



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Samantha Whelpton (34y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

1000m Freestyle in 17:59.64 minutes

Overall 1st / Age Group (30-34y) 1st

Category Women

Open Water Course

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



Ram Barkai
IISA Chair

South Africa
Chair & Board

