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CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nicky Struwig (46y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

500m Freestyle in 13:04.55 minutes

Overall 3rd / Age Group (45-49y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION