



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

Ilse Sabrina Woodward (39y) 

has completed a swim observed by IISA:

Date: 20-Nov-2021

Venue: Matroosberg

Distance: 500 metres

Swim Time: 00:13:34.00

Water Temp: 8.00°C

Wind Chill: 4.10°C

Stroke: Crawl

Observer: Rukeya Warner
South Africa

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION