



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Lorraine McGowan** (48y) 

has completed a swim observed by IISA:

Date: 18-Jan-2023

Venue: Pickmere lake, Cheshire

Distance: 509 metres

Swim Time: 00:10:31.00

Water Temp: 4.50°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Samantha Farrow  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**