



CERTIFICATE OF ACHIEVEMENT

This is to certify that

ADINE FRIEDMAN (52y) 

has successfully competed in

Matroosberg 2021 ICE swim

Matroosberg Nature Reserve, Western Cape, South Africa

20-Aug-2021

500m Freestyle in 12:24.00 minutes

Overall 1st / Age Group (50-54y) 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

