



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Anton Louw (40y)** 

has successfully competed in  
**Matroosberg Ice Swim**

Matroosberg Nature Reserve, Ceres, South Africa

19-Aug-2022

**1000m Freestyle in 19:01.73 minutes**

Overall 2nd / Age Group (40-44y) 1st

Category Men

Open Water Course

Water 8.00°C, Wind Chill 3.10°C, Altitude 1400m, 33.33° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*South Africa*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION