



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alex Jansen (28y)** 

has successfully competed in  
**Africa Lesotho Ice Swimming**

Afriski, Lesotho, africa

28-Jul-2019

**500m Freestyle in 08:32.89 minutes**

Overall 2nd / Age Group (25-29y) 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