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CERTIFICATE OF ACHIEVEMENT

This is to certify that

Monika Hayes (56y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

1000m Freestyle in 18:39.25 minutes



Overall 2nd / Age Group (55-59y) 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

