



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Nichola Murch (40y) 

has completed a swim observed by IISA:

Date: 04-Dec-2022

Venue: River, Chelmsford

Distance: 1400 metres

Swim Time: 00:26:18.00

Water Temp: 7.50°C

Wind Chill: 6.00°C

Stroke: Crawl

Observer: Michelle Lane
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION