

1st Sunday of Month Swim Race Commentary and results

January 2011

Swim date	2 January 2011	Route	Miler
Water Temp	13°C	Air Temp	19°C
Water visibility	4m	Wind	n/a
Number of Hares	24(23)	Finish Time	00:26:14 (Avg: 00:33:21)
Number of Hounds	7(7)	Finish Time	00:23:49 (Avg: 00:29:18)

Rain expected and rain came through... what held off was the wind of the previous day. With the air temperature a full 3 degrees cooler the water (I hope) felt slightly warmer. Visibility though suffered as the sand had been

First back to the beach was the wetsuited newcomer Hare –Darren Noche followed in by stalwart Sarah Haiden.. Race time honours goes to Jeroen Kortsmid pushing Darren and Sarah in to overall race position of 2nd and 3rd.

Interesting tidbits Petrolene le Roux came back after to swim after exiting early on the Annual Clifton Cold Water Mile – due to needing her asthma pump. David Taitz is moving his personal best time up as he sets his goals for this year. Richard Hirschson and Allon Benzakein are in for a friendly duel as to race times – I do believe both may be still recovering from New Years.

UPCOMING In the near future is the East London 70.3 triathlon... and a couple of swimmer have been making enquiries about open water training...drop me an email and lets see if I can assist. For all those venturing into open water PLEASE 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. It is much more fun to share the experience.

A huge **thank you** to the following:

Registration desk: Alexandra Burger,

Starter: Kevin Fialkov

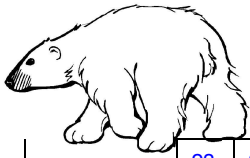
Lifesaving team leader: Craig Getz

Finish Team: Warren Fialkov(Timing), Girlfriend of newcomer(Positions), Deon Fialkov (Finish tags)

Photographs: Alexandra Burger

Next 1st Sunday of the Month Swim 6 February 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 ##h##m##
2011/01/02	1	2	Yes		Noche,Darren	802	Hare	00:26:14	2	00:26:14
	2	3			Haiden,Sarah	025	Hare	00:26:16	3	00:26:16
	3	5	Yes		Hawkins,Warren	804	Hare	00:27:02	5	00:27:02
	4	7			Lanterne,Paul	106	Hare	00:28:07	7	00:28:07
	5	8			Halliday,Jared	674	Hare	00:28:10	8	00:28:10
	6	9			Loker,Chris	226	Hare	00:28:23	9	00:28:23
	7	10			Hirschson,Richard	664	Hare	00:28:47	10	00:28:47
	8	1	Yes		Kortsmid,Jeroen	663	Hound	00:28:49	1	00:23:49
	9	13			Griffin,Terry	061	Hare	00:29:54	13	00:29:54
	10	14	Yes		Allan,Angela	768	Hare	00:29:56	14	00:29:56
	11	4			Chin,Andrew	008	Hound	00:31:24	4	00:26:24
	12	15			Benzakein,Allon	069	Hare	00:31:31	15	00:31:31
	13	6			Manchest,Grantham	577	Hound	00:32:21	6	00:27:21
	14	16			Lighton,Roy	215	Hare	00:32:50	16	00:32:50
	15	17			Lewis,Motti	015	Hare	00:32:58	17	00:32:58
	16	18			Fletcher,Justin	803	Hare	00:33:00	18	00:33:00
	17	19			Doonan,Craig	416	Hare	00:33:32	19	00:33:32
	18	12			Viviers,Toks	016	Hound	00:33:50	12	00:28:50
	19	11	Yes	Yes	Silverman,Herda	003	Hound	00:33:48	11	00:28:48
	20	22	Yes		Priestman,Michele	475	Hare	00:37:01	22	00:37:01
	21	23	Yes		Foyn,Tammy	800	Hare	00:37:04	23	00:37:04
	22	24	Yes		de Waal,Hannes	675	Hare	00:37:27	24	00:37:27



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23	25			Spencer,David	063	Hare	00:37:28	25	00:37:28
24	26	Yes		Van Der Westhuizen,Liezel	805	Hare	00:37:39	26	00:37:39
25	26	Yes		Stockenstrom,Dean	806	Hare	00:37:39	26	00:37:39
26	26	Yes		de Waal,Desire	676	Hare	00:37:39	26	00:37:39
27	20	Yes		de Villiers,Richard	224	Hound	00:38:50	20	00:33:50
28	21	Yes		Smit,Mario	670	Hound	00:41:02	21	00:36:02
29	29			Taitz,David	487	Hare	00:44:07	29	00:44:07
30	30	Yes		le Roux,Petrolene Mitchell,Jacqueline	791	Hare	00:44:09	30	00:44:09
31	31			Nicola	795	Hare [^]		31	00:59:59
								15	00:32:24

[^] Hound experienced leg cramps, Hare needed asthma pump

Date of swim2	Date of swim	Group	Min of Race Time ##h##m##	Average of Race Time ##h##m##	Count
2011/01/02	2011/01/02	Hare	00:26:14	00:33:21	23
		Hound	00:23:49	00:29:18	7
		Hare [^]	00:59:59	00:59:59	1