



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Beth French** (42y) 

has completed a swim observed by IISA:

Date: 05-Jan-2020

Venue: Keepers pond

Distance: 700 metres

Swim Time: 00:13:24.00

Water Temp: 4.20°C

Wind Chill: 3.40°C

Stroke: Crawl

Observer: Ger Kennedy  
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**