



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Antony Broodryk (66y) 

has successfully competed in
Matroosberg Ice Swim

Matroosberg Nature Reserve, Ceres, South Africa
19-Aug-2022

1000m Freestyle in 19:17.93 minutes

Overall 3rd / Age Group (65-69y) 2nd
Category Men

Open Water Course

Water 8.00°C, Wind Chill 3.10°C, Altitude 1400m, 33.33° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

South Africa
Chair & Board

