



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Rona Lucas (42y) 

has completed a swim observed by IISA:

Date: 09-Jan-2024

Venue: The Shac, Buckland Park Lake Drive Reigate Betworth
RH3 7BG

Distance: 1490 metres

Swim Time: 00:34:32.00

Water Temp: 5.50°C

Wind Chill: 4.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Esther Guy
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION