



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ryna Cilliers (40y) 

has successfully competed in

Matroosberg Ice Swim

Matroosberg Nature Reserve, Ceres, South Africa

20-Aug-2022

500m Freestyle in 11:29.65 minutes

Overall 2nd / Age Group (40-44y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION