



CERTIFICATE OF ACHIEVEMENT

This is to certify that

ROSS DUNCAN (56y) 

has successfully competed in
Africa Lesotho Ice Swimming

Afriski, Lesotho, africa

28-Jul-2019

500m Freestyle in 09:35.08 minutes



Overall 6th / Age Group (55-59y) 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