



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Olivia De Waal (24y)** 

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

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

**200m Freestyle in 03:52.00 minutes**

Overall 1st / Age Group (25-29y) 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*

