



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

November 2010

Swim date	7 November 2010	Route	Miler
Water Temp	14°C	Air Temp	25°C
Water visibility	15m	Wind	None
Number of Hares	32(32)	Finish Time	00:24:50 (Avg 00:33:56)
Number of Hounds	15(15)	Finish Time	00:21:45 (Avg 00:25:56)

Wow!! The forecast was 3.7m swell on an outgoing tide (sound familiar??)... the light SE's on Saturday flattened out the Atlantic resulting in fantastic visibility (Yes – even I could see crabs scampering along).. 47 polarbears took part in the swim and few could have hoped for better swim conditions. { I do know a number of polarbears opted to do a Robben Island-Three Anchor Bay Crossing on Saturday while others opted for the Open water at Ashanti – some made it back in time to enjoy the beach weather}

Water visibility was near perfect (estimated 15m) but with little swell action on Clifton 4th to 2nd with a wave developing on 1st beach. Again swimmers commented as to the kelp forests that cling to the rocks and how the sunlight cast shadows through these forests. Honours for 1st back to the beach goes to Theo Yach (who is in training for his marathon 35 Km swim) ; while fastest time (and Hound) goes to Henko Roukema ; next to make landfall was Jeremy MacDonald (and old salt from Clifton Surf LSC – now in Joburg)

Newcomers still make enquiries from all locations – it always surprises me to receive a reply back at 2am (but then I suppose that is what Blackberry's are for!). This time round I was bemused to see an FB posting from a swimmer who had just finished his brother's birthday and was now ready for 1SOMS (at 5am !)

Well done to the Cameron swimmers who completed the Robben Island –Three Anchor Bay crossing on Saturday. Once again there were fly-ins from Joburg for this ... always up for a fundraiser-swimmers do it in the water. A special mention must go out to the swimmers who made the crossing; made it down for 1SOMS and then managed to stay on the beach (? Uh um) oh and also to those who had other commitments. Nice to see Sarah Haiden back in the water- I am certain its been a trying time staying out of the water.

A request – if you were on the beach for a 1SOMS please can you email or facebook me pics of the day– it is always great to be able to show others what awesome conditions really are there.

A very special thanks to the admin team (Alex and Nicole) who assisted to keep everything running smoothly and a huge thank you to the swimmers who come down to enjoy a little bit of Cape Town's outdoor open water swimming.. Kevin (starter) has been down with flu this week but should be back next month while Deon had root canal on Saturday (he too should be back next month). Natalie (admin specialist ;-) celebrated a birthday today and we hope to see her next month too. Shaun has gone missing for the past few months and we do hope to see him on the beach soon. Rene (stand-in admin) I know has been busy ... I think I should put up A-team pics so you can say hello by 1st name.

Next 1st Sunday of the Month Swim **5 December 2010** (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	Average of Raceclock Time ###m### (Handicapped)	Position	Race Time ###m###
2010/11/07	1	6			Yach, Theodore	058	Hare	00:24:50	6	00:24:50
	2	1			Roukema, Henko	646	Hound	00:26:45	1	00:21:45
	3	2			MacDonald, Jeremy	772	Hound	00:26:57	2	00:21:57
	4	3			McGilvray, Grant	540	Hound	00:27:09	3	00:22:09
	5	11			Lanterne, Paul	106	Hare	00:27:17	11	00:27:17
	6	4	Yes		Bouwer, Kevin Mark	623	Hound	00:27:45	4	00:22:45
	7	15			Griffin, Terry	061	Hare	00:28:28	15	00:28:28
	9	5	Yes		Kortsmit, Jeroen	663	Hound	00:29:15	5	00:24:15
	10	19			Rouen, Adriaan	465	Hare	00:29:26	19	00:29:26
	13	20			Reid, Charles	310	Hare	00:29:37	20	00:29:37
	14	21			Benzakein, Allon	069	Hare	00:30:20	21	00:30:20
	15	8			Dawe, Angus	513	Hound	00:31:04	8	00:26:04
	16	22	Yes		Barns, Gareth	764	Hare	00:31:09	22	00:31:09
	17	22	Yes		Nel, Jannie	765	Hare	00:31:09	22	00:31:09
	18	24			da Silva, Jean Paul	767	Hare	00:31:22	24	00:31:22
	19	9			Smit, Jakob Van Rouendal	274	Hound	00:31:30	9	00:26:30



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20	25			Sher,Sandi	171	Hare	00:31:38	25	00:31:38
21	26	Yes		Wilkins,Gert	178	Hare	00:31:55	26	00:31:55
22	26	Yes		Allan,Angela	768	Hare	00:31:55	26	00:31:55
23	26	Yes	Yes	Hakimi,Lynne	127	Hare	00:31:55	26	00:31:55
24	10			Enderli,Toni	276	Hound	00:32:15	10	00:27:15
25	29			Buys,Nadine	161	Hare	00:32:23	29	00:32:23
26	12			van Westenbrugge,Adriaan "Buff"	531	Hound	00:32:29	12	00:27:29
27	30			Lewis,Benji	286	Hare	00:32:45	30	00:32:45
28	13	Yes		Fisher,James	017	Hound	00:33:00	13	00:28:00
29	31			Plaatjies,Angelo	235	Hare	00:33:13	31	00:33:13
30	32			Lighton,Roy	215	Hare	00:33:23	32	00:33:23
32	14			Viviers,Toks	016	Hound	00:33:23	14	00:28:23
33	33			Selmeyer,Tony	034	Hare	00:33:36	33	00:33:36
34	34			Roberts,Garth	672	Hare	00:33:52	34	00:33:52
37	16			Haiden,Sarah	025	Hound	00:34:02	16	00:29:02
36	16			Barkai,Ram	001	Hound	00:34:02	16	00:29:02
35	16			Streatfield,Mathew	344	Hound	00:34:02	16	00:29:02
38	35			Lewis,Motti	015	Hare	00:34:22	35	00:34:22
39	36			Joffe,Brandon	774	Hare	00:34:25	36	00:34:25
40	37			West,Alan	769	Hare	00:35:28	37	00:35:28
41	38			Palframan,Kieron [#]	040	Hare	00:35:50	38	00:35:50
42	38			Stramrood,Ryan [#]	019	Hare	00:35:50	38	00:35:50
43	7	Yes		Hanekom,TJ ^{\$}	773	Hound	00:37:20	7	00:25:20
44	40	Yes		Smit,Mario	670	Hare	00:37:21	40	00:37:21
45	41			Harvett,Christina	771	Hare	00:37:44	41	00:37:44
46	42			Steyn,Esther	770	Hare	00:37:47	42	00:37:47
47	43			Jordaan,Johann	651	Hare	00:38:32	43	00:38:32
48	44	Yes		Koopman,Jill	665	Hare	00:39:50	44	00:39:50
49	45	Yes		Harley,Wayne	240	Hare	00:39:51	45	00:39:51
50	46	Yes		Noller,Verena	766	Hare	00:44:20	46	00:44:20
51	46			Giesler,Lucia	673	Hare	00:44:20	46	00:44:20
2010/11/07 Total							00:33:07	24	00:31:23

[#] Double Miler; early start (unable to verify the time from start)

^{\$} Late to the beach and then needing a wetsuit TJ was still able to race well

Oh tags 8,11,12,31 have gone missing (in case you noticed) – I hope to have them back next month.