



CERTIFICATE OF ACHIEVEMENT

This is to certify that

LOUISE SANDERS (42y) 

has successfully competed in

IISA SA National Championship in partnership with GCAW

Gooderson Drakensberg Gardens Resort

27-Jul-2024

500m Freestyle in 09:24.42 minutes

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

Category Women

Open Water Course

Water 8.50°C, Wind Chill 12.00°C, Altitude 1772m, 29.45° S

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

South Africa
Chair & Board

