



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

500m Freestyle in 09:19.02 minutes

Overall 6th / Age Group (40-44y) 1st
Category Men

Open Water Course

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




Ram Barkai
IISA Chair

South Africa
Chair & Board

