



NEWSLETTER 3/2014

NOVEMBER 2013

2013/4 SEASON

NOVEMBER 2013

02 – Ebotse Rynfield Mile
 09/10 – CGA Lion Mile
 17 – Heia Safari Series 2
 30/1 Dec – Heia Safari incl
NTS OW CHAMPS

JANUARY 2014

11/12 – Ebotse Rynfield
 18/19 – Heia Safari
 19 - Roode
 25/26 – **Gauteng OW CHAMPS**

FEBRUARY 2014

02 – Platinum Mile Buffelspoort *
 08/09 – Midmar Mile
 16 – Makhulu
 22 – Sterkfontein
 23 – Heia Safari

MARCH 2014

01/02 – NATIONALS
 15 – Ebenezer Mile
 30 – Bosveld Mile, Bela Bela*
 30 – Heia Safari

Events marked * are still to be confirmed. The venue for Nationals has not been confirmed yet.

GAUTENG OW Champs – will be hosted at Homestead Dam Benoni – including 3/5/7.5 and 10km swims – details this far is 25/1/14 = 5km and 10km, 26/1/14 = 3km and 7.5km. Entries will be on www.midmarmile.co.za. NTS will select a team to participate – BUT it is open to all swimmers.

02 November 2013 – Ebotse Rynfield Mile

Events: 09h00 – 1 Mile Women 31+, Girls 13 & under
 10h00 – 1Mile Men 31+, Boys 13 & under
 11h00 – 1Mile Women 14-30
 12h00 – 1Mile Men 14-30
 13h15 – 600m Development / Fun swim
 14h00 – 3 Member Relay (1000 per swimmer)
 Venue: CR Swart Park Sarel Cilliers Street Benoni (East Rand Speedboat Club)
 Entry: www.midmarmile.co.za ONLY ONLINE ENTRIES
 Contact : kemptsonswim@absamail.co.za



09/10 November 2013 – CGA LION Mile

Events: 09/11 – 10km, 3km and 600m Development Swim
10/11 – 5km and all 1 mile events

Venue: Homestead Lake Benoni

Entry: www.championchip.co.za – follow the link to enter. Late entries add R50 penalties on the day

Contact : Sarah Hyslop 0823806492 / email sarahh@zsd.co.za



17 November 2013 – Time Freight Swim Challenge – Heia Safari

Events: 07h00 – 5km

09h30 – 1000m Women 31+, Girls 13 & under

10h20 – 1000m Men 31+, Boys 13 & under

11h00 – 1500m Women 14-30 and Men 14-30

12h10 – 400 Fun Swim – All ages

Venue: Heia Safari Ranch - Muldersdrift

Entry: www.midmarmile.co.za



30 November 2013/1 December – Heia Safari Swim and NTS OW CHAMPS

30 November

Events: 08h00 – 7,5km & 10 km – Elite all ages (NTS Champs event)

11h30 – 3km – Elite all ages (NTS Champs event)

1 December

Events: 07h00 – 5km – Elite all ages (NTS OW Champs event)

09h30 - 1000m Women 31+, Girls 13 & under

10h20 – 1000m Men 31+, Boys 13 & under

11h10 – 1000m Women 14-30 and Men 14-30

12h10 – 400 Fun Swim – All ages

Venue: Heia Safari Ranch – Muldersdrift

Invitations and procedure for NTS OW Champs will be distributed to all clubs & coaches by 4 Nov.

Venue: Heia Safari Ranch - Muldersdrift

Entry: www.midmarmile.co.za



If you have any Open Water News or Achievements that you would like to share with us, please send us an email at NTS.Openwater@gmail.com

BEST OF LUCK TO ALL SWIMMERS WRITING EXAMS – Study hard – we know you can!

WELL DONE TO ALL SWIMMERS who participated in the swims the last two months. We will list only the first 3 winners in an event. Well done to all the other winners. Herewith some results :

MARICO BOSVELD MILE 1,6km

Men 14-30 1st Abdul Malick Railoun 2nd Ernst Jordaan 3rd Ruan Marais

Girls o13 1st – Chilene Vorster

3km Ladies 1st – Skye Giorgiutti

Men 1st – Abdul Malick Railoun 2nd – Ernst Jordaan 3rd – Ryan Botha

MIDDELBURG MILE 3km

Ladies 2nd Khethiwe Hadebe 3rd Phoebe Dredge

Men 1st Abdul Malick Railoun

1,6km

Ladies 31+ 1st Marieke Boucher

Men 31+ 1st Louis Conradie 2nd Gerhard van Huyssteen

Boys 013 3rd Milan Erasmus

Ladies 14-30 3rd Khethiwe Hadebe

Men 14-30 1st Abdul Malick Railoun 3rd Mauritz Fullard

DISCHEM SUN CITY 1.5

Men 1st Abdul Malick Railoun 3rd Neil Fair

3km

Men 1st Abdul Malick Railoun 2nd Neil Fair

Heia Safari 3km

Men 1st Oostewald van Niekerk 2nd Christiaan Jacobsz 3rd Mauritz Fullard

Ladies 2nd Phoebe Dredge

800m

Girls 013 2nd Kaitlyn Albertyn 3rd Qaylah Bell

Ladies 31+ 1st Megan Albertyn

Boys 013 1st Ruben du Pisanie 2nd Elijah Dredge 3rd Conner Albertyn

Men 31+ 3rd Gary Albertyn

Ladies 14-30 2nd Phoebe Dredge

Men 14-30 1st Christiaan Jacobsz

1500m

Girls 013 3rd Qaylah Bell

Ladies 31+ 2nd Sandy Dorlas

Boys 013 2nd Ruben du Pisanie

Men 31+	2 nd Gary Albertyn	
Ladies 14-30	3 rd Phoebe Dredge	
Men 14-30	1 st Abdul Malick Railoun	2 nd – Christiaan Jacobsz

PROVISIONAL DATES FOR CAMPS :

1 –3 November 2013 – we will swim our own relay as well as a 7.5km

15 – 17 November 2013 – this Camp is cancelled due to large number of swimmers writing exams.

14-16 February 2014 – to coincide with Makhulu event in Midrand

Further details will follow.

PROPOSED NEW QUALIFYING TIMES FOR OPEN WATER NATIONALS :

10km	Men	02h15
	Female	02h25
7,5km	Men	01h45
	Female	01h52
5km	Men	01h12
	Female	01h17
3km	Men 12 -30	48 min
	Female 12 – 30	50 min
	Men 31+	51 min
	Female 31+	53 min
3km	Disability remains the same	
	Men	60 min
	Female	65 min

Please note that these are proposed new Qualifying times and we await confirmation from Swim South Africa.

A reminder that in order to be considered for selection of the NTS Open Water Team, athletes have to be registered with NTS.



SEE YOU IN THE WATER – IT IS DAMN GOOD FUN!