



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Iris Ashman (55y) 

has completed a swim observed by IISA:

Date: 23-Nov-2019

Venue: River Waveny Bungay Staithe

Distance: 1236 metres

Swim Time: 00:24:50.00

Water Temp: 5.30°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Tracy Clark
New Zealand

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION