



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Joanna dempsey (53y)** 

has successfully competed in

**IISA SA National Championship in partnership with GCAW**

Gooderson Drakensberg Gardens Resort

27-Jul-2024

**100m Freestyle in 01:27.95 minutes**

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Overall 1st / Age Group (50-54y) 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*

