



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Lindsay De Kock (57y) 

has completed a swim observed by IISA:

Date: 27-Jul-2015

Venue: Herzlia Primary School

Distance: 500 metres

Swim Time: 00:10:26.00

Water Temp: 9.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Ram Barkai
South Africa

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION