



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Adam Baker (33y) 

has completed a swim observed by IISA:

Date: **02-Dec-2023**

Venue: **Loch Morlich**

Distance: **500 metres**

Swim Time: **00:10:32.00**

Water Temp: **0.50°C**

Wind Chill: **-7.00°C**

Altitude: **300 metres**

Stroke: **Crawl**

Observer: **Ally Howard**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION