



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ryan Stramrood (43y) 

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

1000m Freestyle in 22:07.00 minutes

Overall 5th / Age Group (40-44y) 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

