



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**kaelyn Paramoer (51y)** 

has successfully competed in

**Matroosberg 2021 ICE swim**

Matroosberg Nature Reserve, Western Cape, South Africa

20-Aug-2021

**200m Freestyle in 04:52.00 minutes**

Overall 2nd / 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*

