



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lindsay De Kock (63y)** 

has successfully competed in

**Matroosberg 2021 ICE swim**

Matroosberg Nature Reserve, Western Cape, South Africa

20-Aug-2021

1000m Freestyle in 24:54.00 minutes

Overall 5th / Age Group (60-64y) 1st

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*

