



# 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*

