



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Jose de Charmoy (73y) 

has successfully competed in

IISA SA National Championship in partnership with GCAW

Gooderson Drakensberg Gardens Resort

27-Jul-2024

500m Freestyle in 12:01.73 minutes

Overall 3rd / Age Group (70-74y) 1st

Category Men

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

