



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**nadine pincus (51y)** 

has successfully competed in  
**Matroosberg 2021 ICE swim**

Matroosberg Nature Reserve, Western Cape, South Africa  
20-Aug-2021

**1000m Freestyle in 26:18.00 minutes**

Overall 7th / Age Group (50-54y) 2nd

Category Women

Open Water Course

Water 8.00°C, Wind Chill 4.10°C, 33.33° S

**N-ICE Swim (>5°C)**



**Ram Barkai**  
IISA Chair

*South Africa*  
*Chair & Board*

