



Annual Clifton Cold Water Mile 2011 Race Commentary and results

January 2011

Swim date	1 January 2011	Route	Miler ^s
Water Temp	13°C	Air Temp	22°C
Water visibility	15m	Wind	Light (Southerly)
Number of Hares	29(28)	Finish Time	00:26:25 (Avg: 00:36:28)
Number of Hounds	6(5)	Finish Time	00:24:40 (Avg: 00:26:39)

^sModified route was approximately 300m longer than standard.

Happy New Year! What a way to start the year... The build-up to the race had me in a minor flat-spin (always wondering who will be down, what the conditions will be like etc..). Part of the build-up has me co-ordinating with the lifesaving safety team to ensure sufficient on-the-water presence, setting up the bulksms notifications, arranging the paperwork, revisiting the previous swim to see if there is anything to improve upon and checking the weather forecast...oh and thinking about those events that are going to influence everything- such as New Year's Eve and the forecast hangovers!

New Years Eve wishes included party hard its not a handicap if you have a hangover... I should not have worried a midday swim and wintery weather kept the hangovers in bed...Not one of the weather forecasts had rain on Saturday (but expected rain on Sunday) so the 5am wake-up to rain on the roof was a bit rude...Of course fielding phone-calls from all over the country about the swim told me that the Cold Water Mile has a place on the calendar...and calls at 21h30 on New Year's Eve from Hermanus showed me that the swim was on!

First back to the beach was the wetsuited Hare –Niel Barnard (who had picked a better line) followed in by Keith Struthers. First female hares (hare'ess?) were Monika Hayes and Sarah Haiden. Race time honours goes to Johan Eksteen (newcomer) followed in by Daniel Erasmus (newcomer). I am quite certain that these two will make for great racing in the future.

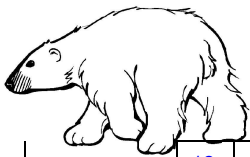
Water visibility was awesome –albeit that there was a deeper swim as usual. Jellyfish were spotted but no-one was stung. Spotted on the beach (new to me) were baby shrimp/prawns/plankton which were an interesting curiosity.

A welcome (return) to Tom Hudson (British- annual Summer sojourn), Dave Spencer (return again!), Dougie le Roux from as far afield as Bloemfontein as well as all the newcomers.

A huge thank you to the following:
 Registration desk: Alexandra Burger, Nicole Burger
 Lifesaving team leader: Craig Getz
 Finish Team: Natalie Abel (Timing), Girlfriend of Niel Barnard (Positions)
 Photographs: Alexandra Burger

Happy festive season to one and all.

Date of swim	Fin Tag	Rank	Wetsuit?	Fins?	Surname & First Name	Swim #		Raceclock Time ###m## (Handicapped)	Position	Race Time ###m##
2011/01/01	1	5	Yes		Barnard,Niel	661	Hare	00:26:25	5	00:26:25
	2	6			Struthers,Keith	647	Hare	00:27:00	6	00:27:00
	3	7			Hayes,Monika	402	Hare	00:28:38	7	00:28:38
	4	8			Haiden,Sarah	025	Hare	00:29:00	8	00:29:00
	5	9			Hudson,Tom	477	Hare	00:29:03	9	00:29:03
	6	1			Eksteen,Johan	790	Hound	00:29:40	1	00:24:40
	7	10	Yes		Sochen,Mark	203	Hare	00:29:45	10	00:29:45
	8	2	Yes		Erasmus,Daniel	787	Hound	00:30:22	2	00:25:22
	9	3	Yes	Yes	Silverman,Herda	003	Hound	00:30:37	3	00:25:37
	10	4			Ballot,Nadine	109	Hound	00:30:40	4	00:25:40
	11	11	Yes		Dommissie,Liesl	797	Hare	00:31:42	11	00:31:42
	12	13			Child,Richard	129	Hare	00:32:21	13	00:32:21
	13	14			Broodryk,Anthony	796	Hare	00:32:29	14	00:32:29
	14	15			Lighton,Roy	215	Hare	00:33:10	15	00:33:10
	15	15			Viviers,Toks	016	Hare	00:33:10	15	00:33:10
	16	17			McQueen,Hazel	111	Hare	00:34:17	17	00:34:17
	17	17			Griffin,Terry	061	Hare	00:34:17	17	00:34:17



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18	19	Yes		Wilkins,Gert	178	Hare	00:34:27	19	00:34:27
19	20			de Kock,Lindsay	775	Hare	00:34:42	20	00:34:42
20	21			Sher,Sandi	171	Hare	00:35:37	21	00:35:37
21	22	Yes		Wellman,Richard	789	Hare	00:36:23	22	00:36:23
22	12			Thaning,Otto	391	Hound	00:36:56	12	00:31:56
23	23		Yes	Van der Vyver,Mieke	785	Hare	00:37:09	23	00:37:09
24	23	Yes		Smit,Mario	670	Hare	00:37:09	23	00:37:09
25	25			Walmsley,Linda	473	Hare	00:37:11	25	00:37:11
26	26			Rosendorff,Graham	793	Hare	00:37:15	26	00:37:15
27	27			Spencer,David	063	Hare	00:37:32	27	00:37:32
28	28	Yes		le Roux,Dougjie	792	Hare	00:39:08	28	00:39:08
29	29	Yes		Greig,William	172	Hare	00:40:43	29	00:40:43
30	30			Taitz,David	487	Hare	00:49:14	30	00:49:14
31	31			Strumpfer,Mandy	788	Hare	00:50:24	31	00:50:24
32	32	Yes		Mitchell,Jacqueline Nicola	795	Hare	00:55:49	32	00:55:49
33	33	Yes		Priestman,Michele	475	Hare	00:57:00	33	00:57:00
35	35	Yes		Alexander,Keanan	786	Hound^		35	00:59:59
				le Roux,Petrolene	791	Hare^		35	00:59:59
								17	00:34:59

^ 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
2011/01/01	2011/01/01	Hare	00:26:25	00:36:28	28
		Hound	00:24:40	00:26:39	5
		Hare^	00:59:59	00:59:59	1
		Hound^	00:59:59	00:59:59	1