



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Herman van der Westhuizen (49y) 

has completed a swim observed by IISA:

Date: 14-Aug-2015

Venue: 1st Africa Ice swimming Championship

Distance: 1000 metres

Swim Time: 00:14:42.00

Water Temp: 6.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Ram Barkai
South Africa

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION