



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Esther Guy** (48y) 

has completed a swim observed by IISA:

Date: 02-Dec-2023

Venue: SHAC Buckland Lake

Distance: 1398 metres

Swim Time: 00:34:19.00

Water Temp: 5.00°C

Wind Chill: -1.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Leon Fryer  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**