



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Charl Allen (29y) 

has successfully competed in
Lesotho Ice Swimming 2018

afriski, Lesotho, Africa

14-Jun-2018

500m Freestyle in 07:56.68 minutes

Overall 2nd / Age Group (30-34y) 1st

Category Men

Open Water Course

Water 3.00°C, Wind Chill 5.00°C, 29.61° S




Ram Barkai
IISA Chair

South Africa
Chair & Board

