



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Riaan Brits (44y)** 

has successfully competed in

**Matroosberg Ice Swim**

Matroosberg Nature Reserve, Ceres, South Africa

21-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)

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Ram Barkai  
IISA Chair

*South Africa*  
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