



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Andrew Ford (42y) 

has successfully competed in
Lesotho Ice Swimming 2018

afriski, Lesotho, Africa

14-Jun-2018

1000m Freestyle in 23:26.95 minutes

Overall 8th / Age Group (40-44y) 1st
Category Men

Open Water Course

Water 3.00°C, Wind Chill 5.00°C




Ram Barkai
IISA Chair

South Africa
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION