



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Johan Herman Rens (44y)** 

has successfully competed in  
**IISA SA Ice Swimming Nationals**

Bloemfontein, Sentraal Highschool

26-Jul-2025

**1000m Freestyle in 20:47.67 minutes**

Overall 6th / Age Group (40-44y) 1st

Category Men

Pool Course

Water 9.85°C, Wind Chill -3.20°C, Altitude 1395m, 20.07° S

**N-ICE Swim (>5°C)**



**Ram Barkai**  
IISA Chair

*South Africa*  
*Chair & Board*

