

WINTER FITNESS CHALLENGE – (AMENDED RESULTS)

Statistics for the individual challenge:

- Cape Towns Masters had the most participants with 67 swimmers and swam a total distance of 202.925 meters.
- Of the clubs who entered more than 1 swimmer, Seals PMB had the best average distance for the hour per swimmer:3.775.00 meters
- The oldest female swimmer was Rae Smit (89) from Fish Eagles
- **The oldest male swimmer was Ralph King (79) from Cape Town Masters.**
- The best distance for any female this year was 4150, done by a swimmer from Cape Dolphins
- The best distance for any male this year was 4650 done by a swimmer from Phoenix. This beats his distance of 4300 swam in 2008.
- Nine (9) age groups records were broken and one equaled.
(See full results on Website)