



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Andrew Ford (42y) 

has successfully competed in

Lesotho Ice Swimming 2018

afriski, Lesotho, Africa

14-Jun-2018

1000m Freestyle in 23:26.95 minutes

Overall 8th / Age Group (40-44y) 1st
Category Men

Open Water Course

Water 3.00°C, Wind Chill 5.00°C, 29.61° S

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A stylized signature in black ink, appearing to read 'RB'.

Ram Barkai
IISA Chair

South Africa
Chair & Board

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SOUTH AFRICA