



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Charmian Frend (50y) 

has completed a swim observed by IISA:

Date: 02-Aug-2020

Venue: Lake Lyell, Rydal NSW 2790 Australia

Distance: 3000 metres

Swim Time: 01:04:00.00

Water Temp: 9.50°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Wyatt Song
Australia

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION