



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ryna Cilliers** (40y) 

has successfully competed in

**Matroosberg Ice Swim**

Matroosberg Nature Reserve, Ceres, South Africa

20-Aug-2022

**500m Freestyle in 11:29.65 minutes**

Overall 2nd / Age Group (40-44y) 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*

