9	31:52	16	23:00	11		30:25	21	29:30	33	30:45	32	
		Hound																		
Roberts, Garth	672	Hare	25:07	27	33:52	34	33:48	24												
Rowan, Albert	778	Hare	26:58	37																
Sanderoff, Maura	252	Hare					40:10	30							38:45	65				
		Hare^	59:59	45																
Selmeyer, Tony	034	Hare			33:36	33	32:05	20												
		Hare^	59:59	45																
Sempill, Isobel	784	Hare	20:43	7																
Sher, Sandi	171	Hare	25:41	33	31:38	25			33:27	20	23:00	17		33:35	26		36:15	87		
Stamps, Johanna	782	Hare	24:42	25																
Steyn, Esther	770	Hare	31:20	39	37:47	42														
Streatfield, Mathe w	344	Hare																	32:50	43
		Hound	22:42	16	29:02	16								29:00	29	35:45	84			
Taitz, David	487	Hare	33:40	41					46:57	29					55:00	69				
Van Dam, Shirley	355	Hare	25:24	29			28:45	11				33:05	25	35:00	28		39:20	98		
Van der Vyver, Mieke	785	Hare	31:52	40																
van Rensburg, Andre	617	Hare	21:11	9																
		Hound												27:15	22					
van Wijk, Adriann	652	Hare										26:55	7							
		Hound	20:20	5																



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Versfeld,Dirk	594	Hare	24:45 26		33:07 23		23:00 18	31:05 15	31:50 23	31:35 49	33:50 59	
Viviers,Toks	016	Hare					23:00 19					
		Hound		28:23 14	31:15 17	28:27 9		32:49 23	29:00 13	31:16 47	44:00 6	10
		Hound*	36:48 42									
Warner,Rukeya	459	Hare	25:24 29								37:50 96	
Wilson,Ross	776	Hare	25:08 28									