



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tyron Anderson (34y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

500m Freestyle in 11:54.63 minutes

Overall 11th / Age Group (30-34y) 2nd
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

