



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)	Warm	20:00.00				
2		Peter Michaelides (47)	Warm	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)	Warm	23:31.00				
2		Gordon Shutte (50)	Cold	24:22.00				

Age 50 to 54 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Marcelle Stiemens (54)	Cold	17:49.00				
2		nadine pincus (51)	Warm	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)	Cold	19:58.00				

Age 60 to 64 (Male)

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

Age 60 to 64 (Female)

	CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1		Lindsay De Kock (63)	Ice	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**

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