

1st Sunday of Month Swim Race Commentary and results

September 2011

Swim date	04-Sep-2011	Route	Lapper
Water Temp	12.7°C	Air Temp	13.2°C
Water visibility	0.5m	Wind	n/a
Number of Wetsuits	19	Finish Time	0:19:07 (Avg 0:25:09)
Hares	15		0:19:07 (Avg 0:25:27)
Hounds	4		0:21:45 (Avg 0:24:00)
Number of Channel Rules	27	Finish Time	0:18:58 (Avg 0:25:33)
Hares	18		0:22:26 (Avg 0:26:58)
Hounds	9		0:18:58 (Avg 0:22:44)

Spring! And I think one of the wettest/greyest 1SOMS for quite some time. The forecast on Wednesday was a massive 8m swell on Friday to drop-off to 2.8m by Sunday noon. By Thursday the forecast had deteriorated to 3.2m On Sunday and at 6h30 on Sunday the forecast was for 3.4m for 1SOMS. Well the swell was almost a non-starter on Sunday but the decision had been taken on Saturday to setup the Lapper course and if conditions improved then to lay the Miler course. Cherry reef was still working and there was still possibility for a heavy swell off 1st beach so the Lapper route was utilised – just as well as within an hour of finishing the swell was jacking up and the wave following towards 1st beach.

The Lapper was set with a circuit distance of between 650-700m ; with a 2 loop course coming close to 1.3~1.4km. The nature of the circuit made for some fast times as buoys 1-2 was strongly protected from swell, buoys 2-3 was perpendicular to the swell and moderately protected, buoys 3-4 was cross-swell with a more acute angle than expected and buoys 4-1 was perpendicular to the swell and slightly lumpy.

Reminder: After the debate in February of wetsuit vs non-wetsuit (and confirmation from FINA that rule OWS5.5 does determine recognition of a swim) I realized that a tad more result analysis was being asked for. Accordingly, there is now a race within a race (and for you and me still overall results information) by which I mean that "**Wetsuits**" and "**Channel Rules**" can now distinguish their relative intra-group position. Below the overall position table is the Top 10 times for Wetsuits and Channel Rules. On the [google doc spreadsheet](#) that links to the website I have also indicated whether the achieved race time was in the top half of the field – you would do well to consider racing with the Hounds if you are in the Top half.

First back to the beach was the newbie wetsuited Hare–Luke Ferguson (#0981) followed in by wetsuited Hare Niel Barnard (#0661)..

Race honours

- Wetsuits~ goes to newcomer Luke Ferguson (who I expect to see starting with the Hounds next month). Dianne Emery (another newcomer and 1st female back) placed second in the category.

	Pos**	Group	Participant	Gender	Pos*	Recorded Race Time	Fastest in Group	Recorded Elapsed Time	Finish Tag
Wetsuits	1	Hare	Ferguson;Luke;#0981	M	2	0:19:07	0:19:07	0:19:07	1
	2	Hound	Emery;Dianne;#0982	F	4	0:21:45	0:21:45	0:25:45	17

- Channel Rules ~ goes to Philip Emslie with Callum Bell placing 2nd . Nadine continues her impressive form.

	Pos**	Group	Participant	Gender	Pos*	Recorded Race Time	Fastest in Group	Recorded Elapsed Time	Finish Tag
Channel Rules	1	Hound	Emslie;Philip;#0968	M	1	0:18:58	0:18:58	0:22:58	5
	2	Hound	Bell;Callum;#0819	M	3	0:21:00	0:21:00	0:25:00	12
	4	Hound	Ballot;Nadine;#109	F	6	0:22:15	0:22:15	0:26:15	21

Lucky Draw Congrats to Andy P, Terry G and Mario M on winning the AquaSphere goggles. The AquaSphere/Hammer team also did a lucky draw for a hamper – this was won by Phillip D.

Summer 2012 (i.e. Oct 2011-Apr 2012) Negotiations are underway, now that I have the backing of City of Cape Town via an event permit for 1SOMS, for a main and secondary sponsor. Open Water Swimming continues to grow strongly both in the Channel Rules and Wetsuited Triathletes communities. With this growth safety is a critical aspect

Interesting tidbits Roger Finch successfully negotiated the Channel in sub-13 hours. It seems that sms's from Cape Town based Otto Thaning reached Roger at the correct time. Otto had been following Roger's progress via Roger's tracking site. Roger also rated the AquaSphere goggles he was using as just the ones for the swim. Open Water Source held their 1st webcast on



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Thursday 1 September- most informative and I was fortunate enough to be drawn as 1 of 3 winners of Steven Munatones's book.

UPCOMING Watch this space – 1SOMS is going into Summer ...!

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

Registration desk: Nicole Burger (Previously raced), Alex Burger (Newbees)

Starter: Kevin Fialkov

Lifesaving team leader: Craig Getz

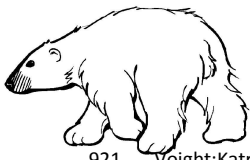
Finish Team: Kevin Fialkov (Timing), Alex Burger (Positions), Nicole Burger (Finish tags)

Photographs: Deon Fialkov

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

Results
Summary

Race No	Participant	W/suit	Fins	Gender	Group	Fin Tag	Elapsed Time	Race Time	Pos	Wetsuits	Channel Rules	Top half of finishers
981	Ferguson;Luke;#0981	Yes		M	Hare	1	00:19:07	00:19:07	2	1		TRUE
661	Barnard;Niel;#0661	Yes		M	Hare	2	00:22:26	00:22:26	7	3		TRUE
423	Dempster;Phillip;#0423			M	Hare	3	00:22:26	00:22:26	7		5	TRUE
980	Vallance;Neil;#0980	Yes		M	Hare	4	00:22:26	00:22:26	7	3		TRUE
968	Emslie;Philip;#0968			M	Hound	5	00:22:58	00:18:58	1		1	TRUE
816	Cronje;Lodi;#0816	Yes		M	Hare	6	00:22:58	00:22:58	10	5		TRUE
986	Breidenthal;Anne;#0986	Yes		F	Hare	7	00:23:44	00:23:44	17	8		TRUE
936	Becker;Anna-Lena;#0936			F	Hare	8	00:23:44	00:23:44	17		10	TRUE
934	Breetzke;Dayne;#0934			F	Hare	9	00:23:44	00:23:44	17		10	TRUE
226	Loker;Chris;#0226			M	Hare	10	00:23:44	00:23:44	17		10	TRUE
988	Bezuidenhout;Johann;#0988	Yes		M	Hare	11	00:24:15	00:24:15	21	9		TRUE
819	Bell;Callum;#0819			M	Hound	12	00:25:00	00:21:00	3		2	TRUE
984	Talbot;David;#0984	Yes		M	Hare	13	00:25:20	00:25:20	22	10		TRUE
987	de Jager;Justin;#0987	Yes		M	Hare	14	00:25:20	00:25:20	22	10		TRUE
985	Adler;Michelle;#0985	Yes		F	Hare	15	00:25:20	00:25:20	22	10		TRUE
768	Allan;Angela;#0768			F	Hare	16	00:25:20	00:25:20	22		13	TRUE
982	Emery;Dianne;#0982	Yes		F	Hound	17	00:25:45	00:21:45	4	2		TRUE
983	McEwan;Ross;#0983			M	Hound	18	00:25:45	00:21:45	4		3	TRUE
310	Reid;Charles;#310			M	Hare	19	00:25:45	00:25:45	26		14	FALSE
111	McQueen;Hazel;#0111			F	Hare	20	00:26:15	00:26:15	27		15	FALSE
109	Ballot;Nadine;#109			F	Hound	21	00:26:15	00:22:15	6		4	TRUE
945	Baumgarten;Jody;#0945	Yes		F	Hare	22	00:26:30	00:26:30	28	13		FALSE
4	Gow;Melanie;#0004			F	Hare	23	00:26:30	00:26:30	28		16	FALSE
913	Hansen;Olive;#0913			M	Hare	24	00:27:00	00:27:00	32		18	FALSE
61	Griffin;Terry;#0061			M	Hare	25	00:27:00	00:27:00	32		18	FALSE
6	Fialkov;Warren;#0006			M	Hound	26	00:27:00	00:23:00	11		6	TRUE
178	Wilkins;Gert;#0178	Yes		M	Hare	27	00:27:00	00:27:00	32	15		FALSE
904	Taylor;Nicki;#0904			M	Hare	28	00:27:00	00:27:00	32		18	FALSE
965	Stramrood;Jason;#0965			M	Hare	29	00:27:00	00:27:00	32		18	FALSE
425	Alsop;Emma;#0425			F	Hound	30	00:27:30	00:23:30	12		7	TRUE
19	Stramrood;Ryan;#0019			M	Hound	31	00:27:30	00:23:30	12		7	TRUE
974	Mattison;Sandy;#0974	Yes		F	Hare	32	00:27:30	00:27:30	37	16		FALSE
978	Crankshaw;Robert;#0978	Yes		M	Hound	33	00:27:40	00:23:40	14	6		TRUE
905	Taylor;Allan;#0905			M	Hare	34	00:27:40	00:27:40	38		22	FALSE
767	da Silva;Jean Paul;#0767	Yes		M	Hound	35	00:27:40	00:23:40	14	6		TRUE
69	Benzakein;Allon;#0069			M	Hare	36	00:27:40	00:27:40	38		22	FALSE
989	Langner;Heindrich;#0989			M	Hare	37	00:27:40	00:27:40	38		22	FALSE
962	Wells;Samuel;#0962			M	Hound	38	00:27:40	00:23:40	14		9	TRUE



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921	Voight;Katrin;#0921	Yes	F	Hare	39	00:27:40	00:27:40	38	17		FALSE
37	Pfaff;Andy;#0037		M	Hound	40	00:30:54	00:26:54	30		17	FALSE
17	Fisher;James;#0017	Yes	M	Hound	41	00:30:54	00:26:54	30	14		FALSE
902	Taylor;Bettina;#0902		F	Hare	42	00:30:54	00:30:54	42		25	FALSE
691	Holtzhausen;Meg;#0691	Yes	F	Hare	43	00:30:54	00:30:54	42	18		FALSE
670	Smit;Mario;#0670	Yes	M	Hare	44	00:31:20	00:31:20	44	19		FALSE
651	Jordaan;Johann;#0651		M	Hare	45	00:31:33	00:31:33	45		26	FALSE
487	Taitz;David;#0487		M	Hare	46	00:34:33	00:34:33	46		27	FALSE
979	Levy;Martine;#0979	Yes	Yes	F	Hare^	47	03:59:59	03:59:59	47	20	FALSE

Where information was difficult to obtain from the position book – I resorted to evaluating the race finish photo's. This takes a bit of time but it does assist in resolving clashes...Now if only I could get everyone to *smile* when they finish ...

^ Did not complete swim

Row Labels	Average of Race Time	Fastest in Group	Count	Average of Elapsed Time
Hare	0:26:17	0:19:07	33	0:26:17
Hound	0:23:07	0:18:58	13	0:27:07
Grand Total	0:25:23	0:18:58	46	0:26:31

Row Labels	Average of Race Time	Fastest in Group	Count	Average of Elapsed Time
Wetsuits	0:25:09	0:19:07	19	0:25:59
Hare	0:25:27	0:19:07	15	0:25:27
Hound	0:24:00	0:21:45	4	0:28:00
Channel Rules	0:25:33	0:18:58	27	0:26:53
Hare	0:26:58	0:22:26	18	0:26:58
Hound	0:22:44	0:18:58	9	0:26:44
Grand Total	0:25:23	0:18:58	46	0:26:31

With the finish being so much deeper it was more complicated to record times with the same precision. Future races will have improvements in this area. From the times it truly appears to have been a quicker swim than normal – maybe 200 meters shorter. I still maintain the improved times are more due to the protected route with advantageous swell push on the 3rd leg.

Wetsuit?	Pos**	Group	Participant	Gender	Values				
					Pos*	Recorded Race Time	Fastest in Group	Recorded Elapsed Time	Finish Tag
Wetsuits	1	Hare	Ferguson;Luke;#0981	M	2	0:19:07	0:19:07	0:19:07	1
	2	Hound	Emery;Dianne;#0982	F	4	0:21:45	0:21:45	0:25:45	17
	3	Hare	Barnard;Niel;#0661	M	7	0:22:26	0:22:26	0:22:26	2
			Vallance;Neil;#0980	M	7	0:22:26	0:22:26	0:22:26	4
	5	Hare	Cronje;Lodi;#0816	M	10	0:22:58	0:22:58	0:22:58	6
	6	Hound	Crankshaw;Robert;#0978	M	14	0:23:40	0:23:40	0:27:40	33
			da Silva;Jean Paul;#0767	M	14	0:23:40	0:23:40	0:27:40	35
	8	Hare	Breidenthal;Anne;#0986	F	17	0:23:44	0:23:44	0:23:44	7
	9	Hare	Bezuidenhout;Johann;#0988	M	21	0:24:15	0:24:15	0:24:15	11
	10	Hare	Talbot;David;#0984	M	22	0:25:20	0:25:20	0:25:20	13
		de Jager;Justin;#0987	M	22	0:25:20	0:25:20	0:25:20	14	
		Adler;Michelle;#0985	F	22	0:25:20	0:25:20	0:25:20	15	

Wetsuit?	Pos***	Group	Participant	Gender	Values				
					Pos*	Recorded Race Time	Fastest in Group	Recorded Elapsed Time	Finish Tag
Channel Rules	1	Hound	Emslie;Philip;#0968	M	1	0:18:58	0:18:58	0:22:58	5



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2	Hound	Bell;Callum;#0819	M	3	0:21:00	0:21:00	0:25:00	12
3	Hound	McEwan;Ross;#0983	M	4	0:21:45	0:21:45	0:25:45	18
4	Hound	Ballot;Nadine;#109	F	6	0:22:15	0:22:15	0:26:15	21
5	Hare	Dempster;Phillip;#0423	M	7	0:22:26	0:22:26	0:22:26	3
6	Hound	Fialkov;Warren;#0006	M	11	0:23:00	0:23:00	0:27:00	26
7	Hound	Alsop;Emma;#0425	F	12	0:23:30	0:23:30	0:27:30	30
		Stramrood;Ryan;#0019	M	12	0:23:30	0:23:30	0:27:30	31
9	Hound	Wells;Samuel;#0962	M	14	0:23:40	0:23:40	0:27:40	38
10	Hare	Loker;Chris;#0226	M	17	0:23:44	0:23:44	0:23:44	10
		Becker;Anna-Lena;#0936	F	17	0:23:44	0:23:44	0:23:44	8
		Breetzke;Dayne;#0934	F	17	0:23:44	0:23:44	0:23:44	9

* Position overall ** Position out of Wetsuits *** Position out of Channel Rules