



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Matthew Holland (14y) 

has completed a swim observed by IISA:

Date: 01-Apr-2023

Venue: Plymbridge Woods River

Distance: 50 metres

Swim Time: 00:00:31.00

Water Temp: 4.75°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Amanda Holland
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION