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CERTIFICATE OF ACHIEVEMENT

This is to certify that

Owen Sheftz (42y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

500m Freestyle in 09:47.27 minutes

Overall 7th / Age Group (40-44y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION