

## 2012 USMS One Mile Open Water Championships

*By Greta van Meeteren, pictures by Hans van Meeteren*

It is hard to even know where to start: there are so many good things to say about this event.



Race director Rich Guthman and his army of volunteers did a wonderful job of making everyone feel welcome and keeping things organized, safe and fun. He sent out several emails ahead of time to the participants to keep them posted about the course, the location, the ever increasing number of participants (186!), the weather and so on.



The venue was beautiful Lake Lure, the weather could not have been nicer, and the water was just about perfect. The event started right on time despite some delays with the triathlon which was held just prior to the swim.

Waves were started fast to slow, according to the one-mile pool time swimmers had submitted and there was a 2-minute delay between the waves of 20 swimmers, which gave everyone some breathing room.

The only unfortunate thing was a hiccup with the Setup Events timing system, however, the correct results were posted very quickly that same afternoon, with an apology from the timing company.



From my personal point of view: I discovered a new appreciation for open water swimming, something I had not done in quite a while. A well-organized event in a clear, fresh water lake in the mountains will do that for you!

Below are the female and male NC age group winners and the overall top 3 NC swimmers, congratulations to all participants.

### **Lake Lure - August 25, 2012 - NC Age Group Winners**

#### **Female NC Swimmers:**

<b>Age group</b>	<b>Swimmer</b>	<b>Time</b>
40-44	Heidi Williams, Durham	22:42
65-69	Greta van Meeteren, Merritt	35:51

#### **Male NC Swimmers:**

<b>Age Group</b>	<b>Swimmer</b>	<b>Time</b>
30-34	Nathaniel Hawkins, Greensboro	24:59
35-39	Filippo Porco, Carrboro	24:58
50-54	Larry Hartley, Asheville	21:49
55-59	David Berting Wilmington	24:02
65-69	Robert Scott, Hickory	26:07
90-94	E Ole Larson, Boone	47:47

### **Top 3 overall results for NC Swimmers**

#### **Female:**

20.	Heidi Williams, Durham	22:42
	<b><i>Heidi won 2nd place overall women</i></b>	
22.	Alicia Uhl, Wilmington	22:59
28.	Kristen Smith, Wilmington	23:47

#### **Male:**

4.	Andrew Pulsifer Swannanoa	21:30
5.	Todd Pletcher Wilmington	21:32
7.	Erik Crankshaw Durham	21:34