



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ram Barkai (61y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

1000m Freestyle in 22:38.61 minutes

Overall 9th / Age Group (60-64y) 1st

Category Men

Open Water Course

Water 2.00°C, Wind Chill 1.80°C, 29.61° S




Ram Barkai
IISA Chair

South Africa
Chair & Board

