



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Alex Jansen (28y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

1000m Freestyle in 18:24.15 minutes

Overall 3rd / Age Group (25-29y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION