



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Henko Roukema (19y)** 

has completed a swim observed by IISA:

Date: 23-Jul-2011

Venue: Fraserburg

Distance: 1600 metres

Swim Time: 00:30:49.00

Water Temp: 5.00°C

Wind Chill: 10.00°C

Stroke: Crawl

Observer: Ram Barkai  
South Africa

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**