



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Jack van Wyk (48y) 

has successfully competed in
Antarctica Ice Swimming Adventure - short

Detaille Island, Antarctica

22-Feb-2024

250m Freestyle in 05:05.49 minutes

Overall 3rd / Age Group (45-49y) 1st


Category Men

Open Water Course

Water 0.00°C, Wind Chill 0.00°C, Altitude 0m, 66.52° S

Below the Antarctic Circle




Ram Barkai
IISA Chair

Antarctica
Chair & Board

