



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Matthew Holland (14y) 

has completed a swim observed by IISA:

Date: **01-Apr-2023**

Venue: **Plymbridge woods river**

Distance: **100 metres**

Swim Time: **00:01:07.00**

Water Temp: **4.75°C**

Wind Chill: **0.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Amanda Holland**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION