



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Graham Lock** (51y) 

has completed a swim observed by IISA:

Date: 29-Jan-2023

Venue: Seaford, UK

Distance: 1019 metres

Swim Time: 00:23:34.09

Water Temp: 7.30°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Richard Arthur  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**