



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Troy Mayers (47y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

500m Freestyle in 09:04.75 minutes


Overall 5th / Age Group (45-49y) 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