



# EVENT RESULTS

## Matroosberg 2021 ICE swim

Fri, 20th August, 2021

Matroosberg Nature Reserve, Western Cape,  
South Africa, South Africa



### 1000m Freestyle Results

#### OVERALL (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	Ram Barkai (64)	Ice	17:51.00				
2	Greg Simpson (48)	Warm	20:00.00				
3	Peter Michaelides (47)	Warm	21:36.00				
4	Japie Ludick (53)	Warm	23:31.00				
5	Gordon Shutte (50)	Cold	24:22.00				

#### OVERALL (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	Samantha Whelpton (36)	Cold	16:41.00				
2	Marcelle Stiemens (54)	Cold	17:49.00				
3	Monika Hayes (58)	Cold	19:58.00				
4	Clare Louise (40)	Warm	22:56.00				
5	Lindsay De Kock (63)	Ice	24:54.00				
6	Marele Moolman (42)	Warm	26:17.00				
7	nadine pincus (51)	Warm	26:18.00				

#### Junior (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Junior (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 18 to 24 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 18 to 24 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 25 to 29 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 25 to 29 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 30 to 34 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 30 to 34 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 35 to 39 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 35 to 39 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	Samantha Whelpton (36)	Cold	16:41.00				

#### Age 40 to 44 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

#### Age 40 to 44 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	Clare Louise (40)	Warm	22:56.00				

2  Marele Moolman (42) **Warm** 26:17.00**Age 45 to 49 (Male)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Greg Simpson (48)	<b>Warm</b>	20:00.00				
2		Peter Michaelides (47)	<b>Warm</b>	21:36.00				

**Age 45 to 49 (Female)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

**Age 50 to 54 (Male)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Japie Ludick (53)	<b>Warm</b>	23:31.00				
2		Gordon Shutte (50)	<b>Cold</b>	24:22.00				


**Age 50 to 54 (Female)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Marcelle Stiemens (54)	<b>Cold</b>	17:49.00				
2		nadine pincus (51)	<b>Warm</b>	26:18.00				


**Age 55 to 59 (Male)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					


**Age 55 to 59 (Female)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Monika Hayes (58)	<b>Cold</b>	19:58.00				

**Age 60 to 64 (Male)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Ram Barkai (64)	<b>Ice</b>	17:51.00				

**Age 60 to 64 (Female)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Lindsay De Kock (63)	<b>Ice</b>	24:54.00				

**Age 65 to 69 (Male)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

**Age 65 to 69 (Female)**

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					




CA = Country Association Time = Swim Time (mm:ss:cc) IISA = IISA Membership Level

## 500m Freestyle Results

### OVERALL (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### OVERALL (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		ADINE FRIEDMAN (52)	Warm	12:24.00				
2		Rukeya Warner (33)	Warm	13:29.00				
3		Ilse Sabrina Woodward	Warm	13:34.00				

### Junior (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Junior (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 18 to 24 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 18 to 24 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 25 to 29 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 25 to 29 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 30 to 34 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 30 to 34 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Rukeya Warner (33)	Warm	13:29.00				

### Age 35 to 39 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 35 to 39 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Ilse Sabrina Woodward (39)	Warm	13:34.00				

### Age 40 to 44 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 40 to 44 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 45 to 49 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 45 to 49 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 50 to 54 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 50 to 54 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		ADINE FRIEDMAN (52)	Warm	12:24.00				

### Age 55 to 59 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 55 to 59 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

**Age 60 to 64 (Male)**

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
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NONE

**Age 60 to 64 (Female)**

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
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NONE

**Age 65 to 69 (Male)**

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
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NONE

**Age 65 to 69 (Female)**


CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
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NONE



CA = Country Association    Time = Swim Time (mm:ss:cc)    IISA = IISA Membership Level

## 200m Freestyle Results

### OVERALL (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Michael Walker (47)	Warm	04:54.00				

### OVERALL (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Olivia De Waal (25)	Cool	03:52.00				
2		kaelyn Paramoer (51)	Warm	04:52.00				

### Junior (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Junior (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 18 to 24 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					


### Age 18 to 24 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 25 to 29 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 25 to 29 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Olivia De Waal (25)	Cool	03:52.00				

### Age 30 to 34 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 30 to 34 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 35 to 39 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 35 to 39 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 40 to 44 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 40 to 44 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 45 to 49 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Michael Walker (47)	Warm	04:54.00				


### Age 45 to 49 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 50 to 54 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 50 to 54 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		kaelyn Paramoer (51)	Warm	04:52.00				

### Age 55 to 59 (Male)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 55 to 59 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
			NONE					

### Age 60 to 64 (Male)

### Age 60 to 64 (Female)

CA Swimmer Name IISA Time AR ER WR WC

NONE

CA Swimmer Name IISA Time AR ER WR WC

NONE

**Age 65 to 69 (Male)**

CA Swimmer Name IISA Time AR ER WR WC

NONE

**Age 65 to 69 (Female)**

CA Swimmer Name IISA Time AR ER WR WC

NONE

CA = Country Association Time = Swim Time (mm:ss:cc) IISA = IISA Membership Level

## 50m Freestyle Results

### OVERALL (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Junior (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 18 to 24 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 25 to 29 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 30 to 34 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 35 to 39 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 40 to 44 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 45 to 49 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					



### Age 50 to 54 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 55 to 59 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### OVERALL (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Tracey Laverty (52)	Warm	00:54.00				
2		Lourett Visser (65)	Warm	00:54.00				
3		Karola Finke (62)	Warm	00:54.00				
4		Salome Jordaan	Warm	00:54.00				

### Junior (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 18 to 24 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 25 to 29 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 30 to 34 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 35 to 39 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 40 to 44 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					


### Age 45 to 49 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

### Age 50 to 54 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Tracey Laverty (52)	Warm	00:54.00				

### Age 55 to 59 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Salome Jordaan (59)	Warm	00:54.00				

**Age 60 to 64 (Male)**

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

**Age 60 to 64 (Female)**

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	 Karola Finke (62)	Warm	00:54.00				

**Age 65 to 69 (Male)**

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

**Age 65 to 69 (Female)**

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	 Lourett Visser (65)	Warm	00:54.00				



CA = Country Association    Time = Swim Time (mm:ss:cc)    IISA = IISA Membership Level



**EVENT DETAILS****Matroosberg 2021 ICE swim****Fri, 20th August, 2021****Matroosberg Nature Reserve, Western Cape, South Africa**

<b>Country:</b>	South Africa	<b>Water Temperature:</b>	8.00°C
<b>Country Association:</b>	South Africa	<b>Air Temperature:</b>	5.00°C
<b>GPS Location:</b>	33.33° S 19.61° E	<b>Wind Speed:</b>	5.0 km/h
<b>World Champs:</b>	No	<b>Wind Chill:</b>	4.1°C
<b>National Champs:</b>	No	<b>Course:</b>	Open Water
<b>Referee:</b>	Ram Barkai	<b>Fresh/Salt Water:</b>	Fresh
<b>Medical Officer:</b>	Sean Gottschalk	<b>Event Distances:</b>	1000m Freestyle 500m Freestyle 200m Freestyle 50m Freestyle
<b>IISA Official:</b>	Ram Barkai		
<b>Event Director:</b>	Neil Hopkins		
<b>Event Contact:</b>	Francois		
<b>Event Email:</b>	iisa.southafrica1@gmail.com		