



CERTIFICATE OF ACHIEVEMENT

This is to certify that

nadine pincus (51y) 

has successfully competed in
Matroosberg 2021 ICE swim

Matroosberg Nature Reserve, Western Cape, South Africa
20-Aug-2021

1000m Freestyle in 26:18.00 minutes

Overall 7th / Age Group (50-54y) 2nd

Category Women

Open Water Course

Water 8.00°C, Wind Chill 4.10°C, 33.33° S

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

South Africa
Chair & Board

