



# 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*

