



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Riaan Brits (44y) 

has successfully competed in
Matroosberg Ice Swim

Matroosberg Nature Reserve, Ceres, South Africa

19-Aug-2022

1000m Freestyle in 20:29.88 minutes

Overall 4th / Age Group (45-49y) 1st

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



INTERNATIONAL ICE SWIMMING ASSOCIATION