



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Lorraine McGowan** (47y) 

has completed a swim observed by IISA:

Date: 22-Jan-2022

Venue: Hatfield- Doncaster

Distance: 1000 metres

Swim Time: 00:22:30.00

Water Temp: 4.45°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Leon Fryer  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**