

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Marga Wessels-Jooste (44y)



has successfully competed in Africa Lesotho Ice Swimming

> Afriski, Lesotho, africa 28-Jul-2019

1000m Freestyle in 20:11.05 minutes

Overall 3rd / Age Group (40-44y) 1st **Category Women**

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



South Africa Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION