



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

April 2010

Swim date	4 April 2010	Route	Miler + Lapper
Water Temp	12.5°C	Air Temp	20°C
Water visibility	10+m	Wind	SE 28km/h
Number of Hares	60 (53)	Finish Time	31m48s
Number of Hounds	18 (17)	Finish Time	26m48s

Every swim there is something new to experience. This time round I was wary of a forecasted swell of 4.5~4.8m. What was experienced was a SE that flattened the swell and cooled the water. Further 10 000+ fish were in a shoal that the seagulls and seals feasted upon. Leaping seals are often seen in ones and twos but when you witness 20+ seals leaping around a shoal it is quite spectacular. Prudence favoured and the Miler route was adapted to avoid swimming over the shoal and through the seal and seagull feast. A number of polar bears withdrew after noting the high levels of marine life activity.

On the back of the 1SOMS was the last Cadiz Freedom Day Qualifier. A number of already qualified were thankful of not having to immerse themselves in the cold water which with the wind-chill factor must have hovered in places between 9~11°C.

I always try to note the swimmers who make the race real. Often I try to keep track of the newcomers and the regulars and just those that add that special something to the race/swim. The hounds were noteworthy in their chase of the hares – while not first back to the beach Grant McGilvray chased by Kevin Bouwer and Rebecca Newson were the fastest three after deducting the 5 minute handicap ; while newcomers Dean Wesso, Andy Brodziak and Dominique Drying were the first back to dry land.

Noteworthy accomplishments must go out to David “Tossie” Tates who completed the Miler in 55 minutes while newcomer Rod Slabber completed the Miler course swimming backstroke in 60 minutes. Slightly quicker regular Maura Sanderoff showed her mettle and received a helping hand from a number of fellow swimmers at the finish.

A mention must be made of hypothermia and the risks attached to open water swimming. Two polar bears were taken to Chris Barnard Hospital for observation and were discharged within 2 hours. One was a regular while the other was from the inland territory of Gauteng. I attended a talk a couple of months ago where the observation was made either you raise the water temperature around you to your core temperature or the water surrounding you will lower your core temperature until it equals the water temperature. Well there are not many truer observations out there – so what can you do about it? Firstly take the time to learn about hypothermia and your body’s tell-tale signs. “Icecream headaches” are an indicator of cold; not being able to feel your fingertips, toes or extremities is a warning sign. Learn what your optimum swimming tempo/cadence is – swimming below that will not generate sufficient heat to offset the heat being drawn from your body. Avoid gels/creams which rely on irritating the skin to draw heat from the surrounding environment. Learn about your body’s need for fuel – it is doing more work to keep your core temperature stable and thus needs food and drink. Alcohol does not raise your core temperature and in most instances will be to the detriment of you raising/maintaining your core temperature. Just a reminder when you stop being immersed in cold water your body will still take time to adjust – it is best to try to raise your temperature from the inside – through active shaking/swinging your arms and legs. My view is that this stimulates the blood flow to the muscles bringing with it oxygen allowing your body to recover. I do not favour sitting around waiting for the thaw.

A huge thank you to Garmin for the lucky dip prizes.

The winners were

- Garmin
 - 069 Allon Benzakein
 - 608 Alistair Crawford

Just to keep you in the picture a previous Garmin winner was so impressed with the product that he took the time out to visit the Garmin offices in Jo’burg. ;-)



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A very special thanks to the admin team who assisted to keep everything running smoothly.

The month of May is a rest month for the 1SOMS team. Next 1st Sunday of the Month Swim June 6 2010 (Registration 09h15~09h50, Start 10h15) (Note its an hour later to allow an hour more partying and to allow the sun to rise above Lions Head)

DNF – swimmers who withdrew due to cold water

Date of swim	Rank	Raceclock Time ##h##m## (Handicapped)	Notes	Wetsuit?	Fins?	Surname & First Name	Swim #	Group	Position	Race Time ##h##m##	
2010/04/04	1	00:26:40	11			McGilvray,Grant	540	Hound	1	00:21:40	
	2	00:27:23	16	Yes		Bouwer,Kevin Mark	623	Hound	2	00:22:23	
	3	00:27:45	17			Newson,Rebecca	572	Hound	3	00:22:45	
	4	21	00:28:35		Yes		Joubert,Lytandry	428	Hound	4	00:23:35
				22			Ballot,Nadine	109	Hound	4	00:23:35
	6	00:28:45	23			Van Der Westhuizen,Herman	626	Hound	6	00:23:45	
	7	00:24:40	1			Wesso,Dean	632	Hare	7	00:24:40	
	8	00:24:41	2		Yes		Brodziak,Andy	610	Hare	8	00:24:41
	9	00:24:42	3				Dryding,Dominique	622	Hare	9	00:24:42
	10	00:24:56	4		Yes		van Coller,Brett	621	Hare	10	00:24:56
	11	00:24:57	5				Abrahams,Keith	510	Hare	11	00:24:57
	12	00:30:06	33		Yes		Kalan,Anesh	633	Hound	12	00:25:06
	13	6	00:25:30		Yes		Eadie,David	644	Hare	13	00:25:30
				36			Connell,Raymond	611	Hound	13	00:25:30
	15	00:25:45	7				Dempster,Phillip	423	Hare	15	00:25:45
	16	00:26:05	8				Hayes,Monika	402	Hare	16	00:26:05
	17	00:26:13	9		Yes		Holden,Sydney	251	Hare	17	00:26:13
	18	00:26:20	10				Stiglmayr,Nosipho	638	Hare	18	00:26:20
	19	00:26:50	12				King,Warren Neil	571	Hare	19	00:26:50
	20	13	00:27:04		Yes		da Silva,Miguel	625	Hare	20	00:27:04
				14	Yes		Van Der Westhuizen,Nicola	630	Hare	20	00:27:04
	22	00:32:15	45				van Rensburg,Andre	617	Hound	22	00:27:15
	23	00:27:23	15				Lotz,John D	635	Hare	23	00:27:23
	24	00:32:45	49		Yes		Louw,Willie	629	Hound	24	00:27:45
	25	00:27:46	18				Cox,Adrian	637	Hare	25	00:27:46
	26	00:28:00	19				Dunlop,Shaun	640	Hare	26	00:28:00
	27	00:28:15	20				Korsten,Steven	558	Hare	27	00:28:15
	28	00:33:30	52				Brauteseth,Gareth	616	Hound	28	00:28:30
	29	00:34:00	54		Yes		Streatfield,Mathew	344	Hound	29	00:29:00
	30	00:29:10	24		Yes		Plaatjies,Anzar	449	Hare	30	00:29:10
	31	25	00:29:20				Carr,Mike	641	Hare	31	00:29:20
				26			Fury,Greg	529	Hare	31	00:29:20
	33	00:29:30	27				Reid,Charles	310	Hare	33	00:29:30
	34	00:29:36	28				Alwerman,Paul	642	Hare	34	00:29:36
	35	00:29:50	29				Crawford,Alistair	608	Hare	35	00:29:50
	36	00:34:57	57				Burnard,Fred	634	Hound	36	00:29:57
	37	30	00:30:06				Wex,Andrew	609	Hare	37	00:30:06
31						Dix-Peek,Colin	624	Hare	37	00:30:06	
32						Mynhardt,Gerhard	254	Hare	37	00:30:06	



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40	00:30:20	35	Yes		Goosen,Dan	429	Hare	40	00:30:20
		34			Elliott,Hector	631	Hare	40	00:30:20
42	00:30:34	37			Davids,Sean	145	Hare	42	00:30:34
43	00:30:45	38			Rivett,Sean	639	Hare	43	00:30:45
		39			Robbins,Elizabeth	271	Hare	43	00:30:45
		40			Pretorius,Justine	516	Hare	43	00:30:45
46	00:36:00	60			van Rensburg,Karl	110	Hound	46	00:31:00
47	00:34:16	55			Barkai,Ram	1	Hound	47	00:31:16
		56			Viviers,Toks	16	Hound	47	00:31:16
49	00:31:35	43			Paramoer,Kaelyn	522	Hare	49	00:31:35
		41	Yes		Versfeld,Dirk	594	Hare	49	00:31:35
		42			Theys,Ilse Sabrina	517	Hare	49	00:31:35
52	00:32:00	44			Harley,Wayne	240	Hare	52	00:32:00
53	00:32:17	46			Stiglmayr,Gerhard	636	Hare	53	00:32:17
54	00:32:20	47			Scott,Terry	553	Hare	54	00:32:20
55	00:32:30	48			Kallis,Andre	628	Hare	55	00:32:30
56	00:32:55	50			Gubb,Will	466	Hare	56	00:32:55
57	00:33:10	51			Wilkins,Gert	178	Hare	57	00:33:10
58	00:38:18	63			Boyes,Luzanne	424	Hound	58	00:33:18
59	00:33:44	53			Key,Trent	613	Hare	59	00:33:44
60	00:35:30	58			Kleinsmith,Ethan	237	Hare	60	00:35:30
				Y e s					
61	00:35:44	59	Yes		Jay,Jenny	560	Hare	61	00:35:44
62	00:36:00	61			Dreyer,Grant	615	Hare	62	00:36:00
63	00:36:30	62			Loubser,Marieke	614	Hare	63	00:36:30
64	00:38:20	64			Benzakein,Allon	69	Hare	64	00:38:20
65	00:38:45	66			Hakimi,Lynne	127	Hare	65	00:38:45
		65			Sanderoff,Maura	252	Hare	65	00:38:45
67	00:42:15	67	Yes		Nedel,Wiebke	561	Hare	67	00:42:15
68	00:47:45	68			Cutler,Paul	607	Hare	68	00:47:45
69	00:55:00	69			Taitz,David	487	Hare	69	00:55:00
70	00:60:00	70			Slabber,Rod	612	Hare	70	01:00:00
	99:59:59	DNF			Larsen,Nicolas	551	Hound		
					Gamiet,Mymoemah	457	Hare		
					Gamiet,Marewaahn	458	Hare		
					Gamiet,Fahreez	455	Hare		
					Campling,Gregory	627	Hare		
					du Plessis,Eulogy	618	Hare		
					Horner,Claire	619	Hare		
	Hunter,Matthew	620	Hare						
2010/04/04 Total								35	00:30:37

Oh! Last note – the route was slightly different from normal so the times may not be comparable.