



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mona van Eeden (49y)** 

has successfully competed in  
**Lesotho Ice Swimming 2018**

afriski, Lesotho, Africa

14-Jun-2018

**500m Freestyle in 10:31.99 minutes**

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Overall 3rd / Age Group (45-49y) 2nd  
Category Women

Open Water Course

Water 3.00°C, Wind Chill 5.00°C



  
**Ram Barkai**  
IISA Chair

*South Africa*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION