



# 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

**500m Freestyle in 09:19.02 minutes**

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Overall 6th / 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