



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Abraham Mogano (37y)** 

has successfully competed in  
**Matroosberg Ice Swim**

Matroosberg Nature Reserve, Ceres, South Africa

19-Aug-2022

**250m Freestyle in 06:05.10 minutes**

Overall 1st / Age Group (35-39y) 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