



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Helen Smith** (57y) 

has completed a swim observed by IISA:

Date: 16-Nov-2024

Venue: Bray Lake Windsor

Distance: 1300 metres

Swim Time: 00:00:30.00

Water Temp: 6.70°C

Wind Chill: 8.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Melanie Tyrrell  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**