



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

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