



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Herman van der Westhuizen (50y) 

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

1000m Freestyle in 19:21.00 minutes

Overall 2nd / Age Group (50-54y) 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

