



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Paul Frith (49y) 

has completed a swim observed by IISA:

Date: **31-Oct-2022**

Venue: **Ecclestone Delph**

Distance: **2000 metres**

Swim Time: **00:30:00.00**

Water Temp: **12.00°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Andy Godber**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION