



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tanya Gist (37y) 

has successfully competed in

Matroosberg Ice Swim

Matroosberg Nature Reserve, Ceres, South Africa

20-Aug-2022

500m Freestyle in 08:42.47 minutes

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


Category Women

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

