



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Reino von Wielligh (29y) 

has successfully competed in
Matroosberg Ice Swim

Matroosberg Nature Reserve, Ceres, South Africa
19-Aug-2022

2000m Freestyle in 27:54.64 minutes

Overall 1st / Age Group (25-29y) 1st
Category Men

Open Water Course

Water 8.00°C, Wind Chill 3.10°C, Altitude 1400m, 33.33° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

South Africa
Chair & Board

