



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Rona Lucas** (42y) 

has completed a swim observed by IISA:

Date: **03-Dec-2023**

Venue: **Shac Buckland Lake**

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 SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**