



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lindsay De Kock (63y) 

has successfully competed in

Matroosberg 2021 ICE swim

Matroosberg Nature Reserve, Western Cape, South Africa

20-Aug-2021

1000m Freestyle in 24:54.00 minutes

Overall 5th / Age Group (60-64y) 1st

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

