



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Makala Jones (55y) 

has completed a swim observed by IISA:

Date: **24-Jan-2024**

Venue: **Pembrokeshire**

Distance: **1040 metres**

Swim Time: **00:00:23.40**

Water Temp: **3.70°C**

Wind Chill: **4.60°C**

Altitude: **38 metres**

Stroke: **Crawl**

Observer: **Sian Richardson**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION