



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Johan Herman Rens (44y) 

has successfully competed in
IISA SA Ice Swimming Nationals

Bloemfontein, Sentraal Highschool

27-Jul-2025

2000m Freestyle in 43:42.31 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

