Durban woman’s Hawaii challenge

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AREED NATAL open water swimming championships are set to make a splash in the coastal town of Scottburgh, in KwaZulu-Natal.

Durban City Wheelchair tennis player Siboniso Ngcobo and KwaZulu-Natal swimming legend Bruce Shaw, both of whom have achieved great success at national and international levels, will return to their adopted home to participate in the championships, which will be held at the Scottburgh Paraview on Saturday.

The championships, which will be held simultaneously with the national championships on the same day, will see local and international athletes competing in a variety of categories.

Bruce said he was looking forward to the opportunity to compete against some of his top athletes from across the country.

He said he was also looking forward to the chance to mentor some of the up-and-coming athletes in the area.

The championships will provide a platform for athletes to showcase their skills and compete for national and international berths.

For more information, contact Bruce Shaw on 083 719 5378 or email bshaw@blouberg.co.za.

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Scene & Heard

Strokes of genius

Durban woman’s Hawaii challenge

A SPECIAL place in hell must have a room for Bri- nley Venter. The former IT manager, who grew up in Durban North, is now making waves in the world of open swimming, becoming the first woman from Africa to swim the Kai’wi Channel, one of open swimming’s ‘big seven’.

Durban North physiotherapist Sarah Ferguson has become the first woman from Africa to swim the Kai’wi Channel, one of open swimming’s ‘big seven’. Durbanite John McCarthy seconded her from a kayak.

Gyms, coffee shops and spas may just as easily be done by Swimmers. But the Kai’wi Channel; the Strait of Gibraltar between the African and Spanish coasts. It’s where the Mediterranean Sea, the Red Sea and the Atlantic Ocean converge.

For Venter, the challenge was to swim the 102-kilometre channel in 24 hours, which she did in 17 hours and 14 minutes.

To get ready, she swam a total of 3,500 kilometres over a six-week period, training with part-time swimmer Mark Meintjes from Superfit Swim Club in Durban.

She said the Kai’wi Channel was her last challenge, so she was ready to complete the marathon in the water, which would take her several days to complete.

Instead, she picked up her kayak and headed for the channel in Japan.

Winning the challenge will not be easy, she said.

On the other side of the world, Richard Brown-Venter

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KwaZulu-Natal-born Simon de la Rey, who was only 18 years old, will swim the 102-kilometre channel at the Mediterranean Sea in the end of July to promote the Kai’wi Channel. With her are her seconders, blogger Frans Rautenbach and Christian是一款高频率的工具，可以提高透视性能。