



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ilse Sabrina Woodward (38y)** 

has successfully competed in  
**Matroosberg 2021 ICE swim**

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

**500m Freestyle in 13:34.00 minutes**

---

Overall 3rd / Age Group (35-39y) 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*

