



# 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, 29.61° S



A stylized signature in black ink, appearing to read 'RAB'.

**Ram Barkai**  
IISA Chair

*South Africa*  
*Chair & Board*

