



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Shaun Hales** (31y) 

has completed a swim observed by IISA:

Date: **30-Dec-2016**

Venue: **Parliament Hill London**

Distance: **1098 metres**

Swim Time: **00:21:43.00**

Water Temp: **4.20°C**

Wind Chill: **3.00°C**

Stroke: **Crawl**

Observer: **ALEXIA O'MARA**  
**Great Britain**

**KEEP SAFTEY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**