



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Ian Rock (43y) 

has completed a swim observed by IISA:

Date: **14-Dec-2019**

Venue: **Stoney Cove National Dive Centre, UK**

Distance: **1614 metres**

Swim Time: **00:37:02.00**

Water Temp: **7.60°C**

Wind Chill: **5.20°C**

Stroke: **Crawl**

Observer: **Andrew Foster**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION