



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henko Roukema (24y)** 

has successfully competed in  
**IISA SA 2016 Champ**  
Afriski resort, Lesotho, Africa  
07-Aug-2016

**1000m Freestyle in 19:29.00 minutes**

Overall 3rd / Age Group (18-24y) 1st  
Category Men

Open Water Course

Water 4.00°C, Wind Chill 5.00°C, 29.61° S



**Ram Barkai**  
IISA Chair

*South Africa*  
*Chair & Board*

