



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Joanna dempsey (54y) 

has successfully competed in
IISA SA Ice Swimming Nationals

Bloemfontein, Sentraal Highschool

26-Jul-2025

50m Breaststroke in 00:49.06 minutes

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

Category Women

Pool Course

Water 9.85°C, Wind Chill -3.20°C, Altitude 1395m, 20.07° S

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

South Africa
Chair & Board

