

1st Sunday of Month Swim Race Commentary and results

February 2011

Swim date	6 February 2011	Route	Miller
Water Temp	15.5°C	Air Temp	26°C
Water visibility	5m	Wind	n/a
Number of Wetsuits	50	Finish Time	0:17:32 (Avg 0:28:50)
Hares	42		0:20:34 (Avg 0:29:50)
Hounds	8		0:17:32 (Avg 0:23:36)
Number of Channel Rules	64	Finish Time	0:20:53 (Avg 0:30:02)
Hares	50		0:21:31 (Avg 0:31:28)
Hounds	14		0:20:53 (Avg 0:24:53)

Amazing! Forecasts of bumpy incoming tide then an early morning mist did not deter the Polarbears from their monthly open water jaunt. The mist/cloud evaporated as a deluge of newbees arrived to join the 1st Sunday of Month Swim.

After the debate last month 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.

First back to the beach was the wetsuited newcomer Hare –Callum Bell followed in by another newbie wetsuited Hare Kent Horner..

Race honours

- Wetsuits~ goes to Henning Blaauw pushing Callum and Kent into overall race position of 2nd and 3rd.
- Channel Rules ~ goes to Chris King #692 ,Achmat Hassiem#824, Henko Roukema #646. These three raced down many and I look forward to future duels.

Interesting tidbits I keep getting feedback from Polarbears telling me how much they enjoy the swim. 1SOMS is more than just a swim its almost a family of people who share a common interest. Thanks for the words of encouragement – I will continue to strive to grow 1SOMS and the enjoyable monthly outing.

UPCOMING In the near future is the Xterra 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.

Prescription swim goggles have been found! And are available- please email me your prescription details so I can pass this on for quotations.

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

Registration desk: Alexandra Burger (who single –handedly managed to keep everything on track)

Starter: Alan Green (Imported from London)

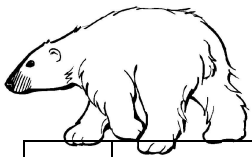
Lifesaving team leader: Craig Getz

Finish Team: Warren Fialkov(Timing), Deon Fialkov (Positions), Alan Green (Finish tags)

Photographs: Alexandra Burger

Next 1st Sunday of the Month Swim 6 March 2011 (Registration 08h15~08h50, Briefing 09h00 and Start 09h15) bring down a friend to share the experience (and maybe even hold a towel) !

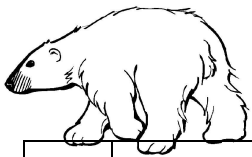
Results Summary								117	51	66
Race No	Participant	W/suit	Fins	Group	Fin Tag	Elapsed Time	Race Time	Pos	Wetsuits	Channel Rules
819	Bell;Callum;#819	Yes		Hare	1	00:20:34	00:20:34	2	2	FALSE
814	Kent;Horner;#814	Yes		Hare	2	00:20:36	00:20:36	3	3	FALSE
686	Wayne;Duncan;#686	Yes		Hare	3	00:21:19	00:21:19	8	5	FALSE
590	Gale;Brad #590			Hare	4	00:21:31	00:21:31	9	FALSE	4
818	Blaauw;Henning;#818	Yes		Hound	5	00:22:32	00:17:32	1	1	FALSE



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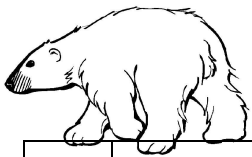
836	Hauser;Neil;#836	Yes		Hare	6	00:22:47	00:22:47	15	9	FALSE
340	Paramoer;Tarkquin #340			Hare	7	00:24:18	00:24:18	20	FALSE	10
697	Fourie;Shane;#697			Hare	8	00:24:19	00:24:19	21	FALSE	11
816	Cronje;Lodi;#816	Yes		Hare	9	00:24:40	00:24:40	23	11	FALSE
847	Grinton;Christopher;#847	Yes		Hare	10	00:24:43	00:24:43	24	12	FALSE
813	Horner;Claire;#813	Yes		Hare	11	00:24:47	00:24:47	25	13	FALSE
835	Rowe;Paul;#835	Yes		Hare	12	00:25:02	00:25:02	26	14	FALSE
820	De Rooi;Marc;#820	Yes		Hare	13	00:25:09	00:25:09	28	15	FALSE
811	Geldenhuis;Franscois;#811	Yes		Hare	14	00:25:20	00:25:20	29	16	FALSE
850	Myburgh;Philip;#850			Hare	15	00:25:30	00:25:30	30	FALSE	14
685	Willems;Mieke;#685			Hare	16	00:25:30	00:25:30	30	FALSE	14
812	Roux;Jean;#812	Yes		Hare	17	00:25:30	00:25:30	30	17	FALSE
458	Gamiet;Marewaahn #458			Hare	18	00:25:45	00:25:45	33	FALSE	16
779	Noble;Chad #779	Yes		Hound	19	00:25:45	00:20:45	4	4	FALSE
617	van Rensburg;Andre #617			Hare	20	00:25:45	00:25:45	33	FALSE	16
834	Woodward;Robyn;#834	Yes		Hare	21	00:25:51	00:25:51	35	18	FALSE
692	King;Chris;#692			Hound	22	00:25:53	00:20:53	5	FALSE	1
824	Hassiem;Achmat;#824			Hound	23	00:25:55	00:20:55	6	FALSE	2
646	Roukema;Henko #646			Hound	24	00:26:01	00:21:01	7	FALSE	3
828	Tanner;Peter;#828	Yes		Hare	25	00:26:01	00:26:01	36	19	FALSE
674	Halliday;Jared #674			Hare	26	00:26:01	00:26:01	36	FALSE	18
843	Allott;Bryan;#843	Yes		Hound	27	00:26:36	00:21:36	10	6	FALSE
226	Loker;Chris #226			Hare	28	00:26:36	00:26:36	38	FALSE	19
829	Stevens;Tarryn;#829	Yes		Hare	29	00:26:36	00:26:36	38	20	FALSE
694	Stubbs;Richard;#694	Yes		Hare	30	00:26:53	00:26:53	40	21	FALSE
363	Goodman;Martin #363			Hare	31	00:27:08	00:27:08	41	FALSE	20
680	Burger;Charne;#680			Hound	32	00:27:12	00:22:12	11	FALSE	5
682	Briers Danks;Rick;#682			Hare	33	00:27:13	00:27:13	42	FALSE	21
88	Hablutzel;Paul #088			Hare	34	00:27:13	00:27:13	42	FALSE	21
623	Bouwer;Kevin Mark #623	Yes		Hound	35	00:27:23	00:22:23	12	7	FALSE
768	Allan;Angela #768			Hare	36	00:27:36	00:27:36	44	FALSE	23
827	van Dyk;Gavin;#827	Yes		Hare	37	00:27:36	00:27:36	44	22	FALSE
663	Kortsmit;Jeroen #663	Yes		Hound	38	00:27:44	00:22:44	13	8	FALSE
681	Du Bois;Gustave;#681			Hound	39	00:27:44	00:22:44	13	FALSE	6
109	Ballot;Nadine #109			Hound	40	00:28:01	00:23:01	16	FALSE	7
837	Sabor;David;#837			Hare	41	00:28:06	00:28:06	46	FALSE	24
687	Viljoen;Andre;#687	Yes		Hare	42	00:28:06	00:28:06	46	23	FALSE
679	Spencer;Johnson;#679			Hare	43	00:28:06	00:28:06	46	FALSE	24
683	Harrison;Paul;#683			Hare	44	00:28:06	00:28:06	46	FALSE	24
249	Carnegie;Ian #249			Hare	45	00:28:06	00:28:06	46	FALSE	24
693	Hassim;Taariq;#693			Hound	46	00:28:06	00:23:06	17	FALSE	8
468	Henderson;Rae #468			Hare	47	00:28:26	00:28:26	51	FALSE	28
817	Klopper;Dirk;#817			Hare	48	00:28:39	00:28:39	52	FALSE	29
71	Spratley;Merri #071			Hare	49	00:28:40	00:28:40	53	FALSE	30



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50	Andersson;Kevin #050			Hare	50	00:28:40	00:28:40	53	FALSE	30
844	Katz;Coryn;#844	Yes		Hare	51	00:28:40	00:28:40	53	24	FALSE
773	Hanekom;TJ #773	Yes		Hound	52	00:28:40	00:23:40	18	10	FALSE
832	Hart;Andrew;#832	Yes		Hare	53	00:28:40	00:28:40	53	24	FALSE
522	Paramoer;Kaelyn #522			Hare	54	00:28:40	00:28:40	53	FALSE	30
521	Cloete;Gareth #521			Hound	55	00:29:02	00:24:02	19	FALSE	9
8	Chin;Andrew #008			Hound	56	00:29:24	00:24:24	22	FALSE	12
830	Stevens;Adrian;#830	Yes		Hare	57	00:29:43	00:29:43	61	27	FALSE
567	Elliott;Hector #567			Hare	58	00:29:54	00:29:54	62	FALSE	35
684	Hugo-Hamman;Clementine;#684			Hound	59	00:30:04	00:25:04	27	FALSE	13
849	Read;Lucinda;#849	Yes		Hare	60	00:30:04	00:30:04	63	28	FALSE
810	Gallagher;John;#810	Yes		Hare	61	00:30:04	00:30:04	63	28	FALSE
145	Davids;Sean #145	Yes		Hare	62	00:30:04	00:30:04	63	28	FALSE
517	Theys;Ilse Sabrina #517			Hare	63	00:30:04	00:30:04	63	FALSE	36
240	Harley;Wayne #240			Hare	64	00:30:04	00:30:04	63	FALSE	36
215	Lighton;Roy #215			Hare	65	00:30:51	00:30:51	70	FALSE	39
690	Lamont;Ann;#690			Hare	66	00:31:06	00:31:06	71	FALSE	40
776	Wilson;Ross #776	Yes		Hare	67	00:31:06	00:31:06	71	32	FALSE
34	Selmeyer;Tony #034			Hare	68	00:31:06	00:31:06	71	FALSE	40
775	de Kock;Lindsay #775			Hare	69	00:31:06	00:31:06	71	FALSE	40
178	Wilkins;Gert #178	Yes		Hare	70	00:31:17	00:31:17	75	33	FALSE
831	Dewar;Kevin;#831	Yes		Hare	71	00:31:17	00:31:17	75	33	FALSE
846	Golding;Tanya;#846	Yes		Hare	72	00:31:55	00:31:55	78	35	FALSE
825	Rushton;Helen;#825			Hare	73	00:31:59	00:31:59	79	FALSE	44
823	Te Water Naude;Francios;#823			Hare	74	00:31:59	00:31:59	79	FALSE	44
845	Seuring;Mark;#845			Hare	75	00:31:59	00:31:59	79	FALSE	44
782	Stamps;Johanna #782			Hare	76	00:31:59	00:31:59	79	FALSE	44
434	Golding;Andrew #434	Yes		Hare	77	00:31:59	00:31:59	79	36	FALSE
689	Belinda;Spratt;#689	Yes		Hare	78	00:32:10	00:32:10	84	37	FALSE
822	Kontopiraius;Constantino;#822	Yes		Hare	79	00:32:41	00:32:41	85	38	FALSE
459	Warner;Rukeya #459			Hare	80	00:32:41	00:32:41	85	FALSE	48
127	Hakimi;Lynne #127	Yes		Hare	81	00:32:41	00:32:41	85	38	FALSE
826	Sonnenberg;Sarah;#826			Hare	82	00:32:48	00:32:48	88	FALSE	49
833	Todd;Terry;#833	Yes		Hare	83	00:33:04	00:33:04	89	40	FALSE
841	Gazanis;Esme;#841	Yes		Hare	84	00:33:17	00:33:17	90	41	FALSE
842	Reed;Cecile;#842			Hare	85	00:33:17	00:33:17	90	FALSE	50
--	--	Yes		Hare	86	00:34:08	00:34:08	92	42	FALSE
--	--			Hare	87	00:34:22	00:34:22	93	FALSE	51
695	Woller;Kevin;#695			Hound	88	00:34:22	00:29:22	58	FALSE	33
224	de Villiers;Richard #224	Yes		Hound	89	00:34:29	00:29:29	59	26	FALSE
355	Van Dam;Shirley #355			Hare	90	00:34:29	00:34:29	94	FALSE	
391	Thaning;Otto #391			Hound	91	00:34:29	00:29:29	59	FALSE	34
649	Bennett;Andrew #649		Yes	Hare	92	00:35:00	00:35:00	95	FALSE	53



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678	Mairrelles;Tatjana;#678	Yes		Hound	93	00:35:39	00:30:39	68	31	FALSE
815	Hugo-Hamman;Chloe;#815			Hound	94	00:35:48	00:30:48	69	FALSE	38
800	Foynt;Tammy #800	Yes		Hare	95	00:35:48	00:35:48	96	43	FALSE
677	Nell;Brenda-Lynn;#677	Yes		Hare	96	00:36:24	00:36:24	97	44	FALSE
17	Fisher;James #017			Hound	97	00:36:26	00:31:26	77	FALSE	43
805	Van Der Westhuizen;Liesel #805	Yes		Hare	98	00:36:33	00:36:33	98	45	FALSE
806	Stockenstrom;Dean #806	Yes		Hare	99	00:36:33	00:36:33	98	45	FALSE
691	Holtzhausen;Meg;#691	Yes	Yes	Hare	100	00:36:33	00:36:33	98	45	FALSE
670	Smit;Mario #670	Yes		Hare	101	00:37:01	00:37:01	101	48	FALSE
451	Maloi;Ryan #451			Hare	102	00:37:09	00:37:09	102	FALSE	54
785	Van der Vyver;Mieke #785			Hare	103	00:38:22	00:38:22	103	FALSE	55
788	Strumpfer;Mandy #788			Hare	104	00:38:22	00:38:22	103	FALSE	55
651	Jordaan;Johann #651			Hare	105	00:38:28	00:38:28	105	FALSE	57
665	Koopman;Jill #665			Hare	106	00:39:05	00:39:05	106	FALSE	58
699	Armen;Abdul-Malik;#699			Hare	107	00:39:05	00:39:05	106	FALSE	58
839	Tonitz;Maryke;#839	Yes		Hare	108	00:39:05	00:39:05	106	49	FALSE
700	Armen;Ameer;#700			Hare	109	00:39:05	00:39:05	106	FALSE	58
235	Plaatjies;Angelo #235			Hare	110	00:39:05	00:39:05	106	FALSE	58
809	Eksteen;Aretha;#809	Yes		Hare	111	00:40:57	00:40:57	111	50	FALSE
838	Tonitz;Gunther;#838			Hare	112	00:43:21	00:43:21	112	FALSE	62
673	Giesler;Lucia #673			Hare	113	00:43:22	00:43:22	113	FALSE	63
448	Helfrich;Peter #448			Hare	114	00:43:43	00:43:43	114	FALSE	64
821	Botha;Morne;#821	Yes		Hare^	115	00:59:59	00:59:59	115	51	FALSE
455	Gamiet;Fahreez #455			Hare^	116	00:59:59	00:59:59	115	FALSE	65
698	Redman;Joshua;#698			Hare^	117	00:59:59	00:59:59	115	FALSE	65

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 of Race Time	Average of Elapsed Time
Hare	0:30:44	0:20:34	92	0:30:44
Hound	0:24:25	0:17:32	22	0:29:25
Grand Total	0:29:31	0:17:32	114	0:30:29

Row Labels	Average of Race Time	Fastest in Group	Count of Race Time	Average of Elapsed Time
Wetsuits	0:28:50	0:17:32	50	0:29:38
Hare	0:29:50	0:20:34	42	0:29:50
Hound	0:23:36	0:17:32	8	0:28:36
Channel Rules	0:30:02	0:20:53	64	0:31:08
Hare	0:31:28	0:21:31	50	0:31:28
Hound	0:24:53	0:20:53	14	0:29:53
Grand Total	0:29:31	0:17:32	114	0:30:29

Values



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Wetsuit?	Pos**	Group	Participant	Pos*	Recorded Race Time	Fastest in Group	Recorded Elapsed Time	Finish Tag
Wetsuits	1	Hound	Blaauw;Henning;#818	1	0:17:32	0:17:32	0:22:32	5
	2	Hare	Bell;Callum;#819	2	0:20:34	0:20:34	0:20:34	1
	3	Hare	Kent;Horner;#814	3	0:20:36	0:20:36	0:20:36	2
	4	Hound	Noble;Chad #779	4	0:20:45	0:20:45	0:25:45	19
	5	Hare	Wayne;Duncan;#686	8	0:21:19	0:21:19	0:21:19	3
	6	Hound	Allott;Bryan;#843	10	0:21:36	0:21:36	0:26:36	27
	7	Hound	Bouwer;Kevin Mark #623	12	0:22:23	0:22:23	0:27:23	35
	8	Hound	Kortsmit;Jeroen #663	13	0:22:44	0:22:44	0:27:44	38
	9	Hare	Hauser;Neil;#836	15	0:22:47	0:22:47	0:22:47	6
	10	Hound	Hanekom;TJ #773	18	0:23:40	0:23:40	0:28:40	52

Wetsuit?	Pos***	Group	Participant	Pos*	Recorded of Race Time	Fastest in Group	Recorded Elapsed Time	Finish Tag
Channel Rules	1	Hound	King;Chris;#692	5	0:20:53	0:20:53	0:25:53	22
	2	Hound	Hassiem;Achmat;#824	6	0:20:55	0:20:55	0:25:55	23
	3	Hound	Roukema;Henko #646	7	0:21:01	0:21:01	0:26:01	24
	4	Hare	Gale;Brad #590	9	0:21:31	0:21:31	0:21:31	4
	5	Hound	Burger;Charne;#680	11	0:22:12	0:22:12	0:27:12	32
	6	Hound	Du Bois;Gustave;#681	13	0:22:44	0:22:44	0:27:44	39
	7	Hound	Ballot;Nadine #109	16	0:23:01	0:23:01	0:28:01	40
	8	Hound	Hassim;Taariq;#693	17	0:23:06	0:23:06	0:28:06	46
	9	Hound	Cloete;Gareth #521	19	0:24:02	0:24:02	0:29:02	55
	10	Hare	Paramoer;Tarkuin #340	20	0:24:18	0:24:18	0:24:18	7

* Position overall

** Position out of wetsuits

*** Position out of Channel Rules