



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lourett Visser (64y)** 

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

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

**50m Freestyle in 00:54.00 minutes**

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**Overall 2nd / Age Group (65-69y) 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*

