



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 SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION