



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Catherine Makin (58y) 

has successfully competed in

Matroosberg Ice Swim

Matroosberg Nature Reserve, Ceres, South Africa

21-Aug-2022

250m Freestyle in 07:31.55 minutes

Overall 1st / Age Group (55-59y) 1st

Category Women

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

