



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Amie Henderson (35y)** 

has completed a swim observed by IISA:

Date: 30-Nov-2024

Venue: thrybergh county park

Distance: 1500 metres

Swim Time: 00:42:00.00

Water Temp: 7.80°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Breast

Observer: Leon Fryer  
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**