



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mona van Eeden (49y) 

has successfully competed in
Lesotho Ice Swimming 2018

afriski, Lesotho, Africa

14-Jun-2018

500m Freestyle in 10:31.99 minutes

Overall 3rd / Age Group (45-49y) 2nd
Category Women

Open Water Course

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




Ram Barkai
IISA Chair

South Africa
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION