

AROUND THE ROCKS EXTREME SWIM**Saturday Jan 25 2020****Ladies Skins**

Cat. Pos	Course Position	Name	Surname	Time	Avg Speed	Pace
1	9	Sam	Whelpton	31:39	4.2 km/h	14:23 min/km
2	23	Liza	Visser	34:13	3.9 km/h	15:33 min/km
3	26	Katherine	Persson	34:14	3.9 km/h	15:33 min/km
4	42	Monika	Hayes	36:32	3.6 km/h	16:36 min/km
5	46	Shonee	Cornelissen	37:07	3.6 km/h	16:52 min/km
6	49	Karen	Graaff	37:27	3.5 km/h	17:01 min/km
7	50	Amber-Rose	Berry	37:28	3.5 km/h	17:01 min/km
8	51	Linda	Thompson	37:29	3.5 km/h	17:02 min/km
9	53	Tracey	Maart	37:32	3.5 km/h	17:03 min/km
10	56	Flora	James	37:37	3.5 km/h	17:05 min/km
11	57	Lynne	Macgregor	37:40	3.5 km/h	17:07 min/km
12	64	Michelle	Petring	38:05	3.5 km/h	17:18 min/km
13	70	Vicky	Hyland	39:27	3.3 km/h	17:55 min/km
14	79	Natalie	Newman	39:56	3.3 km/h	18:09 min/km
15	82	Carol	Hampshire	40:08	3.3 km/h	18:14 min/km
16	84	Sandi	Sher	40:39	3.2 km/h	18:28 min/km
17	88	Jen	Preen	40:53	3.2 km/h	18:35 min/km
18	90	Felicity	Pentland-Smith	41:16	3.2 km/h	18:45 min/km
19	91	Karen	Gibson	41:17	3.2 km/h	18:45 min/km
20	92	Annelie	Snelling	41:19	3.2 km/h	18:46 min/km
21	93	Julie	Fischer	41:21	3.2 km/h	18:47 min/km
22	104	Karien	Pauw	41:59	3.1 km/h	19:05 min/km
23	105	Abriella	Bredell	42:08	3.1 km/h	19:09 min/km
24	106	Delle	Henry	42:11	3.1 km/h	19:10 min/km
25	107	Elmaree	Stapelberg	42:12	3.1 km/h	19:10 min/km
26	113	Simone	de Vos	43:03	3.1 km/h	19:34 min/km
27	115	Hazel	McQueen	43:14	3.1 km/h	19:39 min/km
28	118	Hanley	Phillips	44:04	3.0 km/h	20:01 min/km
29	127	Marijé	du Toit	45:38	2.9 km/h	20:44 min/km
30	136	Aimee	Bell	47:11	2.8 km/h	21:26 min/km
31	138	yael	Joffe	47:47	2.8 km/h	21:43 min/km
32	139	Jernelle	Uys	47:49	2.8 km/h	21:44 min/km
33	141	Janice	Dawson	48:12	2.7 km/h	21:54 min/km
34	143	Adine	Friedman	48:16	2.7 km/h	21:56 min/km
35	144	nadine	pincus	48:17	2.7 km/h	21:56 min/km
36	149	Anne	Clift	50:31	2.6 km/h	22:57 min/km
37	152	Lianne	Lembeck	51:15	2.6 km/h	23:17 min/km
38	153	Rukeya	Warner	51:26	2.6 km/h	23:22 min/km
39	155	Ilse Sabrina	Theys Woodward	51:49	2.5 km/h	23:33 min/km
40	156	Zani	Taitz	52:00	2.5 km/h	23:38 min/km
41	162	Debbie	Frazer	54:47	2.4 km/h	24:54 min/km

AROUND THE ROCKS EXTREME SWIM**Saturday Jan 25 2020****Ladies Wetsuits**

Cat. Pos	Course Position	Name	Surname	Time	Avg Speed	Pace
1	3	tarryn	stanford	27:18	4.8 km/h	12:24 min/km
2	7	Carina	Bruwer	29:31	4.5 km/h	13:24 min/km
3	10	Cecilia	Stanford	31:59	4.1 km/h	14:32 min/km
4	16	Ashley	Ferreira	33:50	3.9 km/h	15:22 min/km
5	18	lucy	taplin	33:53	3.9 km/h	15:24 min/km
6	31	Charlotte	Lewis	34:31	3.8 km/h	15:41 min/km
7	47	Tarryn	De beer	37:10	3.6 km/h	16:53 min/km
8	58	Marguerite	Morkel	37:41	3.5 km/h	17:07 min/km
9	59	Kelly	Kidgell	37:46	3.5 km/h	17:09 min/km
10	62	Anneke	Lund	37:58	3.5 km/h	17:15 min/km
11	66	Louise	Mason	38:09	3.5 km/h	17:20 min/km
12	74	Caitlin	Wilde	39:41	3.3 km/h	18:02 min/km
13	80	Samantha	Lustig	40:00	3.3 km/h	18:10 min/km
14	81	Sarahan	Brophy	40:01	3.3 km/h	18:11 min/km
15	85	Wendy	Hitchcock	40:41	3.2 km/h	18:29 min/km
16	94	Erika	Niethnagel	41:22	3.2 km/h	18:48 min/km
17	96	Shannon	Edwards	41:34	3.2 km/h	18:53 min/km
18	98	Venetia	Landman	41:41	3.2 km/h	18:56 min/km
19	100	Yolande	Baard	41:45	3.2 km/h	18:58 min/km
20	108	Ingrid	Carmichael	42:22	3.1 km/h	19:15 min/km
21	109	Teagan	Van den Berg	42:30	3.1 km/h	19:19 min/km
22	110	Meg	Holtzhausen	42:36	3.1 km/h	19:21 min/km
23	114	Leanne	Scott	43:10	3.1 km/h	19:37 min/km
24	117	Anja	DE LANGE	43:38	3.0 km/h	19:50 min/km
25	119	Joelle	Buys	44:46	2.9 km/h	20:20 min/km
26	128	Cythna	Engelbrecht	46:04	2.9 km/h	20:56 min/km
27	129	Sam	Bell	46:06	2.9 km/h	20:57 min/km
28	130	Liska	Stramrood	46:11	2.9 km/h	20:59 min/km
29	131	Sherilyn	Hamann	46:15	2.9 km/h	21:01 min/km
30	132	Madison	Smuts	46:16	2.9 km/h	21:01 min/km
31	137	Michelle	van Dyk	47:12	2.8 km/h	21:27 min/km
32	140	Sharon	Hughes	48:12	2.7 km/h	21:54 min/km
33	157	Heather	Worroll	53:05	2.5 km/h	24:07 min/km

AROUND THE ROCKS EXTREME SWIM**Saturday Jan 25 2020****Mens Skins**

Cat. Pos	Course Position	Name	Surname	Time	Avg Speed	Pace
1	5	Tyron	Venter	29:17	4.5 km/h	13:18 min/km
2	11	Patrick	Wilke	32:08	4.1 km/h	14:36 min/km
3	12	Matthew	Page	32:10	4.1 km/h	14:37 min/km
4	14	Bennie	Smit	33:23	4.0 km/h	15:10 min/km
5	20	Roy	Godfrey	34:02	3.9 km/h	15:28 min/km
6	22	Daniel	Wiese	34:11	3.9 km/h	15:32 min/km
7	28	David	de Goede	34:17	3.9 km/h	15:34 min/km
8	30	daniel	de goede	34:30	3.8 km/h	15:40 min/km
9	35	Chris	Fourie	35:09	3.8 km/h	15:58 min/km
10	39	Johan	Branehog	36:16	3.6 km/h	16:29 min/km
11	44	Warren	Adams	37:00	3.6 km/h	16:49 min/km
12	52	Alex	Neusch	37:31	3.5 km/h	17:03 min/km
13	54	Keenan	Weavers	37:34	3.5 km/h	17:04 min/km
14	60	Peer	luel	37:50	3.5 km/h	17:11 min/km
15	63	Simon	Ince	38:00	3.5 km/h	17:16 min/km
16	72	Jacques	De Lapelin Dumont	39:39	3.3 km/h	18:01 min/km
17	73	John	llsley	39:39	3.3 km/h	18:01 min/km
18	75	Darren	Willars	39:42	3.3 km/h	18:02 min/km
19	77	Achmat	Hassiem	39:46	3.3 km/h	18:04 min/km
20	83	Malcolm	Buchanan	40:32	3.3 km/h	18:25 min/km
21	87	Matt	Croudace	40:45	3.2 km/h	18:31 min/km
22	97	Lev	Kassil	41:38	3.2 km/h	18:55 min/km
23	102	Bruce	Richards	41:52	3.2 km/h	19:01 min/km
24	111	Warren	Caesar	42:41	3.1 km/h	19:24 min/km
25	116	Marc	Balkin	43:23	3.0 km/h	19:43 min/km
26	120	Gary	Laing	45:13	2.9 km/h	20:33 min/km
27	121	Eddy	Cassar	45:14	2.9 km/h	20:33 min/km
28	122	Robert	Peters	45:16	2.9 km/h	20:34 min/km
29	124	Diederik	Mostert	45:20	2.9 km/h	20:36 min/km
30	125	Mark	Winter	45:34	2.9 km/h	20:42 min/km
31	133	Charles	Kitching	46:20	2.8 km/h	21:03 min/km
32	134	Arno	Meyer	46:42	2.8 km/h	21:13 min/km
33	142	Gidon	Novick	48:14	2.7 km/h	21:55 min/km
34	145	Koos	van der Merwe	49:21	2.7 km/h	22:25 min/km
35	147	Nick	Pay	50:27	2.6 km/h	22:55 min/km
36	148	Andries	Huisamen	50:30	2.6 km/h	22:57 min/km
37	150	Gareth	Christie	50:40	2.6 km/h	23:01 min/km
38	151	Gary	Leetch	51:02	2.6 km/h	23:11 min/km
39	154	Rob	Armstrong	51:30	2.6 km/h	23:24 min/km
40	158	Darrel	Knight	53:07	2.5 km/h	24:08 min/km
41	161	Ayrin	Onrust	53:14	2.5 km/h	24:11 min/km
42	163	Neil	Christie	57:47	2.3 km/h	26:15 min/km
43	164	Gary	Mead	58:16	2.3 km/h	26:29 min/km

AROUND THE ROCKS EXTREME SWIM**Saturday Jan 25 2020****Mens Wetsuit**

Cat. Pos	Course Position	Name	Surname	Time	Avg Speed	Pace
1	1	Dylan	Wright	25:26	5.2 km/h	11:33 min/km
2	2	Keegan	Wright	27:03	4.9 km/h	12:17 min/km
3	4	Dave	Nel	27:27	4.8 km/h	12:28 min/km
4	6	Lee	Brooks	29:23	4.5 km/h	13:21 min/km
5	8	Justin	Hamann	31:21	4.2 km/h	14:14 min/km
6	13	Wane	Rossouw	33:15	4.0 km/h	15:06 min/km
7	15	Matthew	Busse	33:41	3.9 km/h	15:18 min/km
8	17	Timothy	Hopkins	33:51	3.9 km/h	15:23 min/km
9	19	Niell	Taylor	34:00	3.9 km/h	15:27 min/km
10	21	Ludwig	Lillie	34:05	3.9 km/h	15:29 min/km
11	24	Nathan	Linscott	34:13	3.9 km/h	15:33 min/km
12	25	Ben	Leih	34:14	3.9 km/h	15:33 min/km
13	27	Christian	faure	34:15	3.9 km/h	15:34 min/km
14	29	Francois	botha	34:19	3.8 km/h	15:35 min/km
15	32	Adnan	Awad	34:36	3.8 km/h	15:43 min/km
16	33	Dave	Welensky	34:51	3.8 km/h	15:50 min/km
17	34	Paul	Lanterme	35:00	3.8 km/h	15:54 min/km
18	36	Bruce	Goodwin	35:31	3.7 km/h	16:08 min/km
19	37	Marc	Horne	35:53	3.7 km/h	16:18 min/km
20	38	Murray	Clark	36:06	3.7 km/h	16:24 min/km
21	40	William	Marais	36:23	3.6 km/h	16:32 min/km
22	41	Bradley	Forge	36:28	3.6 km/h	16:34 min/km
23	43	Chris	Beneka	36:46	3.6 km/h	16:42 min/km
24	45	Kyran	Jooste	37:00	3.6 km/h	16:49 min/km
25	48	Ulrich	Schoeman	37:11	3.5 km/h	16:54 min/km
26	55	Ryan	Axmann	37:35	3.5 km/h	17:04 min/km
27	61	trevor	geddie	37:58	3.5 km/h	17:15 min/km
28	65	Anton	Neethling	38:07	3.5 km/h	17:19 min/km
29	67	Mark	Blanckenberg	39:04	3.4 km/h	17:45 min/km
30	68	Pieter	Brits	39:25	3.3 km/h	17:55 min/km
31	69	Michael	Levick	39:27	3.3 km/h	17:55 min/km
32	71	Jean	Olivier	39:30	3.3 km/h	17:57 min/km
33	76	Adam	Abdurahman	39:44	3.3 km/h	18:03 min/km
34	78	Calvin	Hayward	39:51	3.3 km/h	18:06 min/km
35	86	Ben	de Lange	40:44	3.2 km/h	18:30 min/km
36	89	Gabriel	Wessels	40:59	3.2 km/h	18:37 min/km
37	95	Simon	Launder	41:26	3.2 km/h	18:50 min/km
38	99	Ian	Atmore	41:45	3.2 km/h	18:58 min/km
39	101	Dion	Engelby	41:50	3.2 km/h	19:00 min/km
40	103	Paul	Corbett	41:52	3.2 km/h	19:01 min/km
41	112	Paul	Lewis	42:45	3.1 km/h	19:25 min/km
42	123	Zameer	Mohamed	45:16	2.9 km/h	20:34 min/km
43	126	Einwald	Hjelden	45:34	2.9 km/h	20:42 min/km
44	135	Peter	Beckert	46:51	2.8 km/h	21:17 min/km
45	146	Brando	Brandstatter	49:31	2.7 km/h	22:30 min/km
46	159	Alistair	Kannemeyer	53:08	2.5 km/h	24:09 min/km
47	160	Paul	Abrahams	53:09	2.5 km/h	24:09 min/km