



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Alex Laurens** (43y) 

has completed a swim observed by IISA:

Date: 07-Jul-2012

Venue: Sutherland, South Africa

Distance: 600 metres

Swim Time: 00:12:00.00

Water Temp: 3.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Ram Barkai  
South Africa

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**