



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Terrence Bantock (55y)** 

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

1000m Freestyle in 23:13.00 minutes

Overall 8th / Age Group (55-59y) 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*

