



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

Herman van der Westhuizen (49y) 

has completed a swim observed by IISA:

Date: 26-Jul-2015

Venue: Cape town

Distance: 500 metres

Swim Time: 00:07:30.00

Water Temp: 7.00°C

Wind Chill: 12.00°C

Stroke: Crawl

Observer: Ram Barkai
South Africa

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION