



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Neil Ralphs (43y)** 

has successfully competed in

**IISA SA 2016 Champ**

Afriski resort, Lesotho, Africa

07-Aug-2016

**1000m Freestyle in 23:54.00 minutes**

Overall 10th / Age Group (40-44y) 3rd

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*



INTERNATIONAL ICE SWIMMING ASSOCIATION