



# CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

**Herman van der Westhuizen** (50y) 

has completed a swim observed by IISA:

Date: 07-Aug-2016

Venue: Afriski Lesotho

Distance: 1000 metres

Swim Time: 00:18:00.00

Water Temp: 4.00°C

Wind Chill: 3.00°C

Stroke: Crawl

Observer: Ram Barkai  
South Africa

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**